



# Lakewood Family YMCA December Revised 11/23

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	6:00am	<b>BODYPUMP™</b> Stephanie	<b>BODYPUMP™</b> Rinette	<b>BODYPUMP™</b> Melanie	<b>BODYPUMP™</b> Rinette	<b>Barre</b> Patty		
	7:30 AM							
	8:00 AM		<b>Step Fusion</b> Meagan	<b>Tai Chi</b> Chris	<b>Step Fusion</b> Meagan	<b>Gentle Yoga</b> Donna	<b>Pilates +Barre</b> Alexandra	
	9:00 AM	<b>BODYPUMP™</b> Kristin	<b>Boom Move Express (9:15am)</b> Suzy	<b>Pilates</b> Erin	<b>BODYPUMP™</b> Claire <b>Yoga Basics</b> Matthew	<b>Flexible Core</b> Ingrid	<b>BODYPUMP™</b> Lisa <b>Yoga</b> Cindy	
	9:30 AM					<b>Core (10am)</b> Kristin		<b>Rebound Express</b> Mary
	10:00AM	<b>SS Classic (10:15 am)</b> Andrea	<b>SS Circuits</b> Suzy		<b>SS Circuits</b> Mo	<b>SS Classic</b> Joy	<b>Step</b> Mary	<b>Pure Strength (10:15 am)</b> Mary
	11:00 AM	<b>SS Classic (11:15 am)</b> Andrea	<b>Stretch &amp; Mobility</b> Cindy S.			<b>Chair Yoga</b> Joy	<b>Pure Strength</b> Laura	<b>Slow Flow Yoga</b> Miranda
	12:00PM						<b>Zumba</b> Christina	<b>Zumba</b> Nicole
<b>EVENING</b>	5:00 PM	<b>Zumba</b> Natalia	<b>BODYPUMP™</b> Lisa <b>Yoga</b> Cindy	<b>Yoga</b> Cindy	<b>Pure Strength</b> Ingrid	<b>Cardio Dance</b> Gail		
	6:00 PM	<b>Compound Circuits</b> Jan <b>Power Yoga</b> Meghan	<b>Step</b> Mary	<b>Rebound</b> Mary	<b>BODYPUMP™</b> Lisa	<b>Rebound</b> Mary/Kim	<p><b>Classes are 50 minutes unless noted.</b>  <b>\$ Premium Classes: Registration is required. Members must either have a Plus membership or pay the class fee.</b>  <b>Classes in the TRX or Cycle room are on the opposite page!</b></p>  	
	7:00 PM	<b>Pilates Express</b> Alexandria	<b>Zumba</b> Christina	<b>BODYPUMP™</b> Stephanie	<b>Step</b> Ann Marie			

# Lakewood Family YMCA Cycle & TRX classes December 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 AM	<b>TRX HIIT</b> Shannon/ Rinette	<b>Cycle Strength</b> Shannon		<b>Cycle Strength</b> Shannon			
	8:00 AM			<b>FREE IN DECEMBER!</b> <b>\$TRX Pilates</b> Erin			<b>Cycle</b> Tom	
	9:00 AM			<b>Intro to TRX</b> Will				<b>Cycle</b> Shannon
	9:00 AM	<b>\$Women on Weights</b> (TRX Room) Darcy		<b>\$Women on Weights</b> (Community room) Darcy		<b>\$Women on Weights</b> (TRX Room) Darcy		
	9:15 AM	<b>Cycle</b> Tim	<b>Cycle</b> Darcy	<b>Cycle</b> Claire		<b>Cycle</b> Claire		
	10:00 AM						<b>Cycle</b> Laura	
	12:00PM							
	5:00 PM				<b>5:30 Cycle Express</b> Ingrid			
	6:00 PM	<b>Cycle</b> Alexandra	<b>Cycle</b> Laura		<b>\$Core &amp; Lower Body Strength</b> Will TRX	<b>\$ Premium Classes: Registration is required. Members must have either a Plus Membership or pay the fee for the class.</b>		
	7:00 PM	<b>\$Calorie Crusher</b> Tavia			<b>\$TRX</b> Will			