



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**WINTER|SPRING SESSION 2025
GROUP FITNESS SCHEDULE
Lakeland Hills Family YMCA
January 2- April 27, 2025**

MONDAY			
6:00-6:45 AM	Cycling	C	Anne Marie
7:30-8:30 AM	****NEW!! FitCore Pilates Reformer	MBS	Barb K.
8:00-8:50 AM	Strength & More	GF	Lisa
9:00-9:50 AM	BODYPUMP	GF	Darlene
9:00-9:55 AM	Zumba	MBS	Lisa
10:00-10:55 AM	Cardio Step	GF	Francie
9:45-10:30 AM	Boxing HiiT Drop-in Class	T	Christy
10:15-11:15 AM	****NEW!! FitCore Pilates Reformer	MBS	Lisa
11:15-12:15 PM	Enhance Fitness	GF	Francie
11:00-12:00 PM	Yoga	T	Donna
5:30-6:30 PM	Gentle Yoga	MBS	Ivette
5:30-6:30 PM	NEW!! The Art of Healthy Living	T	Mary Ellen
5:45-6:30 PM	Pilates Fusion	GF	Michelle
6:00-6:45 PM	Cycling	C	Pete
6:35-7:35 PM	Zumba	GF	Zoe

TUESDAY			
5:45-6:30 AM	Sunrise Yoga	MBS	Michelle
8:30-9:30 AM	Total Mobility	MBS	Donna
9:00-9:50 AM	Barre Fusion	GF	Darlene
10:00-10:50 AM	Enriched	GF	Donna
10:00-10:50 AM	Chair Yoga	MBS	Mary Ellen
9:45-10:30 AM	Squats, Slams & Ropes	WC	Christy
9:00-9:45 AM	Tread & Shred	WC	Colby
11:00-12:00 PM	Gentle Yoga	MBS	Linda C.
12:45-1:30 PM	Country Line Dancing	GF	Lisa
2:00-3:00 PM	LIVESTRONG at the YMCA	T	Barb K.
5:30-6:25 PM	BODYPUMP	GF	Danielle
6:00-6:45 PM	Mat Pilates	MBS	Linda H
6:30-6:55 PM	Curls n'Crunches	GF	Danielle
6:00-7:00 PM	LIVESTRONG at the YMCA	T	Nina
6:15-7:00 PM	Cycling	C	Alicia
7:00-8:00 PM	Yoga	GF	Stacy

WEDNESDAY			
7:00-7:45 AM	Yogalates	GF	Anne Marie
8:00-8:45 AM	Cycling	C	Anne Marie
9:00-9:55 AM	Cardio Sculpt	GF	Lisa
10:00-10:55 AM	Barre Fusion	GF	Lisa
9:00-9:55 AM	****NEW!! FitCore Pilates Reformer	MBS	Darlene
10:00-11:15 AM	Yoga	MBS	Ivette
11:15-12:00 PM	Mat Pilates	T	Linda H
11:15-12:15 AM	Enhance Fitness	GF	Peggy
1:00-2:00 PM	Parkinson's Program	T	Barb
5:30-6:30 PM	NEW!! Yin and Sound Healing	MBS	Ivette
6:00-6:55 PM	Kick, Punch & Crunch	GF	Deanna
6:15-7:15 PM	NEW!! Zumba	T	Noreen
7:00-8:00 PM	Yoga	GF	Mary Ellen

THURSDAY			
5:45-6:30 AM	Cycling	C	Michelle
8:15-8:55 AM	Cycle Fusion	C&WC	Dawn
8:00-9:00 AM	Yoga	MBS	Ivette
9:00-9:55 AM	Butts & Guts	GF	Dawn
9:30-10:15 AM	Kettlebells 101 Drop-in Class	WC	Christy
10:00-10:45 AM	Mat Pilates	GF	Linda H.
10:00-11:00 AM	Total Mobility	MBS	Donna
11:15-12:15 PM	Yoga	MBS	Linda C.
2:00-3:00 PM	LIVESTRONG at the YMCA	T	Barb
5:00-6:00 PM	DIABETES PREVENTION	T	Mary Ellen
5:45-6:30 PM	Total Body Strength	GF	Dawn
6:00-7:00 PM	LIVESTRONG at the YMCA	WC	Nina
6:00-6:45 PM	Mat Pilates	T	Linda H.
6:00-6:45 PM	Cycling	C	Owen/Michelle
6:35-6:55 PM	Chisel	GF	Dawn
6:15-7:15 PM	****NEW!! FitCore Pilates Reformer	MBS	Deanna
7:00-8:00 PM	Yoga	GF	Linda C.

FRIDAY			
7:00 - 8:00 AM	Yoga	MBS	Mary Ellen
8:00 - 8:45 AM	Cycling	C	Pete
9:00 - 9:45 AM	Functional Strength	G	Darlene/Christy
9:00 - 9:45 AM	Cardio Step	GF	Linda H.
9:00 - 9:45 AM	Forever Fit	MBS	Peggy/Donna
10:00 - 11:00 AM	Balanced Body	GF	Donna
10:00 - 10:45 AM	Chair Yoga	MBS	Peggy/Mary Ellen
11:15 - 12:15 PM	Enhance Fitness	GF	Donna

SATURDAY			
8:00 - 8:55 AM	Zumba	GF	Zoe
8:00 - 8:45 AM	Total Body Strength	G	*
9:00 - 9:45 AM	One Step Multiple Sclerosis	T	Christy
9:00 - 9:45 AM	Power Pilates	GF	Loretta
9:50 - 10:35 AM	Power Yoga	GF	Loretta

SUNDAY			
9:00 - 9:45 AM	Cycling	C	Rotating
9:00 - 9:45 AM	Cardio Dance	GF	Linda H.
9:00 - 10:00 AM	Open Level Yoga	MBS	Stacy/Christina
10:00-10:45 AM	Metcon	G	Christy
10:10 - 11:10 AM	Yoga	GF	Stacy/Christina
10:15 - 11:00 AM	****NEW!! FitCore Pilates Reformer	MBS	Barb K.

**Darlene Kievit
Health & Wellness
Director
Darlenek@lhyymca.com**

Class locations
Cycling Studio (C)
Gymnasium (G)
Group Fitness (GF)
Rotating Instructor (*)
Mind, Body, Spirit (MBS)
Thrive (T)

Lakeland Hills Family YMCA

Registration Required| Fees May Apply

***Must Purchase Tickets & Register in order to enter class. Min of 2 people required.

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

For safety reasons, no one is allowed in the fitness rooms without an instructor present.

Proper attire and footwear are required.

Classes are opened to ages 15 and older unless noted otherwise.

Class schedule | Instructors and classes are subject to change.

**Do not see a Reformer class that works for your schedule?
Reach out to the Health & Wellness Director for more details.**