

*SOME CLASS TIMES HAVE CHANGED PLEASE CHECK THE ENTIRE SCHEDULE				
SUMMER SESSION 2023 SCHEDULE				
June 26-August 25 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
<u>Cycling-Anne Marie</u> 6:00-6:45 am (C)	<u>*Sunrise Yoga-Michelle</u> 6:30-7:15 am (GF)	<u>Yogalates - Anne Marie</u> 7:00-7:45 am (GF)	<u>*Mat Pilates-Michelle</u> 6:30-7:15 am (GF)	<u>Cycling-Michelle Pete</u> 5:45-6:30 am (C)
<u>Beach Yoga-Barb</u> 7:00-8:00 am (B)	<u>Cycling-Pete</u> 5:45-6:30 am (C)	<u>Beach Yoga-Barb</u> 7:00-8:00 am (B)	<u>Cycle Fusion-Dawn</u> 8:00-8:45 am (C&T)	<u>Beach Yoga-Sue</u> 7:00-8:00 am (B)
<u>Strength & More-Lisa</u> 8:15-9:10 am (GF)	<u>*Total Mobility-Donna</u> 8:00-8:55 am (GF)	<u>Cycling-Anne Marie</u> 8:00-8:45 am (C)	<u>*Butts & Guts-Dawn</u> 9:15-10:00 am (GF)	<u>Country Fusion-Dee</u> 8:00-8:45 am (GF)
<u>Body Pump-Darlene</u> 9:15-10:10 am (GF)	<u>Cycling-Roseann</u> 8:15-9:00 am (C)	<u>*Cardio Sculpt-Lisa</u> 9:15-10:10 am (GF)	<u>*Mat Pilates-Linda</u> 10:15-11:00 am (GF)	<u>Cycling-Pete</u> 8:00-8:45 am (C)
<u>Kick, Punch & Crunch-Francie</u> 10:15-11:00 am (GF)	<u>*Barre Defined-Darlene</u> 9:15-10:00 am (GF)	<u>*Pure Power-Francie</u> 10:15-11:00 am (GF)	<u>Yoga-Linda C.</u> 11:15-12:15 pm (GF)	<u>*Cardio Sculpt-Linda</u> 9:15-10:00 am (GF)
<u>Enhance Fitness-Francie</u> 11:15-12:15 pm (GF)	<u>*Strength & More-Donna</u> 10:10-10:55 am (GF)	<u>Enhance Fitness-Peggy</u> 11:15-12:15 pm (GF)		<u>*Balanced Body-Donna</u> 10:15-11:10 am (GF)
	<u>Gentle Yoga-Linda C.</u> 11:00-12:00 pm (GF)			<u>Enhance Fitness-Donna</u> 11:15-12:15 pm (GF)
	<u>Country Fusion-Dee</u> 12:15-1:15 pm (GF)			<u>*Chair Yoga-Peggy Linda</u> 12:30-1:15 pm (GF)

<u>One Step-Christy</u> 4:45-5:40 pm (GF)	<u>Body Pump-Danielle</u> 5:45-6:45 pm (GF)	<u>Kick, Punch & Crunch-Deanna</u> 6:00-6:55 pm (GF)	<u>Total Body Strength-Dawn</u> 5:45-6:30 pm (GF)	
<u>Body Party-Christy</u> 5:45-6:30 pm (GF)	<u>Mat Pilates-Linda</u> 6:00-6:45 pm (S)	<u>Yoga-Sue</u> 7:00-8:00 pm (GF)	<u>Cycling-Owen Michelle</u> 6:00-6:45 pm (C)	
<u>Cycling-Pete</u> 6:00-6:45 pm (C)	<u>Cycling-Alicia</u> 6:15-7:00 pm (C)		<u>Yoga-Linda C</u> 6:45-7:45 pm (GF)	
<u>Zumba-Zoe</u> 6:45-7:30 pm (GF)	<u>Yoga-Stacy</u> 7:00-8:00 pm (GF)			

Saturday	Sunday
<u>Zumba-Zoe</u> 8:00-8:55 am (GF)	<u>Cardio Dance - Linda</u> 9:00-9:45 am (GF)
<u>Body Party-Christy Colby</u> 8:00-8:45 am (G)	<u>Cycling-**</u> 9:00-9:45 am (C)
<u>Yogalates - Loretta</u> 9:00-10:00 am (GF)	<u>NEW!! Sunday Strong - Christy</u> 10:00-10:45 am (G)
	<u>Yoga -Christina Stacy</u> 10:00-11:00 pm (GF)

Class schedule|Instructor is subject to change.

For safety reasons and in consideration of other participants, please be on time.

Proper attire and footwear are required.

Classes are opened to ages 15 and older unless noted otherwise

Darlene Kievit
Health & Wellness Director
Darlenek@Lhymca.com

<u>Class Locations</u>
Island Beach on the Boulevard (B)
Cycling Studio (C)
Gymnasium (G)
Group Fitness Studio (GF)
Scribner Room (S)
Turf (T)
Wellness Center (WC)
<u>**Rotating Instructor</u>
Lakeland Hills Family YMCA
Revised 5/15/2023
Registration required
Free for all members

