

# Lakewood Family YMCA Group Ex Room September 14-30 9/13/23

## MORNING

| TIME     | MONDAY                                      | TUESDAY                                            | WEDNESDAY                                | THURSDAY                     | FRIDAY                             | SATURDAY                          | SUNDAY                                      |
|----------|---------------------------------------------|----------------------------------------------------|------------------------------------------|------------------------------|------------------------------------|-----------------------------------|---------------------------------------------|
| 6:00am   | <b>BODYPUMP™</b><br>Juliet                  | <b>BODYPUMP™</b><br>Stefanie                       | <b>BODYPUMP™</b><br>Melanie or<br>Juliet | <b>BODYPUMP™</b><br>Rinette  | <b>Barre</b><br>Patty              |                                   |                                             |
| 7:30 AM  |                                             |                                                    |                                          |                              |                                    |                                   |                                             |
| 8:00 AM  |                                             | <b>Step Fusion</b><br>Meagan                       | <b>Tai Chi</b><br>Chris                  | <b>Step Fusion</b><br>Meagan | <b>Gentle<br/>Yoga</b><br>Donna    |                                   |                                             |
| 9:00 AM  | <b>BODYPUMP™</b><br>Claire                  | <b>Boom Move®<br/>Express<br/>(9:15am)</b><br>Suzy | <b>SS Circuit®</b><br>Suzy               | <b>BODYPUMP™</b><br>Kristin  | <b>Flexible<br/>Core</b><br>Ingrid | <b>BODYPUMP™</b><br>Staff         |                                             |
| 9:30 AM  |                                             |                                                    |                                          |                              |                                    |                                   |                                             |
| 10:00AM  | <b>SS Classic®<br/>(10:15 am)</b><br>Andrea | <b>SS Circuit®</b><br>Suzy                         | <b>CORE™</b><br>Sharon                   | <b>SS Circuit®</b><br>Mo     | <b>CORE™</b><br>Kristin            | <b>Step</b><br>Mary               | <b>Pure Strength<br/>(10:15 am)</b><br>Mary |
| 11:00 AM | <b>SS Classic®<br/>(11:15 am)</b><br>Andrea | <b>Strength &amp;<br/>Balance</b><br>Cindy S.      |                                          |                              |                                    | <b>Pure<br/>Strength</b><br>Laura |                                             |
| 12:00PM  |                                             |                                                    |                                          |                              |                                    | <b>Zumba®</b><br>Christina        | <b>Zumba®</b><br>Nicole                     |

## EVENING

|         |                                     |                                     |                              |                                                |                                 |                                                                                                                                                                                                                                          |  |
|---------|-------------------------------------|-------------------------------------|------------------------------|------------------------------------------------|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 5:00 PM | <b>Zumba®</b><br>Natalia            | <b>BODYPUMP™/<br/>CORE™</b><br>Lisa |                              | <b>Pure<br/>Strength<br/>Express</b><br>Ingrid | <b>Cardio<br/>Dance</b><br>Gail |                                                                                                                                                                                                                                          |  |
| 6:00 PM | <b>Compound<br/>Circuits</b><br>Jan | <b>Step</b><br>Mary                 | <b>Rebound</b><br>Mary       | <b>BODYPUMP™</b><br>Lisa                       |                                 | <b>Classes are 50 minutes<br/>unless noted.</b><br><b>Express classes are 30<br/>minutes.</b><br><b>More classes are on the<br/>opposite page!</b>  |  |
| 7:00 PM |                                     | <b>Zumba®</b><br>Christina          | <b>BODYPUMP™</b><br>Stefanie | <b>Step</b><br>Mary                            |                                 |                                                                                                                                                                                                                                          |  |

**LES MILLS**  
**BODYPUMP**

# Lakewood YMCA Cycle, Training, & Community Rms Sept 14-30

|  | TIME     | MONDAY                                                 | TUESDAY                                                       | WEDNESDAY                                                 | THURSDAY                            | FRIDAY                                                 | SATURDAY                                                                              | SUNDAY                  |
|--|----------|--------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------|-------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------|
|  | 6:00 AM  | <b>HIIT</b><br>Shannon                                 | <b>Cycle Strength</b><br>Shannon                              |                                                           | <b>Cycle Strength</b><br>Shannon    |                                                        |                                                                                       |                         |
|  | 8:00 AM  |                                                        |                                                               | <b>TRX Circuit</b><br>Will                                |                                     |                                                        | <b>Cycle</b><br>Tom                                                                   |                         |
|  | 9:00 AM  |                                                        | <b>Yoga</b><br>Jacquelyn                                      | <b>Intro to TRX Express</b><br>Will                       | <b>Yoga Basics</b><br>Matthew       |                                                        | <b>Yoga</b><br>Cindy                                                                  | <b>Cycle</b><br>Shannon |
|  | 9:00 AM  | <b>Pure Strength for Her</b><br>(Training Rm)<br>Darcy |                                                               | <b>Pure Strength for Her</b><br>(Community Room)<br>Darcy |                                     | <b>Pure Strength for Her</b><br>(Training Rm)<br>Darcy |                                                                                       |                         |
|  | 9:00 AM  | <b>Cycle</b><br>Tim                                    | <b>Cycle</b><br>Darcy                                         | <b>Cycle</b><br>Claire                                    |                                     | <b>Cycle</b><br>Claire                                 |                                                                                       |                         |
|  | 10:00 AM |                                                        |                                                               | <b>Strength &amp; Balance</b><br>(Community Room)<br>Suzy |                                     |                                                        | <b>Cycle</b><br>Laura                                                                 |                         |
|  | 1:00PM   |                                                        |                                                               |                                                           |                                     |                                                        |                                                                                       |                         |
|  | 5:00 PM  |                                                        | <b>Yoga</b><br>Cindy<br><b>Mutt Strut (Outside)</b><br>Ingrid | <b>Yoga</b><br>Cindy                                      | <b>5:30 Cycle Express</b><br>Ingrid |                                                        |  |                         |
|  | 6:00 PM  | <b>Power Yoga</b><br>Meghan                            | <b>Cycle</b><br>Laura                                         |                                                           | <b>Strength Basics</b><br>Will      | <b>Classes are 50 minutes unless noted.</b>            | <b>Express Classes are 30 minutes.</b>                                                |                         |
|  | 7:00 PM  | <b>Tai Chi</b><br>Chris                                |                                                               |                                                           | <b>TRX</b><br>Wil                   |                                                        |                                                                                       |                         |