

# Lakewood Family YMCA Group Exercise SEPTEMBER 2021

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15 AM	Cycle Express John	Cycle Strength Shannon	Calorie Crusher Shannon	Cycle Strength Shannon	Barre Patty		
	8:00 AM		Step/Sculpt Meagan	Tai Chi Chris	Step/Sculpt Meagan	Yoga Donna	Cycle Erin	
	9:00 AM			Intro to TRX Express Brandon		Flexible Core Ingrid CR	Total Body Blast Tavia	Cycle Shannon
	9:30 AM		Boom Move Express (9:15 am) Cindy	Chair Yoga Ann			Yoga (9am) Cindy CR	Rebound Express Mary
	10:00 AM	SS Classic Andrea	SS Circuits Cindy		SS Circuits Mo	SS Classic Joy	Cycle Laura	
	10:00 AM						Step Mary	Sculpt (10:15am) Mary
	11:00 AM						Sculpt Laura	
	11:00 AM	SS Classic Andrea					Yoga: Healthy Spine & Hips Sara CR	
	12:00 PM			Cycle Express Shannon		Cycle Express Shannon	Zumba Christina	Zumba Nicole
	5:00pm							
EVENING	5:00 PM		Mutt Strut Ingrid (Outdoors)		Cycle Strength Ingrid Cycle/GX			
	5:00 PM	Zumba Natalia	Zumba Strength Daphani	Yoga Cindy CR	Strength Basics (6:00 pm) Will TRX			
	6:00 PM	Compound Circuits Jan	Step Mary	Rebound Mary	Kids Fitness Josh CR	Slow Flow Yoga Sara CR	BOOTCAMP W/ BRANDON @ LAKEWOOD PARK SATURDAYS - 9am	
	6:00 PM	Power Vinyasa Meghan CR	Yin Yoga Sara CR		Meditation Mercedes	Cardio Dance (6:30 pm) Gail		
	6:00 PM	Cycle Alexandria	Cycle Laura		Cardio Hip-Hop (7:00pm) Adrian	Express Classes-30 minutes All other classes-50 minutes unless noted. CR - Community Room/ TRX - TRX Room \$ - \$25 for (4) weeks, unless Plus Membership. Pre-registration required. Outdoor Classes @ Lakewood Park held by Solstice Steps.		
	7:00 PM	Calorie Crusher Brandon		Total Body Blast Daphan	TRX Tavia			
	7:00 PM		Sculpt Mary	Zumba Christina	SUNSET YOGA @ LAKEWOOD PARK Meghan			