



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LAKOTA FAMILY YMCA

Group Fitness Schedule  
Winter 2019  
Updated 03/15/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycling</b> 5:45 - 6:30am	<b>Insanity</b> 5:45 - 6:30am	<b>Cycling</b> 5:45 - 6:30am	<b>Insanity</b> 5:45 - 6:30am	<b>Cycling</b> 5:45 - 6:30am	<b>Cycling</b> 8:00 - 8:55am	
<b>Power Yoga</b> 8:00 - 9:00am	<b>Cycling</b> 9:40 - 10:40am	<b>Y-Step</b> 6:00 - 7:00am	<b>SilverSneakers™ Classic</b> 8:30 - 9:15am	<b>Power Yoga</b> 8:00 - 9:00am	<b>PiYo</b> 9:00 - 10:00 am	
<b>Body Sculpting</b> 9:40 - 10:40am	<b>Muscle Mix</b> 9:40 - 10:40am	<b>Body Sculpting</b> 9:40 - 10:40am		<b>Cycling</b> 9:40 - 10:40am	<b>Body Sculpting</b> 9:40 - 10:40am	<b>H2O Fitness Shallow</b> 9:00 - 9:50am
<b>SilverSneakers™ Stability</b> 10:15 - 11:00am	<b>Rocking the Waves</b> 10:00 - 10:50am	<b>SilverSneakers™ Stability</b> 10:15 - 11:15am	<b>Muscle Mix</b> 9:40 - 10:40am	<b>Kick Booty Camp</b> 9:45 - 10:40am	<b>H2O Boot Camp</b> 10:00 - 11:00am	<b>Cycling</b> 12:00 - 1:00pm
<b>Abs Express</b> 10:45 - 11:15am	<b>Zumba</b> 6:00 - 7:00pm	<b>Abs Express</b> 10:45 - 11:15am	<b>Rocking The Waves</b> 11:00 - 11:50am	<b>Abs Express</b> 10:45 - 11:15am	<b>Boot Camp</b> 10:05 - 11:35am	<b>Zumba</b> 1:00pm - 2:00pm
<b>SilverSneakers™ Splash</b> 11:30 - 12:20pm	<b>Cycling</b> 6:30 - 7:30pm	<b>SilverSneakers™ Splash</b> 11:30 - 12:20pm	<b>Yoga</b> 11:45-12:45	<b>SilverSneakers™ Splash</b> 11:30 - 12:20pm		
<b>Intro to Tai Chi</b> 6:00 - 6:30pm	<b>H2O Fitness Shallow</b> 7:00 - 7:55pm	<b>Power Yoga</b> 5:30 - 6:30pm	<b>Zumba</b> 6:00 - 7:00pm	<b>Cycling</b> 10:00- 11:00am		
<b>Tai Chi</b> 6:30 - 7:30pm	<b>Yoga</b> 7:30 - 8:30pm	<b>Cardio Camp</b> 6:00 - 7:00pm	<b>H2O Fitness Deep</b> 7:00 - 7:55 pm			
<b>Power Camp</b> 6:00 - 7:00pm		<b>Zumba</b> 7:05 - 8:05pm	<b>Power Camp</b> 7:05 - 8:05pm			
<b>Zumba</b> 7:05 - 8:05pm						
<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 1:30 pm 3:30 - 8:30 pm	<b>Child Watch</b> 9:30 - 2:30 pm	<b>Child Watch</b> 9:00 - 12:00 pm	

SilverSneakers® classes are FREE to SilverSneakers members as well as our adult members. Child Watch is FREE to our Family and Household Plus Members. Child Watch is limited to two hours per day.

**Class Schedule is subject to change due to instructor availability.**