



Lakewood Group Exercise Room Classes 1/6-1/12 (Updated 1/5/24)

	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™ Stefanie	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® NLaura		
	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		Zumba® Laura P	NEW! Beginner Step Express Mary	Step Mary			

Cycle, Training, Auxiliary & Community Room Classes 1/6-1/12

	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 Jacquelyn (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)		NEW! 10am Stretch & Mobility Express Shannon (Community Rm)
	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) 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	Power Yoga Meghan (Community Rm)	Cycle Laura	Cycle Tim	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		