



Lakewood Group Exercise Room Classes 1/20-1/26 (Updated 1/20/25)

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00am	BODYPUMP™ Louie	BODYPUMP™ Rinette	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™ Juliet	Flexible Core Ingrid	BODYPUMP™ Staff	
	10:00AM	SS Classic® (10:15) Andrea	SS Circuit® Suzy & Cindy	BODYCOMBAT™ Kristin	SS Circuit® Express (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	
	11:15am or 12:00PM						12pm Zumba® Christina	11:15am Zumba® Natalia
EVENING	5:00 PM	Zumba® Natalia	BODYPUMP™ Stefanie	HIIT POWER 50 Will	Pure Strength Express Ingrid	Zumba® Laura		
	6:00 PM	Compound Circuits Jan	Step Mary	Rebound Mary	BODYPUMP™ 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		NO Zumba®	NEW! Beginner Step Express Mary	Step Mary			

Cycle, Training, Auxiliary & Community Room Classes 1/20-1/26

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00 AM	NO HIIT	NO Cycle Strength		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 Jacquelyn (Community Rm)	TRX Express Will (Training Rm)			Yoga Cindy (Community Rm)	Cycle Lynn
	9:00 AM	Pure Strength (for Her) Darcy (Training Rm)		Pure Strength (for Her) Darcy (Community Room)		Pure Strength (for Her) Darcy (Training Rm)		NO Stretch & Mobility Express
	9:00 AM	Cycle Tim	Cycle Darcy	Cycle Claire		Cycle Claire		
	10:00 AM & 11AM	<hr/> 11am Chair Yoga Marcia (Community Room)		TRX Will (Training Rm) Strength & Balance Suzy (Community Rm) <hr/> 11am Chair Yoga Daphne (Community Room)		NEW! 10am Beginner Cycle Express Claire <hr/> 11am 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 & 6:30 PM	Power Yoga Meghan (Community Rm)	Cycle Laura	Cycle Tim	Strength Basics Will NEW! Beginner Cycle Express & 6:30pm Cycle Express Laura	Classes are 50 minutes unless noted.		Express Classes are 25 minutes.
	7:00 PM	Tai Chi Chris (Community Rm)			TRX Will (Training Rm)		Check the YMCA360 App for Updates	