

FALL I SESSION 2023 SCHEDULE

September 5-October 29 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| Cycling-Anne Marie 6:00-6:45 am (C) Strength & More- Lisa 8:15-9:10 am (GF) BODYPUMP-Darlene 9:15-10:10 am (GF) NEW TIME!! Zumba-Lisa 9:30-10:30 am (G) NEW!! Cardio Step-Francie 10:15-11:00 am (GF) Total Mobility-Darlene 10:15-11:00 am (S) Enhance Fitness-Francie 11:15-12:15 pm (GF) Yoga-Donna 11:15-12:15 pm (S) | Sunrise Yoga-Michelle 5:45-6:30 am (GF) Cycling-Pete 5:45-6:30 am (C) Cycling-Roseann 8:15-9:00 am (C) Total Mobility-Donna 8:30-9:30 am (S) Barre Defined-Darlene 9:00-9:45 am (GF) NEW!! ENriched- Donna 10:00-10:45 am (GF) NEW!! Squats, Siams, & Ropes-Christy 10:00-10:45 am (WC) Tread & Shred-Colby 10:00-10:45 am (WC) Gentle Yoga-Linda C. 11:00-12:00 pm (GF) | Yogalates-Anne Marie 7:00-7:45 am (GF) Cycling-Anne Marie 8:00-8:45 am (C) Cardio Sculpt- Lisa 9:00-9:45 am (GF) NEW!! TRX drop-in class-Darlene 9:15-10:00 am (WC) NEW!! Kick, Punch & Crunch- Francie 10:00-10:45 am (GF) Mat Pilates-Linda 11:00-11:45 am (S) NEW!! Women On Weights-Colby 11:00-11:45 am (WC) Enhance Fitness-Peggy 11:15-12:15 pm (GF) NEW!! Meditation-Ivette 12:00-12:30 pm (S) | Mat Pilates-Michelle 5:45-6:30 am (GF) NEW TIME!! Cycling Fusion-Dawn 8:15-9:00 am (C & T) NEW TIME!! Butts & Guts- Dawn 9:15-10:00 am (GF) NEW TIME!! Mat Pilates-Linda H. 10:15-11:00 am (GF) Tread & Shred-Francie 10:00-10:45 am (WC) NEW!! Total Mobility-Donna 10:00-11:00 am (S) Yoga-Linda C. 11:15-12:15 pm (GF) | Cycling-Michelle Pete 5:45-6:30 am (C) Country Fusion-Dee 8:00-8:45 am (GF) Cycling-Pete 8:00-8:45 am (C) NEW!! Functional Strength-Darlene Christy 9:00-9:45 am (GF) Forever Fit-Peggy Donna 9:00-9:45 am (S) Cardio Sculpt- Linda H. 9:00-9:45 am (G) Balanced Body- Donna 10:00-11:00 am (GF) Chair Yoga-Peggy Linda C. 10:00-10:45 am (S) Enhance Fitness-Donna 11:15-12:15 pm (GF) |

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| Livestrong at the YMCA-Barb 2:00-3:00 pm (GF) One Step MS Program-Christy 4:45-5:40 pm (S) NEW!!Gentle Yoga-Ivette 5:30-6:30 pm (GF) Cycling-Pete 6:00-6:45 pm (C) Livestrong at the YMCA-Nina 6:00-7:00 pm (S) NEW TIME!! Zumba-Zoe 6:35-7:25 pm (GF) | Country Fusion-Dee 12:15-1:15 pm (GF) BODYPUMP-Danielle 5:45-6:30 pm (GF) Mat Pilates-Linda 6:00-6:45 pm (S) Cycling-Alicia 6:15-7:00 pm (C) Yoga-Stacy 7:00-8:00 pm (GF) | Livestrong at the YMCA-Peggy 2:00-3:00 pm (GF) Kick, Punch & Crunch- Deanna 6:00-6:55 pm (GF) Livestrong at the YMCA-Nina 6:00-7:00 pm (WC) NEW!! Zumba-Kiara 6:30-7:30 pm (S) Yoga-Sue 7:00-8:00 pm (GF) | Total Body Strength-Dawn 5:45-6:30 pm (GF) Cycling-Michelle Owen 6:00-6:45 pm (C) Yoga-Linda C. 6:45-7:45 pm (GF) | |
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| SATURDAY | SUNDAY |
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| Zumba-Zoe 8:00-8:55 am (GF) NEW!! Total Body Strength-Christy Colby 8:00-8:45 am (G) NEW!! Power Pilates-Loretta 9:00-9:45 am (GF) NEW!! Power Yoga-Loretta 10:00-10:45 am (S) | Cycling-* 9:00-9:45 am (C) Cardio Dance-Linda H. 9:00-9:45 am (GF) NEW!! Open Level Yoga-Christina Stacy 9:00-10:00 am (S) Sunday Strong-Francie 10:00-10:45 am (G) NEW!! Yoga-Christina Stacy 10:10-11:10 am (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

| Class locations |
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| Cycling Studio (C) Group Fitness Studio (GF) Gymnasium (G) *Rotating Instructor Scribner (S) Turf (T) Wellness Center (WC) |
|  Lakeland Hills Family YMCA Revised 8/1/2023 Registration Required Fees May Apply |