


Lakewood Group Exercise Room Classes 9/3-9/15

(Updated 8/29/24)


MORNING

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------------------------------------|--|----------------------------------|----------------------------------|---|-------------------------------|--------------------------------------|
| 6:00am | BODYPUMP™ Louie | | BODYPUMP™ Patty | BODYPUMP™ Rinette | Barre Patty | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | | Step Fusion Meagan | | Step Fusion Meagan | Yoga Donna | Barre/Pilates Alex | |
| 9:00 AM | BODYPUMP™ Kristin | Dance Cardio (Seniors) (9:15) Suzy | SS Circuit® Suzy | BODYPUMP™ Stefanie | Flexible Core Ingrid | BODYPUMP™ Staff | |
| 10:00AM | SS Classic® (10:15) Andrea | SS Circuit® Suzy & Cindy | CORE™ (40 mins) Sharon | SS Circuit® (10:15) Mo | CORE™ & COMBAT™ (25/25mins) Kristin | Step Mary | Pure Strength (10:15) Mary |
| 11:00 AM | SS Classic® (11:15) Andrea | Strength & Balance Cindy | | | | Pure Strength Laura | |

EVENING

| | | | | | | | |
|---------|---------------------------------|--|------------------------------|--|--------------------------|--|---|
| 12:00PM | | | | | | Zumba® Christina | Zumba® Natalia or Roula |
| 5:00 PM | Zumba® Natalia | MuttStrut Ingrid (Outside the Y) BODYPUMP™ Stefanie | HIIT POWER 50 Will | Pure Strength Express Ingrid | Zumba® Laura P | |  |
| 6:00 PM | Compound Circuits Jan | Step Mary | Rebound Mary | BODYPUMP™ Stefanie | | <p>Classes are 50 minutes unless noted.</p> <p>Express classes are 25 minutes.</p> <p>More classes are on the opposite page!</p> <p>Saving space-seats and/or equipment is not permitted.</p> <p>Check the YMCA360 App for Updates</p> | |
| 7:00 PM | | Zumba® Laura P | | Step Mary | | | |

Cycle, Training, Auxiliary & Community Room Classes 9/3-9/15

| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|-------------------|--|--|---|---|--|---|---|
| MORNING | 6:00 AM | HIIT Shannon | Cycle Strength Shannon | | Cycle Strength Shannon | | | |
| | 8:00 AM | Yoga Basics Matthew (Community Rm) | | TRX Circuit Will (Training Rm) Tai Chi Chris (Community Rm) | | | Cycle Tom | |
| | 9:00 AM | | Yoga 9/3 Virtual Class (Community Rm) | TRX Express Will (Training Rm) | | | Yoga Cindy (Community Rm) | Cycle Shannon |
| | 9:00 AM | Pure Strength (for Her) Darcy (Training Rm) | | Pure Strength (for Her) Darcy (Community Room) | | Pure Strength (for Her) Darcy (Training Rm) | | |
| | 9:00 AM | Cycle Tim | Cycle Darcy | Cycle Claire | | Cycle Claire | | |
| | 10:00 AM & 11AM | 11 am Chair Yoga Marcia (Auxiliary Rm) | BODYCOMBAT™ Martial Arts-Inspired Kristin (Community Room) | TRX Will (Training Rm) Strength & Balance Suzy (Community Rm) 11 am Virtual Chair Yoga | | 11 am Chair Yoga Marcia (Community Rm) | Cycle Laura | |
| EVENING | 5:00 PM & 5:30 PM | | Yoga Cindy (Community Rm) | Yoga Cindy (Community Rm) | 5:30 Cycle Express Ingrid | |  | |
| | 6:00 PM | Power Yoga Meghan (Community Rm) | Cycle Laura | | Strength Basics Will (Training Rm) | Classes are 50 minutes unless noted. | Express Classes are 25 minutes. | The Cycle Room is closed except for scheduled classes. |
| | 7:00 PM | Tai Chi Chris (Community Rm) | | | TRX Will (Training Rm) | Check the YMCA360 App for Updates | | |