



GROUP EXERCISE

LAKE LAND FAMILY YMCA

UPDATED ON 4/4/25

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')	sprint 5:30 AM Bobbie (30')	LES MILLS BODYPUMP 5:30 AM Christy W (55')	ZUMBA 8:00 AM Rachel (45')	LES MILLS RPM 1:00 PM Christy W (45')
ZUMBA 8:00 AM Rachel (60')	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 Kaylee (55')	sprint 8:00 AM Bobbie (45')	ZUMBA 2:00 PM Veronica (55')
LES MILLS RPM 8:30 AM Bobbie (45')	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 8:30 AM Erica (55')	LES MILLS BODYPUMP 9:00 AM Rotation (55')	tone 3:15 PM Meredith (45')
LES MILLS BODYPUMP 9:15 AM Sandy (55')	LES MILLS BODYATTACK 9:00 AM Sandy & Nicole (45')	BOOT CAMP 8:30 AM Erica (30')	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 BODYBALANCE 4:15 PM Meredith (55')
barre 9:15 AM Rachel (60')	LES MILLS GRIT 9:15 AM Kaylee (30')	LES MILLS BODYPUMP 9:15 AM Christy & Kaylee (55')	LES MILLS BODYATTACK 9:15 AM Nicole & Sandy (45')	LES MILLS BODYPUMP 9:30 AM Ben & Kaylee (55')	yoga Prenatal 11:30 AM Christy B (60')	
yoga 10:30 AM Christy B (75')	LES MILLS BODYBALANCE 10:00 AM Sandy (55')	LES MILLS CORE 10:30 AM Kelly (30')	LES MILLS BODYBALANCE 10:00 AM Christie R (55')	yoga 4:15 PM Christy B (60')		
tone 5:30 PM Veronica (45')	Silver Sneakers CLASSIC 11:15 AM Mary (45')	yoga 10:30 AM Christy B (75')	Silver Sneakers CLASSIC 11:15 AM Mary (45')	LES MILLS BODYCOMBAT 5:30 PM Meredith (55')		
LES MILLS BODYPUMP 5:30 PM Christy W (55')	Silver Sneakers YOGA 12:15 PM Mary (45')	STRONG NATION 12:15 PM Mary (45')	Silver Sneakers YOGA 12:15 PM Mary (45')	sprint 5:30 PM Maggy (30')		
sprint 5:30 PM Jason (30')	CORE 5:00 PM Meredith (30')	LES MILLS RPM 5:45 PM Patricia (45')	CORE 5:00 PM Veronica (30')	ADVANCED YOGA Approval Required 5:30 PM Christy B (60')		
LES MILLS BODYBALANCE 6:30 PM Erica (55')	LES MILLS BODYCOMBAT 5:30 PM Gabby (55')	LES MILLS BODYBALANCE 6:30 PM Gabby (55')	LES MILLS BODYPUMP 5:30 PM Meredith (55')	ZUMBA 6:30 PM Daissy H (55')		
LES MILLS GRIT 6:30 PM Kimberly (30')	sprint 5:45 PM Jason (30')		LES MILLS GRIT 5:45 PM Kimberly (30')			
	yoga STRENGTH 6:30 PM Christy B (60')		ZUMBA 6:30 PM Miguel (55')			

SCHEDULE KEY

STUDIO X

GROUP EX ROOM

CYCLING STUDIO

BASKETBALL GYM

PAID PROGRAM



Visit [YMCAWCF.ORG](https://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



Strong Nation is a high intensity training that combines body weight, muscle conditioning, cardio and plyometric training to music specifically designed to make you work hard and have fun!

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.