



GROUP EXERCISE

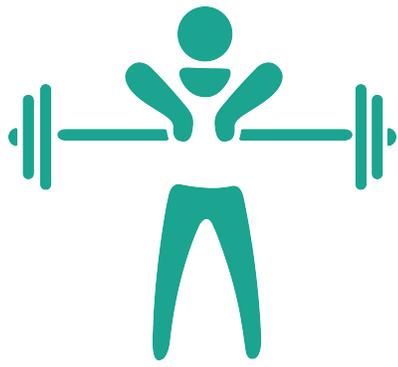
LAKELAND FAMILY YMCA

UPDATED ON 10/26/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYPUMP 5:30 AM Gabby (55')	LES MILLS RPM 5:30 AM Patricia (45')	LES MILLS BODYPUMP 5:30 AM Nicole (55')	LES MILLS sprint 5:30 AM Bobbie (30')	LES MILLS BODYPUMP 5:30 AM Christy W (55')	ZUMBA 8:00 AM Rachel (45')	ZUMBA 3:00 PM Edith (55')
ZUMBA 8:15 AM Rachel (55')	Tai Chi 7:00 AM Jim (55')	ZUMBA 8:15 AM Daisy (55')	Tai Chi 7:00 AM Jim (55')	LES MILLS BODYCOMBAT 8:15 AM Kevin & Kaylee (55')	LES MILLS RPM 8:00 AM Bobbie (45')	LES MILLS tone 3:15 PM Meredith (45')
LES MILLS RPM 8:30 AM Bobbie (45')	LES MILLS sprint 8:30 AM Nicole (30')	LES MILLS RPM 8:30 AM Bobbie (45')	LES MILLS BODYPUMP 8:30 AM Sandy (45')	LES MILLS BODYBALANCE 8:15 AM Erica (55')	LES MILLS BODYPUMP 9:00 AM Kevin (55')	LES MILLS BODYBALANCE 4:15 PM Meredith (55')
BOOT CAMP 8:30 AM Lucas & Sarah (30')	LES MILLS BODYATTACK 9:00 AM Sandy (45')	BOOT CAMP 8:30 AM Erica (30')	LES MILLS sprint 8:30 AM Nicole (30')	LES MILLS RPM 8:30 AM Patricia (45')	LES MILLS BODYBALANCE 10:00 AM Christie R (55')	
LES MILLS BODYPUMP 9:15 AM Sandy (55')	LES MILLS BODYBALANCE 10:00 AM Sandy (55')	LES MILLS tone 9:15 AM Erica (45')	LES MILLS BODYATTACK 9:15 AM Nicole & Sandy (45')	LES MILLS BODYPUMP 9:30 AM Ben & Sheena (55')		
barre 9:15 AM Rachel (45')	Silver Sneakers CLASSIC 11:15 AM Mary (45')	LES MILLS BODYPUMP 9:15 AM Heather (55')	LES MILLS BODYBALANCE 10:00 AM Christie R (55')	barre 11:15 AM Meredith (45')		
yoga 10:30 AM Christy B (75')	Silver Sneakers YOGA 12:15 AM Mary (45')	yoga 10:30 AM Christy B (75')	Silver Sneakers CLASSIC 11:15 AM Mary (45')	yoga 4:15 PM Christy B (60')		
LES MILLS CORE 10:30 AM Sandy (30')	LES MILLS CORE 5:00 PM Veronica (30')	LES MILLS CORE 10:30 AM Kevin (30')	Silver Sneakers YOGA 12:15 AM Mary (45')	LES MILLS BODYCOMBAT 5:30 PM Meredith (55')		
LES MILLS tone 5:30 PM Veronica (45')	LES MILLS BODYCOMBAT 5:30 PM Kevin (55')	ZUMBA 12:00 PM Mary (45')	LES MILLS CORE 5:00 PM Meredith (30')	LES MILLS sprint 5:30 PM Maggie (30')		
LES MILLS BODYPUMP 5:30 PM Christy W (55')	LES MILLS BODYCOMBAT 5:30 PM Kevin (55')	LES MILLS BODYATTACK 5:30 PM Kimberly (45')	LES MILLS BODYPUMP 5:30 PM Meredith (55')	ADVANCED YOGA 5:30 PM Christy B (60')		
LES MILLS sprint 5:30 PM Jason (30')	LES MILLS sprint 5:45 PM Jason (30')	LES MILLS BODYATTACK 5:30 PM Kimberly (45')	LES MILLS BODYPUMP 5:30 PM Meredith (55')	ZUMBA 6:30 PM Daissy H (55')		
LES MILLS BODYBALANCE 6:30 PM Erica (55')	yoga STRENGTH 6:30 PM Christy B (60')	LES MILLS RPM 5:45 PM Patricia (45')	LES MILLS GRIT 5:45 PM Kimberly (30')			
LES MILLS GRIT 6:30 PM Kimberly (30')		LES MILLS BODYBALANCE 6:30 PM Gabby (55')	LES MILLS sprint 6:30 PM Maggie (30')			
			ZUMBA 6:30 PM Miguel (55')			

SCHEDULE KEY

- STUDIO X
- GROUP EX ROOM
- CYCLING STUDIO
- BASKETBALL GYM



Visit YMCAWCF.ORG or the Daxko Mobile App to check out our classes online!

CATEGORY

CLASS

DESCRIPTION

STRENGTH



BodyPump is a barbell workout using light to moderate weights and high reps to get you lean and toned. Build strength and burn calories while getting fitter, faster.

STRENGTH



LesMills Core is an intense workout for functional fitness. Its scientifically designed to build strength, stability, and endurance in the muscles that supports your core, including the abs, glutes and back.

STRENGTH
CARDIO



BootCamp is a mix of strength and cardio in a rotation of exercises that will hit all muscle groups with modifications for all fitness levels.

HIIT
STRENGTH
CARDIO



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.

STRENGTH
CARDIO



LesMills Tone combines strength, cardio, and core exercises in one complete workout. It's a functional fitness mix that gives you the freedom to workout at your own intensity.

HIIT
CYCLE
CARDIO



LesMills 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.

CYCLE
CARDIO



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.

CARDIO



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.

CARDIO



BodyAttack is a high energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports inspired training like running, lunging and jumping with strength exercises.

CARDIO



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!

CARDIO



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.

FLEXIBILITY
MIND/BODY



Body Balance is a 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.

FLEXIBILITY
MIND/BODY



Yoga emphasizes strength, balance, and flexibility. Stretch and strengthen your body using breathing techniques to achieve relaxation.

FLEXIBILITY
MIND/BODY



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.

FLEXIBILITY
MIND/BODY



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 available for standing support.

FLEXIBILITY
MIND/BODY



Silver Sneakers Yoga uses chair support so you can perform 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 & clarity.

FLEXIBILITY
MIND/BODY



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.