



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|--|--|--|--|--|---|--|
| Les Mills BodyBalance® 8:15-9:15 am Christine | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon | Core & More 6:00-6:30 am Jeannine | Yoga 5:15-6:00 am Jon | Core & More 6:00-6:30 am Jeannine | | |
| | Yoga 6:45-7:30 am Denise | Les Mills Bodypump® 6:15am-7:15am Melissa | Strength & Conditioning 8:00-8:30 am Jeannine | Les Mills Bodypump Express 6:15am-7:00am Amanda | | | |
| Les Mills Combat® 9:30-10:30 am Garrett | Fusion 9:00-9:45 am Jeannine | Fusion 8:00-8:45am Joyce | Fusion 9:00-9:45 am Jeannine | Fusion 9:00-9:45am Danielle | Fusion 9:00-9:45 am Jeannine | Fusion 8:00-9:00 am Jeannine | |
| | Barrelates 10:00-10:45 am Danielle | SilverSneakers Stability® 9:00-9:30 am Joyce | YogaBarre® 10:00-10:45 am Danielle | Barre 10:00-10:45 am Danielle | Yoga 10:00-10:45 am Tammy | Les Mills Core 9:15-9:45 am Christine | |
| <p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p> | SilverSneakers Yoga® 11:00-11:45 am Tammy | Les Mills Bodypump® 10:00am-11:00am Joanna | Pilates 11:00-11:30am Danielle | Les Mills Bodypump® 11:00am-11:50am Joyce | Meditation 11:00-11:30 am Tammy | Les Mills Bodypump® 10:00-11:00 am Christine | |
| | Enhance Fitness® 12:00-12:45 pm (Registration Required) | Les Mills BodyBalance® 11:15am-12:00pm Joanna | Silver Sneakers Yoga 12:00-12:45 pm Gene | Pilates 12:00pm-12:45pm Joyce | Enhance Fitness® 12:00-12:45 pm (Registration Required) | | |
| | SilverSneakers Classic® 1:00-1:45 pm Gene | | SilverSneakers Classic® 1:00-1:45 pm Gene | | Parkinson's Movement 1:00-2:00 pm Gene/Kathleen | | |
| | | | | | Strength & Conditioning 4:30-5:05 pm Jeannine | | |
| | | Barre 5:15-6:00 pm Danielle | Pilates Yoga Fusion 5:00-5:45 pm Christine | Fusion 5:15-6:00 pm Jeannine | Les Mills BodyPump® Express 5:00-5:45 pm Alanna | | |
| | Cardio Step 5:30-6:00 pm Jeannine | Les Mills Bodypump® 6:15-7:15 pm Christine | LesMills Body Combat® 6:00-7:00 pm Jenna | Les Mills Bodypump® 6:15-7:15 pm Jenna | | | |
| | Yin Yoga 6:15-7:15 pm Jen | Ballroom Dance 7:30-9:00 pm | Les Mills Bodypump® 7:15-8:00 pm Jenna | | | | |

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
MAY 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|---|---|
| Open Studio 7:00-8:00 am | Group Cycling 5:15-6:00 am Alena | | | | | |
| Group Cycling 8:00-8:45 am Jennifer | Open Studio 6:00-9:00 am | Open Studio 6:00-8:00 am | Open Studio 6:00-9:00 am | Open Studio 6:00-8:00 am | Open Studio 6:00-8:15 am | Open Studio 7:00-8:30 am |
| | | Group Cycling 8:00-8:45 am Hans | Cycle + Core 9:00-9:45 am Jamie | Group Cycling 8:00-8:45 am Hans | Core & More 8:15-8:45 am Jamie | Group Cycling 8:30-9:15 am Kat |
| Open Studio 8:45-2:00 pm | Group Cycling 9:00-9:45 am Hans | Open Studio 8:45-11:00 am | | | Yoga 9:00-9:45 am Denise | Group Cycling 9:00-9:45 am Jamie |
| | Interval Training 10:00-10:45 am Lindsay | | TRX Circuit 10:00-10:45 am Amanda | Les Mills Dance 10:00-10:45 am Joyce | Interval Training 10:00-10:45 am Lindsay | TRX Circuit 10:45-11:30 am Kat |
| | Tai Chi Beginner/Intermediate 11:00-11:45 am Gene | | Enerchi 11:00-11:30 am Tammy | | | Women on Weights 11:45-12:45 am (Registration Required) 4/11-5/30 |
| | Open Studio 3:30-4:30 pm | | Enhance Fitness® 12:00-12:45 pm (Registration Required) | Open Studio 3:30-4:30 pm | Open Studio 3:30-9:00 pm | |
| | Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi | | | | | |
| | Pilates Yoga Fusion 5:15-6:00 pm Christine | Open Studio 3:30-5:15 pm | Open Studio 3:30-5:30 pm | Les Mills Sprint® (Cycling)/Group Cycle 4:30-5:00 pm Andi/Jamie | Open Studio 12:45-4:00 pm | |
| | Strength & Conditioning 6:15-7:00 pm Jeannine | Group Cycling 5:15-6:00 pm Shana | Cycle + Core 5:30-6:15 pm Shana | Open Studio 5:00-6:15 pm | | |
| | | Pilates Yoga Fusion 6:15-7:15 pm Alanna | Zumba 6:30-7:15 pm Diane | Yoga 6:15-7:15 pm Jen | | |
| | Open Studio 7:00-9:00 pm | Open Studio 7:15-9:00 pm | Open Studio 7:15-9:00 pm | Open Studio 7:15-9:00 pm | | |

**LOCKPORT YMCA
SCHEDULE - MAY**

GYM



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
| PICKLEBALL 7:00-8:30 AM (3 courts) | PICKLEBALL 6:00-9:30 AM (3 courts) | PICKLEBALL 6:00-8:30 AM (3 courts) | TRX Circuit 5:15-6:00 AM | PICKLEBALL 6:00-8:30 AM (3 courts) | PICKLEBALL 6:00-9:30 AM (3 courts) | OPEN GYM 7:00-7:45 AM |
| | PICKLEBALL 9:30-10:00 AM (1 court) | | PICKLEBALL 6:30-9:00 AM (3 courts) | | PICKLEBALL 9:30-9:45 AM (1 court) | |
| PICKLEBALL (½ GYM) 8:30-10:00 AM (1 court) | OPEN GYM (½ GYM) 9:30-12:00 PM | OPEN GYM (½ GYM) 8:30-8:55 AM | CORE & RESTORE 9:15-9:45 AM | OPEN GYM 8:30-9:55 AM | SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM | LES MILLS LAUNCH (5/9 ONLY) 7:45-2:30 PM |
| OPEN GYM (½ GYM) 8:30-10:00 AM | BOOM MUSCLE® 10:15-10:45 AM | TRX CIRCUIT 9:00-9:45 AM | BOOM MUSCLE® 10:15-10:45 AM | | | |
| | | BOOM MOVE® 10:00-10:30 AM | OPEN GYM (½ GYM) 11:00-12:00 PM | SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM | SILVERSNEAKERS STABILITY® 11:00-11:30 AM | |
| ADULT PICKUP BASKETBALL (½ GYM) 11:00-12:00 PM | ZUMBA® 11:00-11:45 AM | SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM | ZUMBA® 11:00-11:45 AM | CORE & RESTORE 11:45-12:30 PM | OPEN GYM 11:30-1:00 PM | OPEN GYM 2:30-7:45 PM |
| | OPEN GYM 12:00-1:30 PM | CORE & RESTORE 11:45-12:30 PM | OPEN GYM 12:00-1:00 PM | OPEN GYM 12:30-1:30 PM | | |
| OPEN GYM (½ GYM) 11:00-12:00 PM | ADVANCED PICKLEBALL 1:30-3:00 PM | OPEN GYM 12:30-1:30 PM | BEGINNER PICKLEBALL 1:00-3:00 PM | PICKLEBALL 1:30-3:00 PM | ADVANCED PICKLEBALL 1:00-3:00 PM | *½ Gym may be used for Birthday parties from 2:00-5:00 pm |
| | OPEN GYM 12:00-5:45 PM *½ Gym may be used for Birthday parties from 1:00-5:00 pm | OPEN GYM 3:00-8:00 PM | PICKLEBALL 1:30-3:00 PM | SPOKES PROGRAM (½ GYM) 3:00-5:00 PM | | |
| OPEN GYM 3:00-5:15 PM | | | OPEN GYM (½ GYM) 3:00-5:00 PM | PRESCHOOL SOCCER (½ GYM) 5:30-6:15 PM | OPEN GYM 3:00-8:00 PM *Gym CLOSED May 8 th 5:30-9:45 pm for Spring Fling | |
| PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM | | | | OPEN GYM (½ GYM) 5:30-7:15 PM | | |
| OPEN GYM (½ GYM) 5:30-7:15 PM | | | OPEN GYM 5:00-8:00 PM | PRESCHOOL T-BALL (½ GYM) 6:30-7:15 PM | OPEN GYM 7:15-8:00 PM | *The first Friday of the month (5/1) reserved ½ Gym from 6:00-9:00 PM for Parents night Out |
| YOUTH PICKLEBALL (½ GYM) 6:30-7:15 PM | | | | | | |
| OPEN GYM 7:15-8:00 PM | | | | | | |
| 18+ ADULT/FAMILY OPEN GYM* 8:00-9:45 PM | 18+ PICKLEBALL* 8:00-9:45 PM (3 Courts) | 18+ ADULT PICK-UP BASKETBALL* 8:00-9:45 PM | 18+ PICKLEBALL* 8:00-9:45 PM (3 Courts) | 18+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 PM |  *Kids Night Out 5/9 4:30pm-7:30 PM | |

* Denotes that members must be 18+ to utilize space. Any member under the age of 18 must be accompanied by their legal guardian. Half Gym may be closed due to class size.