



Lakewood Group Exercise Room Classes 12/23-12/29 (Updated 12/22/24)

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am	BODYPUMP™ Louie	OPEN 7AM-1PM	CLOSED	BODYPUMP™ Rinette	NO Barre		
	7:00 AM		7:05 BODYPUMP™ Rinette	MERRY CHRISTMAS!	HAPPY HANUKKAH & KWANZA!			
	8:00 AM		Step Fusion Meagan		NO Step Fusion	Yoga Donna	Barre/Pilates Alex	
	9:00 AM	BODYPUMP™ Kristin	Dance Cardio (Seniors) (9:15) Suzy		BODYPUMP™ Claire	Flexible Core Ingrid	BODYPUMP™ Staff	
	10:00AM	SS Classic® (10:15) Andrea	SS Circuit® Suzy & Cindy		SS Circuit® (10:15) Mo	BODYPUMP™ Stephanie K	Step Mary	Pure Strength (10:15) Mary
	11:00 AM	SS Classic® (11:15) Andrea	Strength & Balance Cindy				NO Pure Strength	
	11:15am or 12:00PM						12pm Zumba® Christina	11:15am Zumba® Natalia
EVENING	5:00 PM	Zumba® Natalia			Pure Strength Express Ingrid	Zumba® Laura		
	6:00 PM	Compound Circuits Jan			BODYPUMP™ Stephanie K		<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				NO Step			

Cycle, Training, Auxiliary & Community Room Classes 12/23-12/29

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM	HIIT Alex (Training Room)	OPEN 7AM-1PM	CLOSED	Cycle Strength Shannon			
	8:00 AM	Yoga Basics Matthew (Community Rm)		MERRY CHRISTMAS!	HAPPY HANUKKAH & KWANZA!		Cycle Tom	
	9:00 AM		Yoga TBD (Community Rm)				Yoga Cindy (Community Rm)	Cycle Shannon
	9:00 AM	Pure Strength (for Her) Darcy (Training Rm)				Pure Strength (for Her) Darcy (Training Rm)		
	9:00 AM	Cycle Tim	Cycle Darcy			Cycle Claire		
	10:00 AM & 11AM	<hr/> 11am VIRTUAL Chair Yoga (Community Room)				<hr/> 11am Chair Yoga Andrea (Community Rm)	Cycle Claire	
EVENING	5:00 PM & 5:30 PM				5:30 Cycle Express Ingrid			
	6:00 PM	Power Yoga Meghan (Community Rm)			NO Strength Basics	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)			NO TRX	Check the YMCA360 App for Updates		