

Lakewood Family YMCA Group Exercise January 2021 (updated 1/12/21)

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:15 AM	Cycle Express John	Cycle Shannon	Calorie Crusher Shannon	Cycle Shannon	Barre Patty		
	8:00 AM		Step/Sculpt Meagan	Tai Chi Chris	Step/Sculpt Meagan	Yoga Donna	Y Cycle Tom	
	9:00 AM		TRX \$ Marvin	Flexible Core Ingrid CR	TRX \$ Marvin		Bionic Senior Tavia	Cycle Shannon
	9:30 AM			Chair Yoga Ann		Fine Tune Friday Virgil TRX/Cycle \$		
	10:00 AM	SS Classic Andrea	SS Circuits Cindy		SS Circuits Mo	Silver Sneakers Classic Jacquelyn	Smart Start Group - Tavia	
	10:00 AM						Step Mary	Sculpt (10:15am) Mary
	11:00 AM						Sculpt Mary	
	11:00 AM	SS Classic Andrea					Yoga: Healthy Spine & Hips Sara CR	
	12:00 PM	Cycle Express Patrick		Cycle Express Patrick		Cycle Express Patrick	Zumba Christina GES	Zumba Nicole GES
	1:00pm							Yoga Jacquelyn
EVENING	5:00 PM				Kids Fitness Tavia \$			
	5:00 PM		Zumba Roula		Sculpt/Cycle Ingrid GES/Cycle			
	6:00 PM	Compound Circuits Jan	Step Mary	Rebound Mary	Energizing Yoga Cindy M.	Slow Flow Yoga Sara CR		
	6:00 PM	Power Vinyasa Meghan CR	Yin Yoga Sara CR	Kids Yoga Shannon CR		Dance Party Adrian GES		
	6:00 PM		Cycle Laura			Cycle Express-30 minutes All other classes-50 minutes unless noted. CR - Community Room/GES - Group Ex Room \$ - Premium classes. Fee for non plus members. Pre-registration required. All held in the TRX Room.		
	7:00 PM	TRX \$ Shannon	TRX \$ Marvin	Fitness Shift (7:30 pm) Marvin -TRX				
7:00 PM		Sculpt Mary	Zumba Christina	Fitness Shift Marvin				

Smart Start Group - Open to any new members that would like to get acclimated to the Fitness Center.