



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## YMCA OF LENAWEE COUNTY

January 2019

Monday

Tuesday

Wednesday

Thursday

All fitness classes are free for YMCA members!

Personal training packages are available to purchase. Members get a 1-hour free personal training demo! For more information, stop at the member service desk.

See if you qualify for Silver Sneakers or Silver & Fit.

Check out our Facebook page for class updates.

5:15-6:15am  
**Group Cycling**  
Megan  
(lower level)

5:15-6:15am  
**Boot Camp**  
Megan  
(upper gym)

7:55-8:40am  
**Group Cycling-  
Easy Rider**  
Jan  
(lower level)

7:55-8:40am  
**Group Cycling-  
Easy Rider**  
Jan  
(lower level)

8:45-9:15am  
**Stability Ball,  
Pump & Stretch**  
Jan  
(upper gym)

8:00-8:45am  
**Balance  
Flexibility &  
Strength**  
Val  
(upper gym)

8:45-9:15am  
**Stability Ball,  
Pump & Stretch**  
Jan  
(upper gym)

8:00-8:45am  
**Balance  
Flexibility &  
Strength**  
Val  
(upper gym)

9:15-10:15am  
**Group Cycling**  
Char  
(lower level)

8:55am-9:40am  
**Cardio  
Drumming**  
Val  
(upper gym)

9:15-10:15am  
**Group Cycling**  
Char  
(lower level)

8:55-9:40am  
**Cardio  
Drumming**  
Val  
(upper gym)

9:30-10:30am  
**Enhance Fitness**  
Jan  
(upper gym)

9:45-10:30am  
**Pilates**  
Val  
(upper gym)

9:30-10:30am  
**Enhance Fitness**  
Jan  
(upper gym)

9:45-10:30am  
**Pilates**  
Val  
(upper gym)

5:30-6:30pm  
**Cycle/Core**  
Megan  
(lower level)

5:15-6:00pm  
**Cardio &  
Strength Train**  
Tarrah  
(upper gym)

5:15-6:15pm  
**Boot Camp**  
Megan  
(upper gym)

6:30-8:00  
**Hatha Yoga**  
Pat  
(child care room)

5:30-6:30pm  
**Group Cycle**  
Sylvia  
(lower level)

6:30-8:00  
**Hatha Yoga**  
Pat  
(child care room)

5:30-6:30  
**Group Cycling**  
Sylvia  
(lower level)

6:30-7:15pm  
**FitMix Plus**  
Bart  
(upper gym)

