

LOCKPORT FAMILY YMCA
GROUP FITNESS STUDIO
 October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 5:15-6:00 am Jon		Yoga 5:15-6:00 am Jon		
	Core & More 6:00-6:30 am Jeannine	Barre 8:00-8:45 am Erin	Core & More 6:00-6:30 am Jeannine		Core & More 6:00-6:30 am Jeannine	
Les Mills BodyPump® 8:00-9:00 am Julie	Fusion 9:00-9:45 am Jeannine	SilverSneakers Stability® 9:00-9:30 am Tammy	Fusion 9:00-9:45 am Jeannine	Pilates Yoga Fusion 9:00-9:45 am Brianna	Fusion 9:00-9:45 am Jeannine	Fusion 8:00-9:00 am Jeannine
LesMills Body Combat® 9:15-10:15 am Garrett	Pilates 10:00-10:45 am Tammy	Les Mills Bodypump® 10:00-11:00 am Erica	YogaBarre® 10:00-10:45 am Amanda	Les Mills Bodypump® 10:00-11:00 am Erica (No Class 10/31)	Yoga 10:00-10:45 am Alena	Core & More 9:15-9:45 am Christine
	Gentle Yoga 11:00-11:30 am Tammy		Pilates 11:00-11:45 am Alena	Core & More 11:10-11:40 am Erica	SilverSneakers Stability® 11:00-11:30 am Brianna	Les Mills BodyPump® 10:00-11:00 am Christine
<p>View our Schedule on our Mobile App.</p>  <p>Download Today!</p>	Meditation 11:40-12:00 pm Tammy		Drums Alive 12:00-12:45 pm Gene			Les Mills Body Combat® Express 11:15-11:45 am Kat
	SilverSneakers Classic® 1:00-1:45 pm Gene		SilverSneakers Classic® 1:00-1:45 pm Gene	Homeschool Gym 12:45-2:15 pm (Registration Required)	Parkinsons Movement 1:00-2:00 pm Gene/Tammy	
		Les Mills Body Combat® Express 4:30-5:10 pm Julie	Pilates 4:30-5:15 pm Erin	Strength & Conditioning 4:30-5:10 pm Jeannine		
	Cardio Step 5:30-6:00 pm Jeannine	Barre 5:15-6:00 pm Danielle		Fusion 5:15-6:00 pm Jeannine		
	Strength & Conditioning 6:15-7:00 pm Jeannine	Les Mills Bodypump® 6:15-7:15 pm Christine	Les Mills Bodypump® 6:00-7:00 pm Jenna	Les Mills Bodypump® 6:15-7:15 pm Jenna	Les Mills BodyPump® Express 5:00-5:45 pm Alanna	
	Yin Yoga 7:15-8:00 pm Jennifer A	Ballroom Dance 7:30-9:00 pm	Les Mills Bodypump® 7:15-8:00 pm Jenna			

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FUNCTIONAL FITNESS STUDIO
 October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:00-8:45 am Jennifer P	Group Cycling 8:30-9:30 am Hans	Les Mills Sprint® (Cycling) 8:15-8:45 am Erica		Group Cycle Express 8:15-8:45 am Brianna		Group Cycling 8:30-9:15 am Kat
Yoga 9:00-10:00 am Jennifer A (No Class 10/6)		Yoga 9:00-9:45 am Erica	Cycle + Core 9:00-9:45 am Amanda	SilverSneakers Stability® 9:00-9:30 am Amanda	Cycle + Stretch 9:00-9:45 am Alena	Yoga 9:30-10:30 am Erin (No Class 10/5)
	Interval Training 10:00-10:45 am Lindsay	Core & More 10:00-10:30 am Lindsay	TRX Circuit 10:00-10:45 am Brianna	Barre 10:00-10:45 am Danielle (No Class 10/24)	Interval Training 10:00-10:45 am Lindsay	Barre 10:45-11:30 am Erin (No Class 10/5)
			Enerchi 11:00-11:30 am Tammy	Homeschool Gym 11:15-12:45 pm (Registration Required)		
	Les Mills Sprint® (Cycling) 4:30-5:00 pm Andrea			Defend Together 4:30-5:15 pm (Registration Required)	Cycling for Endurance 4:30-6:00 pm Hans	
	Cycle + Core 5:30-6:15 pm Heidi	Group Cycling 5:15-6:00 pm Shana	Cycle + Core 5:30-6:15 pm Shana	Group Cycling 5:20-6:00 pm Jennifer P		
		Yoga 6:15-7:15 pm Alanna	Weight Training Fundamentals 6:30-7:30pm (Registration Required)	Yoga 6:15-7:15 pm Lexie		

LOCKPORT FAMILY YMCA
GYM/COMMUNITY ROOM
 October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TRX Circuit 5:15-6:00 am Jon (No Class 10/9)			
		TRX Circuit 9:00-9:45 am Alena	Core & Restore 9:30-10:00 am Alena	TRX Circuit 9:00-9:45 am Alena		
				Meditation 10:00-10:30 am Alena (Community Room 1)		
	Boom Muscle® 10:15-10:45 am Gene	Boom Move® 10:00-10:30 am Amanda	Boom Muscle® 10:15-10:45 am Tammy	Boom Move® 10:00-10:30 am Amanda	SilverSneakers Circuit® 10:00-10:45 am Brianna	
	EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20)	SilverSneakers Circuit® 10:45-11:30 am Amanda	EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20)	SilverSneakers Circuit® 10:45-11:30 am Amanda	EHANCE FITNESS® 11:00-11:45 AM Registration Required (Sept. 4-Dec. 20)	
	Tai Chi Beginner/Intermediate 11:15-12:15 pm Gene (Community Room 1)	Core & Restore 11:45-12:30 pm Amanda	Line Dancing 12:00-12:45 pm Amanda	Core & Restore 11:45-12:30 pm Amanda		
	TRX Circuit 4:30-5:15 pm Brianna					
	Zumba 6:30-7:30pm Jessica (Community Room 1)		Zumba 6:30-7:30pm Jessica (Community Room 1)			