



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Group Fitness Schedule
Winter 2019
Updated 01/03/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling 5:45 - 6:30am	Insanity 5:45 - 6:30am	Cycling 5:45 - 6:30am	Insanity 5:45 - 6:30am	Cycling 6:15 - 7:00am	Cycling 8:00 - 8:55am	
Power Yoga 8:00 - 9:00am	Cycling 9:40 - 10:40am	Y-Step 6:00 - 7:00am	SilverSneakers™ Classic 8:30 - 9:15am	Power Yoga 8:00 - 9:00am	PiYo 9:00 - 10:00 am	
Body Sculpting 9:40 - 10:40am	Muscle Mix 9:40 - 10:40am	Tai Chi 8:00 - 9:00am		Cycling 9:40 - 10:40am	Body Sculpting 9:40 - 10:40am	H2O Fitness Shallow 9:00 - 9:50am
SilverSneakers™ Stability 10:15 - 11:00am	Rocking the Waves 10:00 - 10:50	Body Sculpting 9:40 - 10:40am		Kick Booty Camp 9:45 - 10:40am	H2O Boot Camp 10:00 - 11:00am	Cycling 12:00 - 1:00pm
Abs Express 10:45 - 11:15am	Zumba 6:00 - 7:00pm	SilverSneakers™ Stability 10:15 - 11:15am	Muscle Mix 9:40 - 10:40am	Abs Express 10:45 - 11:15am	Boot Camp 10:05 - 11:35am	Zumba 1:00pm - 2:00pm
SilverSneakers™ Splash 11:30 - 12:20pm	Cycling 6:30 - 7:30pm	Abs Express 10:45 - 11:15am	Rocking The Waves 11:00 - 11:50am	SilverSneakers™ Splash 11:30 - 12:20pm		
Tai Chi 6:30 - 7:30pm	H2O Fitness Shallow 7:00 - 7:55pm	SilverSneakers™ Splash 11:30 - 12:20pm	Yoga 11:45-12:45			
Power Camp 6:00 - 7:0pm	Yoga 7:30 - 8:30pm	Power Yoga 5:30 - 6:30pm	Zumba 6:00 - 7:00pm			
Zumba 7:05 - 8:05pm		Cardio Camp 6:00 - 7:00pm	H2O Fitness Deep 7:00 - 7:55 pm			
		Zumba 7:05 - 8:05pm	Power Camp 7:05 - 8:05pm			
Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm	Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm	Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm	Child Watch 9:30 - 1:30 pm 3:30 - 8:30 pm	Child Watch 9:30 - 2:30 pm	Child Watch 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.

