

Lakewood Family YMCA Group Exercise **OCTOBER 2021** (updated 10-5)

	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	Pilates Express (8:00am) Alexandria CR	
	8:00 AM		Step Fusion Meagan	Tai Chi Chris	Step Fusion Meagan	Yoga Donna	Cycle Tom	
	9:00 AM		Pilates (9:15am) Erin CR	Intro to TRX Express Will	Cardio Drum Express Tammy	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 Joy (until 10/14)	SS Classic Joy	Cycle Laura	
	10:00 AM				<i>Mo returns 10/21!</i>		Step Mary	Pure Strength (10:15am) Mary
	11:00 AM						Pure Strength 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 Yoga Meghan CR	Yin Yoga Sara CR		Meditation Mercedes	Cardio Dance (6:30 pm) Gail		
	6:00 PM	Cycle Alexandria	Cycle Laura		Step (7:00pm) Mary	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 Bootcamp Class @ Lakewood Park held by Solstice Steps. Bootcamp ends 10/20.		
	7:00 PM	Calorie Crusher Brandon		Total Body Blast Daphani	TRX Will			
	7:00 PM	Pilates Express (Alexandria CR)	Pure Strength Mary	Zumba Christina				