



Lakewood Family YMCA March

Revised 03/10

MORNING

EVENING

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

Lakewood Family YMCA Cycle & TRX classes March 2023

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