

# Lakewood Group Exercise Room Classes 11/18-11/24 (Updated 11/17/24)


MORNING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	<b>BODYPUMP™</b> Louie	<b>BODYPUMP™</b> Rinette	<b>BODYPUMP™</b> Patty	<b>BODYPUMP™</b> Rinette	<b>Barre</b> Patty		
7:00 AM							
8:00 AM		<b>Step Fusion</b> Meagan		<b>Step Fusion</b> Meagan	<b>Yoga</b> Donna	<b>Barre/Pilates</b> Alex	
9:00 AM	<b>BODYPUMP™</b> Kristin	<b>Dance Cardio (Seniors) (9:15)</b> Suzy	<b>SS Circuit®</b> Suzy	<b>BODYPUMP™</b> Stefanie	<b>Flexible Core</b> Ingrid	<b>BODYPUMP™</b> Staff	
10:00AM	<b>SS Classic® (10:15)</b> Andrea	<b>SS Circuit®</b> Suzy & Cindy	<b>BODYCOMBAT™</b> Kristin	<b>SS Circuit® (10:15)</b> Mo	<b>CORE™ &amp; COMBAT™ (25/25mins)</b> Kristin	<b>Step</b> Mary	<b>Pure Strength (10:15)</b> Mary
11:00 AM	<b>SS Classic® (11:15)</b> Andrea	<b>Strength &amp; Balance</b> Cindy				<b>Pure Strength</b> Mary	
12:00PM						<b>Zumba®</b> Christina	<b>Zumba®</b> Roula or Natalia

EVENING

5:00 PM	<b>Zumba®</b> Natalia	<b>BODYPUMP™</b> Stefanie	<b>HIIT POWER 50</b> Will	<b>Pure Strength Express</b> Ingrid	<b>Zumba®</b> Laura P		
6:00 PM	<b>Compound Circuits</b> Jan	<b>Step</b> Mary	<b>Rebound</b> Mary	<b>BODYPUMP™</b> Juliet		<p>Classes are 50 minutes unless noted.</p> <p>Express classes are 25 minutes.</p> <p>Saving space-seats and/or equipment is not permitted.</p> <p>Check the YMCA360 App for Updates</p>	
7:00 PM		<b>Zumba®</b> Laura P		<b>Step</b> Mary			

# Cycle, Training, Auxiliary & Community Room Classes 11/18-11/24

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00 AM	<b>HIIT</b> Shannon	<b>Cycle Strength</b> Shannon		<b>Cycle Strength</b> Shannon			
	8:00 AM	<b>Yoga Basics</b> Matthew (Community Rm)		<b>TRX Circuit</b> Will (Training Rm) <b>Tai Chi</b> Chris (Community Rm)			<b>Cycle</b> Tom	
	9:00 AM		<b>Yoga</b> Jacquelyn (Community Rm)	<b>TRX Express</b> Will (Training Rm)			<b>Yoga</b> Cindy (Community Rm)	<b>Cycle</b> Lynn
	9:00 AM	<b>Pure Strength (for Her)</b> Darcy (Training Rm)		<b>Pure Strength (for Her)</b> Darcy (Community Room)		<b>Pure Strength (for Her)</b> Darcy (Training Rm)		
	9:00 AM	<b>Cycle</b> Tim	<b>Cycle</b> Darcy	<b>Cycle</b> Tim		<b>Cycle</b> Tim		
	10:00 AM & 11AM	<hr/> <b>11 am Chair Yoga</b> Marcia (Community Room)		<b>TRX</b> Will (Training Rm) <b>Strength &amp; Balance</b> Suzy (Community Rm) <hr/> <b>11 am Chair Yoga</b> Daphne		<hr/> <b>11 am Chair Yoga</b> Marcia (Community Rm)	<b>Cycle</b> Angela	
<b>EVENING</b>	5:00 PM & 5:30 PM		<b>Yoga</b> Cindy (Community Rm)	<b>Yoga</b> Cindy (Community Rm)	<hr/> <b>5:30 Cycle Express</b> Ingrid			
	6:00 PM	<b>Power Yoga</b> Meghan (Community Rm)	<b>NO Cycle</b>	<b>Cycle</b> Tim	<b>Strength Basics</b> Will (Training Rm)	<b>Classes are 50 minutes unless noted.</b>	<b>Express Classes are 25 minutes.</b>	<b>The Cycle Room is closed except for scheduled classes.</b>
	7:00 PM	<b>Tai Chi</b> Chris (Community Rm)			<b>TRX</b> Will (Training Rm)	<b>Check the YMCA360 App for Updates</b>		