

LOCKPORT YMCA
GROUP FITNESS STUDIO
SEPTEMBER 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	
	Yoga 6:45-7:30 am Denise	Les Mills Bodypump® 6:15am-7:15 am Melissa	Strength & Conditioning 8:00-8:30 am Jeannine	Les Mills Bodypump Express 6:15am-7:00 am Amanda	Core & More 8:15-8:45 am Jeannine	Fusion 8:00-9:00 am Jeannine
Les Mills Combat® 9:30-10:30 am Garrett	Fusion 9:00-9:45 am Jeannine	Fusion 8:00-8:45 am Joyce	Fusion 9:00-9:45 am Jeannine	Fusion 9:00-9:45am Danielle	Fusion 9:00-9:45 am Jeannine	Les Mills Core 9:15-9:45 am Christine
	Barrelates 10:00-10:45 am Danielle	SilverSneakers Stability® 9:00-9:30 am Kathleen	Barrelates 10:00-10:45 am Amanda	Barre 10:00-10:45 am Danielle	Yoga 10:00-10:45 am Tammy	Les Mills Bodypump® 10:00-11:00 am Christine
View our Schedule on our Mobile App.  Download Today!	SilverSneakers Yoga® 11:00-11:45 am Tammy	Les Mills Bodypump® 10:00-11:00 am Joanna	Drums Alive 11:00-11:45 am Gene	Les Mills Bodypump® 11:00am-11:50 am Joyce	Meditation 11:00-11:30 am Tammy	NEW -Les Mills BodyBalance® 11:30am-12:15 pm Kat
		Les Mills BodyBalance® 11:15am-12:00 pm Joanna	Silver Sneakers Yoga 12:00-12:45 pm Gene	Line Dancing 12:00-12:30 pm Jenna		
	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	
		LesMills Body Combat® 4:15-5:00 pm Alanna		Strength & Conditioning 4:30-5:05 pm Jeannine		
	Cardio Step 5:30-6:00 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	NEW TurboKick 5:30-6:30 pm Miranda	
	Strength & Conditioning 6:15-7:00 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 7:15-8:00pm Jen A	Ballroom Dance 7 :30-9 :00 pm (Starting 9/15)		NEW Zumba 7:30-8:15pm Danielle S		

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
 SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Open Studio 7:00-8:00 am	Open Studio 6:00-8:00 am	Open Studio 6:00-8:00 am	TRX Circuit 5:15-6:00am Alena	Open Studio 6:00-9:00 am	Open Studio 6:00-9:00 am	Open Studio 7:00-8:30 am	
Group Cycling 8:00-8:45 am Jennifer	Women on Weights 8:00-9:00 am (Registration Required)	Group Cycling 8:00-8:45 am Hans	Open Studio 6:00-10:00 am		Group Cycling 9:00-9:45 am Lindsay	Group Cycling 8:30-9:15 am Kat	
	Group Cycling 9:00-9:45 am Hans	Pilates 9:00-9:45am Joyce	Enerchi 10:00-10:30 am Tammy	Yoga 9:00-9:45 am Denise	Interval Training 10:00-10:45 am Lindsay	Yoga 9:30-10:30 am Kat	
Open Studio 8:45-2:00 pm	Interval Training 10:00-10:45 am Lindsay	Open Studio 9:45-11:30 am	Open Studio 10:30-11:30 am	Open Studio 9:45-11:30 am	TRX Circuit 11:00-11:30 am Lindsay	TRX Express 10:45-11:15 am Kat	
	Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene	Open Studio 3:30-5:15 pm	Open Studio 3:30-5:30 pm	Open Studio 3:30-4:30 pm	Open Studio 3:30-5:00 pm	Open Studio 11:15-12:30 pm	
	Women on Weights 12:00-1:00 pm (Registration Required)					Women on Weights 12:30-1:30 pm (Registration Required)	
	Open Studio 3:30-4:30 pm			Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi		Open Studio 1:30-4:00 pm	
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andi						
	Pilates Yoga Fusion 5:15-6:00 pm Christine	Les Mills Core 5:15-5:45 pm Alanna	Cycle + Core 5:30-6:15 pm Shana	Group Cycling 5:15-6:00 pm Shana			
	NEW Group Cycling 6:15-7:00 pm Jen P	Les Mills BodyBalance 6:00-7:00 pm Alanna	Zumba 6:30-7:15 pm Diane	Yoga 6:15-7:15 pm Jen A	NEW Group Cycling 5:00-5:45 pm Kat		
	Les Mills Dance 7:15-8:00 pm Joyce	Open Studio 7:00-8:00 pm	Open Studio 7:15-9:00 pm	Open Studio 7:15-8:00 pm	NEW TRX Circuit 6:00-6:45pm Kat		
	Open Studio 8:00-9:00 pm	NEW Yoga 8:00-8:45pm Brittany		NEW Yoga 8:00-8:45pm Brittany			

LOCKPORT YMCA

SCHEDULE – SEPTEMBER 11-26

GYM



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)	PICKLEBALL 5:30-9:00 AM (3 courts)	PICKLEBALL 6:00-8:30 AM (3 courts)	PICKLEBALL 5:30-9:00 AM (3 courts)	OPEN GYM 7:00-7:45 PM *9/12 GYM CLOSED Youth Basketball Tournament. Registration Required. *9/19 Gym CLOSED from 10:00-1:30 pm. Join us for Open House! *½ Gym may be used for Birthday parties from 2:00-5:00 pm 
	PICKLEBALL 9:30-10:00 AM (1 court)				SILVERSNEAKERS STABILITY® 9:15-9:45 AM	
PICKLEBALL (½ GYM) 9:00-10:00 AM (1 court)	OPEN GYM (½ GYM) 9:30-1:00 PM	OPEN GYM 8:30-8:55 AM	CORE & RESTORE 9:15-9:45 AM	OPEN GYM 8:30-9:50 AM	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM	
		TRX 9:00-9:45 AM				
		BOOM MOVE® 10:00-10:30 AM	OPEN GYM (½ GYM) 9:45-10:10 AM	BOOM MOVE® 10:00-10:30 AM		
OPEN GYM (½ GYM) 9:00-11:00 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 AM-1:00 PM	CORE & RESTORE 11:45-12:15 PM		
ADULT PICKUP BASKETBALL (½ GYM) 10:00-11:00 AM	ZUMBA® 11:00-11:45 AM	OPEN GYM 12:15-1:30 PM	ZUMBA® 11:00-11:45 AM	OPEN GYM 12:15-1:30 PM	OPEN GYM (½ GYM) 12:30-1:00 PM	
	OPEN GYM 12:00-1:00 PM	PICKLEBALL 1:30-3:00 PM	OPEN GYM 12:00-1:00 PM	PICKLEBALL 1:30-3:00 PM	ADVANCED PICKLEBALL 1:00-3:00 PM	
		SPOKES (½ GYM) 3:00-5:00 PM		SPOKES (½ GYM) 3:00-5:00 PM	OPEN GYM 3:00-5:00 PM	
OPEN GYM 11:00-5:45 PM *½ Gym may be used for Birthday parties from 1:00-5:00 pm	ADVANCED PICKLEBALL 1:00-3:00 PM	OPEN GYM (½ GYM) 3:00-7:15 PM	BEGINNER PICKLEBALL 1:00-3:00 PM	OPEN GYM (½ GYM) 3:00-7:15 PM	FREESTYLE FRIDAY GROUP EXERCISE CLASS (½ GYM) 5:15-6:00 pm	
	OPEN GYM 3:00-8:00 PM		OPEN GYM 3:00-8:00 PM	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM	OPEN GYM (½ GYM) 5:30-6:15 PM	OPEN GYM (½ GYM) 5:00-6:00 PM
		TEEN BASKETBALL (½ GYM) 6:30-7:15 PM		OPEN GYM 6:00-8:00 PM		
		OPEN GYM 7:15-8:00 PM			Jr Cav's Assessments 6:00-8:00 PM (9/18/26 Only)	
		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)

* 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.