



M.E. Lyons YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Group Cycling 5:30-6:30 AM Kristie		Group Cycling 5:30-6:30 AM Cathy		Group Cycling 5:30-6:30 AM Cathy	Group Cycling 7:00-8:00 AM Kim
Physical Fitness 6:00-6:55 AM Studio-Paul & Lenny	Stretching 6:15-6:45 AM Studio-JoAnn	Physical Fitness 6:00-6:55 AM Studio-Paul & Lenny	Stretching 6:15-6:45 AM Studio-JoAnn	Physical Fitness 6:00-6:55 AM Studio-Paul & Lenny	Cardio Kickboxing 7:45-8:40 AM Studio-Joyce
Zumba 9:30-10:25 AM Gym-Jody	Cardio Kickboxing 9:30-10:25 AM Studio-Jody	Zumba 9:30-10:25 AM Gym-Jody	Cardio Kickboxing 9:30-10:25 AM Studio-Jody	Begin to Run 9:30-10:25 AM Studio-Paige	Zumba (Begins 4/18) 8:00-8:55 PM Lower Level-Lisa
Body Sculpting 9:30-10:25 AM Studio-Lynn	Pump & Jump 9:30-10:25 AM Gym-Lynn	Pump & Jump 9:30-10:25 AM Studio-Lynn	Body Sculpting 9:30-10:25 AM Gym-Lynn	Pump & Jump 9:30-10:25 AM Gym-Lynn	Cardio Kickboxing 9:00-9:55 AM Studio-Shelly
Group Cycling 9:45-10:45 AM Kim	Intro to Cycling 9:45-10:15 AM Amy	Group Cycling 9:45-10:45 AM Kim	Intro to Cycling 9:45-10:15 AM Amy		Pilates 9:00-9:55 AM Lower Level-Stacy/Kathie
Pilates 10:30-11:25 AM Studio-Shari	Yoga 10:30-11:25 AM Studio-Amy	Pilates 10:30-11:25 AM Studio-Shari	Yoga 10:30-11:25 AM Studio-Amy	Pilates 10:30-11:25 AM Studio-Stacy	Step Aerobics 10:00-11:15 AM Studio-Mary Ann
SilverSneakers Yoga 11:45-12:30 PM Studio-Marsha	SilverSneakers MSROM 11:45-12:30 PM Studio-Ramsey	SilverSneakers Cardio 11:45-12:30 PM Studio-Audra	SilverSneakers MSROM 11:45-12:30 PM Studio-Ramsey	SilverSneakers Cardio 11:45-12:30 PM Studio-Lisa	
Step Aerobics 6:00-6:55 PM Studio-Mary Ann	Cardio Kickboxing 6:00-6:55 PM Studio-Joyce	Step Aerobics 6:00-6:55 PM Studio-Mary Ann	Zumba (Begins 4/16) 6:00-6:55 PM Lower Level - Lisa	Don't forget to log-in at the FitLinxx Studio Partner!	
Group Cycling 6:40-7:40 PM Jen	Group Cycling 6:00-7:00 PM Shari	Group Cycling 6:40-7:40 PM Jen	Group Cycling 6:00-7:00 PM Shari		
Weighted Workout 7:00-7:55 PM Studio-Mary Ann	Yoga 7:00-7:55 PM Studio-Erica	Weighted Workout 7:00-7:55 PM Studio-Mary Ann	Cardio Kickboxing 6:00-6:55 PM Studio-Joyce		Group Cycling
Pilates 8:00-8:55 PM Studio-Kathie		Pilates 8:00-8:55 PM Studio-Shannon	Yoga 7:00-8:25 PM Studio-Mary		Silver Sneakers
					Dance
					Strength Training
					Cardio/Strength Combo
					Spirit/Mind/Body