

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	
			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	SilverSneakers Stability® 9:00-9:30 am Kathleen	Fusion 9:00-9:45 am Jeannine	Fusion 9:00-9:45am Danielle	Fusion 9:00-9:45 am Jeannine	Les Mills Bodypump® 9:15-10:15 am Alanna
	Barrelates 10:00-10:45 am Danielle	Les Mills Bodypump® 10:00-11:00 am Joanna	Barrelates 10:00-10:45 am Amanda	Barre 10:00-10:45 am Danielle	Yoga 10:00-10:45 am Tammy	Les Mills Core 10:30-11:00 am Alanna
View our Schedule on our Mobile App.  Download Today!	SilverSneakers Yoga® 11:00-11:45 am Tammy	Les Mills BodyBalance® 11:15am-12:00 pm Joanna	Drums Alive® 11:00-11:45 pm Gene	Line Dancing 12:00-12:30 pm Jenna	Meditation 11:00-11:30 am Tammy	Les Mills BodyBalance® 11:30am-12:15 pm Kat
	SilverSneakers Classic® 1:00-1:45 pm Gene	SilverSneakers Classic® 1:00-1:45 pm Kathleen	SilverSneakers Yoga® 12:00-12:45 pm Gene	SilverSneakers Classic® 1:00-1:45 pm Jenna	Parkinson's Movement 1:00-2:00 pm Gene/Kathleen	
	Gentle Barre 3:30-4:15 pm Kristin		SilverSneakers Classic® 1:00-1:45 pm Gene			
	Les Mills Dance® 4 :30-5 :15 pm Kristin	Les Mills Body Combat® 4:30-5:15 pm Alanna	SilverSneakers Yoga® 4:00-4:45 pm Louis	Strength & Conditioning 4:30-5:05 pm Jeannine	Les Mills Core® 4:30-5:00 pm Alanna	
	Cardio Step 5:30-6:00 pm Jeannine	Les Mills Core® 5:30-6:00 pm Alanna	Pilates Yoga Fusion 5:00-5:45 pm Christine	Fusion 5:15-6:00 pm Jeannine	Les Mills Bodypump® 5:15-6:00 pm Christine	
	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	TurboKick 5:30-6:15 pm Miranda (Gym)	
	Yin Yoga 7:15-8:00pm Jen A	Ballroom Dance 7 :30-9 :00 pm Jim	Les Mills Bodypump® 7:15-8:00 pm Jenna	Zumba 7:30-8:15pm Danielle S.		

LOCKPORT YMCA
FUNCTIONAL FITNESS STUDIO
NOVEMBER 2026



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

LOCKPORT YMCA

GYM NOVEMBER 2026



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 6:00-9:30 AM (3 courts)	JR CAV'S GAMES 7:00-2:00 pm	
	PICKLEBALL 9:30-10:00 AM (1 court)				PICKLEBALL 9:30-10:00 AM (1 court)		
PICKLEBALL (½ GYM) 9:00-10:00 AM (1 court)	OPEN GYM (½ GYM) 9:30-10:10 PM	OPEN GYM 8:30-8:55 AM	CORE & RESTORE 9:15-9:45 AM	OPEN GYM 8:30-8:55 AM	SILVERSNEAKERS CIRCUIT® 10:00-10:45 AM		
	BOOM MUSCLE® 10:15-10:45 AM	TRX 9:00-9:45 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	OPEN GYM (½ GYM) 11:00-12:00 PM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	BOOM MUSCLE® 10:15-10:45 AM	SILVERSNEAKERS CIRCUIT® 10:45-11:30 AM	SILVERSNEAKERS STABILITY® 11:00-11:30 AM		
		CORE & RESTORE 11:45-12:15 PM	OPEN GYM (½ GYM) 11:00 AM-12:00 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 11:30-1:00 PM		OPEN GYM 2:00-7:45 pm *½ Gym may be used for Birthday parties from 2:00-5:00 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 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) 3:00-5:15 PM	BEGINNER PICKLEBALL (Non-Instructional) 1:00-3:00 PM	OPEN GYM (½ GYM) 3:00-5:15 PM	OPEN GYM 3:00-5:30 PM		
	OPEN GYM 3:00-5:15 PM	JR. CAV's PRACTICE (½ GYM) 5:30-7:30 PM	OPEN GYM 3:00-5:15 PM	JR. CAV's PRACTICE (½ GYM) 5:30-7:30 PM	OPEN GYM (½ GYM) 5:30-6:15 PM		
	JR. CAV PRACTICE (½ GYM) 5:30-7:30 PM	PRESCHOOL BASKETBALL (½ GYM) 5:30-6:15 PM (Registration Required)		PRESCHOOL T-BALL (½ GYM) 5:30-6:15 PM (Registration Required)			
	OPEN GYM (½ GYM) 5:30-7:30 PM	YOUTH BASKETBALL (½ GYM) 6:30-7:15 PM (Registration Required)	OPEN GYM (½ GYM) 5:30-8:00 PM	FLAG FOOTBALL 6:30-7:15 PM (Registration Required)	TurboKick 5:30-6:15 PM		
	JR. CAV's PRACTICE 7:30-8:30PM	JR CAV'S PRACTICE 7:30-8:30 PM	JR. CAV's PRACTICE (½ GYM) 5:30-8:30 PM	JR CAV'S PRACTICE 7:30-8:30 PM	OPEN GYM 6:15-8:00 PM		
	18+ ADULT/FAMILY OPEN GYM* 8:30-9:45 PM	18+ PICKLEBALL* 8:00-9:45 PM (3 Courts)	18+ ADULT PICK-UP BASKETBALL* 8:30-9:45 PM	18+ PICKLEBALL* 8:00-9:45 PM (3 Courts)	18+ ADULT/FAMILY OPEN GYM* 8:00 PM-9:45 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.