

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Group Ex	LES MILLS BODYPUMP Gabby (55')		LES MILLS BODYPUMP Nicole (55')		LES MILLS BODYPUMP Dianne (55')	
	Cycling Studio		LES MILLS RPM Patricia (45')		LES MILLS sprint Bobbie (30')		
7:00 am	Group Ex		Tai Chi Jim (55')		Tai Chi Jim (55')		
8:00 am	Group Ex						ZUMBA Rachel (45')
	Cycling Studio						LES MILLS RPM Bobbie (55')
8:15 am	Group Ex	ZUMBA Rachel (45')		ZUMBA Daisy (45')	LES MILLS BODYPUMP Sandy (45')	LES MILLS BODYCOMBAT Kevin (55')	
	Cycling Studio				LES MILLS sprint Nicole (30')		
8:30 am	Studio X		LES MILLS GRIT Kevin (30')	BOOT CAMP Christy M (45')		BOOT CAMP Christy M (30')	
	Cycling Studio	LES MILLS RPM Bobbie (45')	LES MILLS sprint Christy M (30')	LES MILLS RPM Bobbie (45')			
9:00 am	Group Ex		LES MILLS BODYATTACK Sandy (45')		LES MILLS BODYATTACK Nicole (45')	LES MILLS BODYPUMP Kevin (55')	
9:00 am	Cycling Studio				LES MILLS RPM Sheena (45')		
9:00 am	Studio X		POUND Chrissy (55')				
9:15 am	Group Ex	LES MILLS BODYPUMP Sandy (55')		LES MILLS BODYPUMP Heather (55')			
9:15 am	Studio X	barre Rachel (45')					
9:30 am	Group Ex				LES MILLS BODYPUMP Heather (55')		
10:00 am	Group Ex		LES MILLS BODYFLOW Sandy (55')		LES MILLS BODYFLOW Christie R (55')		LES MILLS BODYFLOW Christie R (55')
9:30 am	Studio X			tone Erica/ Veronica (45')			
10:30 am	Group Ex	yoga Christy B (75')		yoga Christy B (75')			
10:30 am	Studio X	LES MILLS CORE Sandy (30')		core Heather (30')			

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15 am	Group Ex					barre Meredith (45')		
11:15 am	Gym		SilverSneakers CLASSIC Mary (45')		SilverSneakers CLASSIC Mary (45')			
11:45 am	Studio X			ZUMBA gold Mary (45')				
12:15 pm	Gym		SilverSneakers YOGA Mary (45')		SilverSneakers YOGA Mary (45')			
Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00 pm	Group Ex							ZUMBA Tammi (55')
3:15 pm	Studio X							tone Meredith (45')
4:15 pm	Group Ex					yoga Christy B (55')		LES MILLS BODYFLOW Meredith (55')
4:45 pm	Group Ex	tone Gabby (45')						
5:00 pm	Studio X		LES MILLS CORE Meredith (30')		LES MILLS CORE Meredith / Kevin (30')			
5:30 pm	Group Ex	LES MILLS BODYPUMP Jen / Andy (55')	LES MILLS BODYCOMBAT Kevin (55')	LES MILLS BODYATTACK Andy (55')	LES MILLS BODYPUMP Meredith (55')	LES MILLS BODYCOMBAT Meredith (55')		
5:30 pm	Cycling Studio	LES MILLS RPM Jason (45')		LES MILLS RPM Jen (45')	LES MILLS sprint Jen (30')	LES MILLS sprint Maggy (30')		
5:30 pm	Studio X					ADVANCED YOGA (Approval Required) Christy B (55')		
5:45 pm	Cycling Studio		LES MILLS sprint Jason (30')					
5:45 pm	Studio X				LES MILLS GRIT Kimberly (30')			
6:30 pm	Group Ex	LES MILLS BODYFLOW Elizabeth (55')	yoga strength Christy B (55')	LES MILLS BODYFLOW Gabby (55')	ZUMBA Miguel (55')			
6:30 pm	Studio X	LES MILLS GRIT Kimberly (30')						

CATEGORY	CLASS NAME	CLASS DESCRIPTION	DURATION
STRENGTH	LES MILLS BODYPUMP	BODYPUMP is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength, burn calories while getting fitter, faster.	55'
STRENGTH	LES MILLS CORE	LES MILLS CORE is an intense workout for functional fitness. Its scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.	30'
STRENGTH CARDIO	BOOT CAMP	BOOT CAMP is a mix of strength and cardio in a rotation of exercises that will hit all muscle groups with modifications for all fitness levels.	30'
HIIT STRENGTH/ CARDIO	LES MILLS GRIT	GRIT is a high intensity interval workout that switches between short bursts of intensity and recovery periods– the best way to increase fitness, tone muscles, lose fat and become more athletic.	30'
CARDIO STRENGTH	LES MILLS tone	LES MILLS TONE combines strength, cardio and core exercised in one complete workout. It's a functional fitness mix that gives you the freedom to workout at your own intensity.	45'
CYCLE CARDIO	LES MILLS sprint	LES MILLS SPRINT is a high intensity interval training workout using a stationary bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.	30'
CYCLE CARDIO	LES MILLS RPM	RPM is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.	45'
CARDIO	LES MILLS BODYCOMBAT	BODYCOMBAT is mixed martial arts inspired workout that fuels cardio fitness and defines and strengthens the body. Feel empowered as you build phenomenal core strength.	55'
CARDIO	LES MILLS BODYATTACK	BODYATTACK is a high energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports inspired training like training like running, lunging and jumping with strength exercises.	45'
CARDIO	POUND <small>ROCKOUT. WORKOUT.</small>	POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out ! The workout is easily modifiable and appeals to all ages, abilities and fitness levels.	55'
CARDIO	ZUMBA FITNESS	Zumba is a high energy aerobics dance class inspired by Latin beats that includes both fat burning and muscle toning benefits in a very fun atmosphere where you can sing along and enjoy the party!	55'
CARDIO	ZUMBA gold	ZUMBA GOLD is based on the same dance moves used in the original Zumba class however, Gold is less intense. The routines are designed for beginners and older adults using modified movements.	45'
FLEXIBILITY MIND/BODY	LES MILLS BODYFLOW	BODYFLOW is the yoga, tai chi and Pilates workout that helps build flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of well-being.	55'
FLEXIBILITY MIND/BODY	yoga	Yoga emphasizes strength, balance and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.	55'
FLEXIBILITY MIND/BODY	barre	BARRE is a hybrid workout combining ballet inspired moves with elements of Pilates, dance, yoga and strength training using classic dance moves such as plies, alongside static stretches.	45'
FLEXIBILITY MIND/BODY	SilverSneakers CLASSIC	SILVER SNEAKERS CLASSIC is a workout offering standing, low impact choreography, alternated with standing upper body strength work. You will use hand weights, elastic tubing with handles, a Silver Sneakers' ball and a chair is available for standing support.	45'
FLEXIBILITY MIND/BODY	SilverSneakers YOGA	SILVER SNEAKERS YOGA uses chair support so you can preform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and relaxation will promote stress reduction and mental clarity.	45'
FLEXIBILITY MIND/BODY	Tai Chi	TAI CHI is a centuries old form of exercise from China. Regular practice of these slow, graceful movements can improve balance, reduce stress, and promote good health.	55'



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Group Exercise Schedule

Lakeland Family YMCA

Fall 2021 Updated 10/1/21

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Daxko Mobile App to register for
your favorite classes. Spaces are limited.