



Lakewood Family YMCA August 2022 Revised 8/04

MORNING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	BODYPUMP™ Stephanie		BODYPUMP™ Melanie		Barre Patty		
7:30 AM						Mindfulness- Yoga Moment Sarah	
8:00 AM		Step Fusion Meagan	Tai Chi Chris	Step Fusion Meagan	Gentle Yoga Donna	Pilates +Barre Alexandra Mutt Strut 8:30am (Outside) Ingrid	
9:00 AM	BODYPUMP™ Lisa/Claire	Boom Move Express (9:15am) Suzy		BODYPUMP™ Kristin Yoga Basics Matthew	Flexible Core Ingrid	BODYPUMP™ Lisa Yoga Cindy	
9:30 AM		Pilates (9:15 am) Erin	Chair Yoga Ann				Rebound Express Mary
10:00AM	SS Classic (10:15 am) Andrea	SS Circuits Suzy		SS Circuits Mo	SS Classic Joy	Step Mary	Pure Strength (10:15 am) Mary
11:00 AM	SS Classic (11:15 am) Andrea	Stretch & Mobility Cindy S.			Chair Yoga Joy	Pure Strength Laura	

EVENING

12:00PM						Zumba Christina	Zumba Nicole Slow Flow Yoga Matthew
5:00 PM	Zumba Natalia	Yoga Cindy	Yoga Cindy	Pure Strength Ingrid			
6:00 PM	Compound Circuits Jan Yoga Meghan	Step Mary	Rebound Mary	BODYPUMP™ Lisa	Cardio Dance Gail	<p>Classes are 50 minutes unless noted. \$ Premium Classes: Registration is required. Members may have a Plus membership or pay the class fee. Note: Classes in the TRX or Cycle room have been moved to the other side of the page!</p>  	
7:00 PM	BODYPUMP™ Lisa Pilates Express Alexandria	Zumba Christina	BODYPUMP™ Stephanie	Step Ann Marie			

Lakewood Family YMCA Cycle & TRX classes August 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	TRX HIIT Shannon	Cycle Strength Shannon		Cycle Strength Shannon			
8:00 AM						Cycle Tom	
9:00 AM	Kickboxing Chris		Intro to TRX Will				Cycle Shannon
9:15 AM	Cycle Tim	Cycle Darcy	Cycle Claire		Cycle Claire		
9:30AM	\$Women on Weights Darcy		\$Women on Weights Darcy				
10:00 AM			\$TRX Pilates Erin			Cycle Laura	
12:00PM							
5:00 PM				5:30 Cycle Express Ingrid			
6:00 PM	Cycle Alexandra	Cycle Laura		\$Core & Lower Body Strength Will TRX	\$ Premium Classes: Registration is required. Members may have a Plus Membership or pay the fee for the class.		
7:00 PM	\$Calorie Crusher Tavia		Total Body Blast Daphani	\$TRX Will			