


LOCKPORT YMCA
GROUP FITNESS STUDIO
 JULY 2026



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	Fusion 8:00-9:00 am Jeannine (No class 7/4)
	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	Core & More 8:15-8:45 am Jeannine	
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	
	Barrelates 10:00-10:45 am Danielle	SilverSneakers Stability® 9:00-9:30 am Kathleen	Barrelates 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	Drums Alive 11:00-11:45 am Gene	Les Mills Bodypump® 11:00am-11:50am Joyce	Meditation 11:00-11:30 am Tammy	Les Mills Bodypump® 10:00-11:00 am Christine
		Les Mills BodyBalance® 11:15am-12:00pm Joanna	Silver Sneakers Yoga 12:00-12:45 pm Gene			
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene			
			Pilates Yoga Fusion 5:00-5:45 pm Christine	Strength & Conditioning 4:30-5:05 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Barre 5:15-6:00 pm Danielle	LesMills Body Combat® 6:00-7:00 pm Jenna	Fusion 5:15-6:00 pm Jeannine	Les Mills BodyPump® Express 5:00-5:45 pm Alanna (No Class 7/3)	
	Strength & Conditioning 6:15-7:00 pm Jeannine NEW Les Mills Dance® 7:15-8:00 pm Joyce	Les Mills Bodypump® 6:15-7:15 pm Christine	Les Mills Bodypump® 7:15-8:00 pm Jenna	Les Mills Bodypump® 6:15-7:15 pm Jenna		

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 JULY 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 6:00-9:45 am	Open Studio 6:00-8:00 am	Open Studio 6:00-9:00 am	Open Studio 7:00-8:30 am
Open Studio 8:45-2:00 pm		Group Cycling 8:00-8:45 am Hans		Group Cycling 8:00-8:45 am Hans	Les Mills Sprint 8:00-8:30am Andi	
	Group Cycling 9:00-9:45 am Hans	Pilates 9:00am-9:45am Joyce		Yoga 9:00-9:45 am Denise	Spin & Stretch 9:00-9:45 am Shana	Yoga 9:30-10:30 am Kat
	Interval Training 10:00-10:45 am Lindsay	Open Studio 9:45-11:30	Enerchi 10:00-10:30 am Tammy		Interval Training 10:00-10:45 am Lindsay	TRX Circuit 10:45-11:30 am Kat
	Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene		TRX Circuit 11:00-11:45 am Amanda	Open Studio 3:30-6:00pm	Open Studio 3:30-9:00 pm	Open Studio 12:45-4:00 pm
	Open Studio 3:30-4:30 pm					
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi					
		Open Studio 3:30-5:15 pm	Open Studio 3:30-5:30 pm	Yoga 6:30-7:30pm Brittany		
		Group Cycling 5:15-6:00 pm Shana	Cycle + Core 5:30-6:15 pm Shana	Open Studio 7:45pm-9:00pm		
		Pilates Yoga Fusion 6:15-7:15 pm Alanna	Zumba 6:30-7:15 pm Diane			
	Open Studio 7:00-9:00 pm	Open Studio 7:15-9:00 pm	Open Studio 7:15-9:00 pm			

LOCKPORT YMCA GYM SCHEDULE - JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL 7:00-9:00 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 6:00-9:00 AM (3 courts)	PICKLEBALL 5:30-9:00 AM (3 courts)	SILVERSNEAKERS STABILITY® 9:15-9:45 AM
	PICKLEBALL 9:30-10:00 AM (1 court)		PICKLEBALL 6:30-9:00 AM (3 courts)			
PICKLEBALL (½ GYM) 9:00-10:00 AM (1 court)	OPEN GYM (½ GYM) 9:30-1:30 PM	OPEN GYM 8:30-8:55 AM	CORE & RESTORE 9:15-9:45 AM	OPEN GYM (½ GYM) 9:45-10:10 AM	OPEN GYM 9:00-9:50 AM	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM
		TRX 9:00-9:45 AM (No class 7/14)				
		BOOM MOVE® 10:00-10:30 AM				
OPEN GYM (½ GYM) 9:00-12:00 PM	BOOM MUSCLE® 10:15-10:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	BOOM MUSCLE® 10:15-10:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	OPEN GYM 11:00-12:30 PM	
		CORE & RESTORE 11:45-12:15 PM	OPEN GYM (½ GYM) 11:00-1:00 PM	CORE & RESTORE 11:45-12:15 PM		
ADULT PICKUP BASKETBALL (½ GYM) 10:00-11:00 PM	ZUMBA® 11:00-11:45 AM	OPEN GYM (½ GYM) 12:15-1:30 PM	ZUMBA® 11:00-11:45 AM	OPEN GYM (½ GYM) 12:15-1:30 PM	OPEN GYM (½ GYM) 12:30-1:00 PM	
	CAMP PROGRAM (½ GYM) 12:30-6:00 PM	CAMP PROGRAM (½ GYM) 12:30-6:00 PM	CAMP PROGRAM (½ GYM) 12:30-6:00 PM	CAMP PROGRAM (½ GYM) 12:30-6:00 PM	CAMP PROGRAM (½ GYM) 12:30-6:00 PM	
	ADVANCED PICKLEBALL (½ GYM) 1:30-4:00 PM	PICKLEBALL (½ GYM) 1:30-4:00 PM (1 court)	BEGINNER PICKLEBALL (½ GYM) 1:00-4:00 PM (1 court)	PICKLEBALL (½ GYM) 1:30-4:00 PM (1 court)	ADVANCED PICKLEBALL (½ GYM) 1:00-4:00 PM (1 court)	
OPEN GYM 11:00-5:45 PM	OPEN GYM (½ GYM) 4:00-6:00 PM (1 court)	OPEN GYM (½ GYM) 4:00-7:15 PM	OPEN GYM (½ GYM) 4:00-6:00 PM	OPEN GYM (½ GYM) 4:00-7:15 PM	ADVANCED PICKLEBALL (1 court) 1:00-4:00 PM	
		T-BALL (½ GYM) 5:30-6:15 PM	OPEN GYM 6:00-8:00 PM	PRESCHOOL SOCCER (½ GYM) 5:30-6:15 PM		
	OPEN GYM 6:00-8:00 PM	YOUTH VOLLEYBALL (½ GYM) 6:30-7:15 PM		YOUTH SOCCER (½ GYM) 6:30-7:15 PM		
		OPEN GYM 6:00-8:00 PM		OPEN GYM 7:15-8:00 PM	OPEN GYM 6:00-8:00 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	

*½ Gym may be used for Birthday parties from 2:00-5:00 pm

*½ Gym may be used for Birthday parties from 1:00-5:00 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.
* Schedule may change due to inclement weather.