



Lake Community YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Power Pump Studio C	8:30AM-9:15AM (Strength) <i>Jennifer U.</i>			8:30AM-9:30AM (Strength) <i>Jennifer U.</i>			
Yoga Studio A	8:45AM-9:45AM (Balance And Flexibility) <i>Angela H.</i>		8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</i>	10:15AM-11:15AM (Balance And Flexibility) <i>Angela H.</i>	8:00AM-9:00AM (Balance And Flexibility) <i>Kim K.</i>		
Cycling Studio B	9:15AM-10:15AM (Cycling) <i>Debbie G.</i> 6:30PM-7:15PM (Cycling) <i>Kim E.</i>		5:15AM-6:00AM (Cycling) <i>Jennifer R.</i> 9:15AM-10:10AM (Cycling) <i>Debbie G.</i>		9:15AM-10:10AM (Cycling) <i>Tina S.</i>	7:45AM-8:45AM (Cycling) <i>Kim E.</i>	
High Intensity Interval Training (HIIT) Field House 1	9:30AM-10:05AM (Cardio) <i>Nicole J.</i>						
Strength Studio C	9:30AM-10:15AM (Strength) <i>Andrea B.</i>		10:15AM-11:00AM (Strength) <i>Andrea B.</i>	5:15AM-6:00AM (Strength) <i>Jennifer R.</i>	10:15AM-11:00AM (Strength) <i>Andrea B.</i>	9:00AM-9:45AM (Strength) <i>Kim E.</i>	
Senior Fitness Studio A	10:00AM-10:45AM (Active Older Adults) <i>Jenny A.</i>				10:15AM-11:00AM (Active Older Adults) <i>Jenny A.</i>		
Senior Balance Studio A	10:50AM-11:20AM (Active Older Adults) <i>Jenny A.</i>						
Parkinson's & Multiple Sclerosis Exercise Studio A	1:00PM-2:00PM (Active Older Adults) <i>Michelle F.</i>						
Dance Fitness Studio A	5:30PM-6:30PM (Dance) <i>Kim H.</i>		5:30PM-6:30PM (Dance) <i>Kim H.</i>				
Tabata Strength Studio C	5:30PM-6:15PM (Strength) <i>Kim E.</i>						
Power Yoga Studio C	6:45PM-7:45PM (Balance And Flexibility) <i>Jamie L.</i>						
Step/Strength Studio A		9:15AM-10:00AM (Strength) <i>Jenny A.</i>					

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Strength Studio A		10:15AM-11:00AM (Strength) <i>Jenny A.</i>					
Silver Sneakers Studio C		10:15AM-11:00AM (Active Older Adults) <i>Polly M.</i>		10:05AM-10:50AM (Active Older Adults) <i>Angela S.</i>			
Chair Yoga Studio C		11:15AM-12:00PM (Active Older Adults) <i>Martie K.</i>					
Drum Fit Studio C		5:30PM-6:30PM (Dance) <i>Kim H.</i>			9:15AM-10:00AM (Dance) <i>Angela S.</i>		1:00PM-2:00PM (Dance) <i>Angela S.</i>
Barre Studio A		5:45PM-6:30PM (Balance And Flexibility) <i>Kim E.</i>					
Kettlebell Studio C			8:30AM-9:05AM (Strength) <i>Vincent L.</i>				
Zumba Studio C			9:15AM-10:00AM (Dance) <i>Andrea B.</i>				
High Intensity Interval Training (HIIT) Studio A			9:30AM-10:05AM (Cardio) <i>Nicole J.</i>				
Tai Chi Studio A			10:30AM-11:15AM (Balance And Flexibility) <i>Ralph L.</i>				
Senior Cardio Drumming Studio C			11:15AM-12:00PM (Active Older Adults) <i>Polly M.</i>	11:00AM-11:45AM (Active Older Adults) <i>Angela S.</i>			
Yoga Studio C			6:30PM-7:30PM (Balance And Flexibility) <i>Linda M.</i>				
Zumba Step Studio C				6:00PM-7:00PM (Dance) <i>Annika C.</i>			
Pilates Studio A				6:00PM-6:45PM (Balance And Flexibility)			
Abs & Glutes Studio C					8:20AM-9:00AM (Balance And Flexibility) <i>Michelle V.</i>		
Zumba Studio A					9:15AM-10:00AM (Dance) <i>Andrea B.</i>		

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Cardio X Field House 1					9:15AM-10:00AM (Cardio) <i>Michelle V.</i>	8:00AM-9:15AM (Cardio) <i>Jeremy M.</i>	