



GROUP EXERCISE SCHEDULE

LITEHOUSE YMCA • APRIL 8–JUNE 16, 2019

LEGEND
ST Studio **N** New Class **\$** There is a fee and need to register
BR BASE Room **A** Active Older Adult ◇ Barre and Cycling require sign-up 1 day in advance
CS Cycle Studio ♥ Begin here ∂ Advanced Level Class
WF Wellness Floors ☺ Kids Programming
L LIVESTRONG® – See ymcaincw.org for more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
◇ 5:45 – 6:45am Cycle & Strength Jill - CS	N 12:15 – 1pm Yoga Basics Francesca - ST	6:15 – 7am Body Conditioning with Cardio Sheryl - ST Starts 5/7/19	5:45 – 6:45am ◇ Cycling Jill - CS	6:15 – 7am Body Conditioning with Cardio Sheryl - ST Starts 5/7/19	5:45 – 6:45am ◇ Cycling Erin - CS	10 – 11am Restorative Yoga Terese - ST
8:30 – 9:30am Cardio Strength Intervals Frythe- ST	1:15 – 2pm ♥ Stay Strong Olivia - ST	8:30 – 9:30am N Zumba® Lana- ST	8:30 – 9:30am N Power Yoga Francesca - ST	8 – 8:25am Core & More Express Frythe - ST	9:30 – 10:25am Zumba® Lana - ST	
◇ 9:45 – 10:45am N Barre Frythe- ST	4 – 5pm Yoga Jody - ST	◇ 8:30 – 9:20am Cycling Carla - CS	8:30 – 9:20am ◇ Cycling Carla - CS	8:30 – 9:30am Zumba® Frythe - ST	10:30 – 11:30am Advanced Tai Chi Mark - ST	
	5:30 – 6:30pm Zumba® Frythe -ST	9:35 – 10:25am ◇ Cycling Carla - CS	9:35 – 10:25am ◇ Cycling Carla - CS	9:45 – 10:45am Beyond Barre Frythe - ST	11:45 – 12:45pm Tai Chi Basics Mark - ST	
	◇ 5:40 – 6:30pm N Cycling Erin - CS	9:45 – 10:30am ♥ Stay Strong Frythe - ST	4 – 5pm N Alignment Yoga Francesca- ST	11:00 – 12pm Yoga Jody - ST		
	6:45 – 7:45pm \$ Adult Ballet Devyn - ST	6:45 – 7:30pm \$ Jazz Devyn - ST	3:10 – 3:55pm \$ Fairytale Ballet Devyn - ST			
		6:45 – 7:30pm \$ Jazz Devyn - ST	4 – 5pm N Alignment Yoga Francesca- ST			
			5:30 – 6:30pm Zumba® Frythe - ST			
			◇ 5:40 – 6:30pm N Cycling Carla - CS			
			6:45 – 7:45 \$ Karate Byron - ST			

NOTES:

Evening classes are shaded in gray.	Updated 5.3.19
Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.	This schedule is subject to change based on participation and instructor