



Lafayette Family YMCA Group Exercise Schedule

STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone 5:30AM-Lori	CXWORX 5:15AM-Rayelle	Yoga 5:30AM- Amanda	CXWORX 5:15AM-Cindy			
High Fitness 7:30AM-Christine	Functional Pilates 7:15AM-Kylie		BodyExtreme 5:50AM-Stephanie	Pilates Fusion 8:00AM-Jen W	BodyCombat 8:00AM-Rotation	
Chair Yoga 8:45AM- Linda	SilverSneakers 9:00AM-Jess	Yoga 9:00AM-Julia	Functional Pilates 7:15AM-Kylie	Gentle Yoga 9:00AM-Linda	Pilates 9:30AM-Diana	
Gentle Yoga 9:30AM-Linda	Yoga 10:00AM-Joan	Chair Yoga 10:10AM- Linda	SilverSneakers 9:00AM-Jess	Move Free 10:15AM-Saeed		BodyAttack 10:15AM-Rotation
Tai Chi 11:00AM-Nancy		Gentle Yoga 10:45AM-Linda	Yoga 10:00AM-Joan			BodyFlow 11:00AM-Chandra
Fit4Life 12:00PM-Brian		Fit4Life 12:00PM-Brian	Yoga 11:15AM-Catherine	Barre 12:00PM-Catherine		
SilverSneakers 1:00PM-Jess	Kids High 4:30-5PM Jen and Ann	SilverSneakers 1:00PM-Jess	Kids High 4:30-5PM Jen and Ann			
BodyShop 4:15PM- Jen B.	Chair Yoga 5:15PM- Linda	Tai Chi 3:00PM-Nancy	Pilates Fusion 5:15PM-Jen W			
Vinyasa Yoga 5:30PM-Diana	Gentle Yoga 6:00PM-Linda	(Returning 2/13) Vinyasa Yoga 5:00PM-Diana	Turbo Kick 6:15PM-Samantha			
Pound Fitness 6:45PM-Maryam						

CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM 5:30AM-Anne C.	RPM 5:15AM-Stephanie	RPM 5:30AM-Lisa C.		RPM 5:30AM-Barb		
	RPM 6:15AM-Barb		RPM Challenge 6:00AM-Lisa C.		RPM Challenge 8:30AM-Lisa T.	
	Matrix Ride 10:00AM-Ann	RPM 9:00AM-Joanna				RPM 9:30AM-Mel
	Matrix Ride 12:00PM-Catherine				Matrix Ride 11:45AM Catherine	
	RPM 4:30PM-Jen					
RPM 5:30PM-Lisa C.	RPM 5:30PM-Mel	RPM 5:30PM-McKinsey	RPM 5:30PM-Anne C.			

STUDIO C & D

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPump 5:30AM-Mel C+D	Body Combat 5:30AM-Kim C+D	BodyPump 5:30AM-Anne C. C+D	BodyCombat 5:30AM-Kim C+D	BodyPump 5:30AM-Anne C. C+D	Grit 7:15AM-Rotation C+D	
GRIT 7:15AM-Alyna D	High Fitness 8:00AM-Christine D	High Fitness 6:45AM-Missy C+D		High Fitness 7:30AM-Missy C+D	CX Worx 7:45AM Rotation C+D	Grit 9:10AM-Rotation C+D
Hi/Lo 8:30AM-Chris C	Tone/Circuit 8:30AM- Michelle/Taylor C	Hi/Lo 8:30AM-Chris C+D	High Fitness 8:30AM w. Ann C C+D	Hi/Lo 8:30AM-Chris C+D	High Fitness 8:30AM Rotation C+D	BodyPump 9:45AM-Chandra C+D
Zumba Fitness 9:30AM-Renee D	Zumba 9:30AM-Cailyn C+D	Zumba Fitness 9:45AM-Renee C+D	Zumba Fitness 9:45AM-Brian C+D			
High Fitness 9:45AM-Ann C. C				Zumba Fitness 9:45AM Cailyn/Brian C+D	BodyPump 9:45AM-Rotation (C+D)	Pound 11:00AM-Tammy C+D
BodyPump 11:45AM-Rayelle C C+D	Zumba Gold 11:00AM-Denise C+D	BodyPump 11:45AM-Rayelle C C+D	Zumba Gold 11:00AM-Denise C+D	BodyPump 11:45AM-Melissa C+D	Zumba Fitness 11:00AM-Kristyn (C+D)	Grit 12:15PM-Lacey C+D
		BodyStep Express 4:00PM-Rayelle C+D				BodyCombat 1:15PM-Kim C+D
BodyAttack 4:30PM-Katelyn C+D	Tone 4:30PM-Lori C+D	BodyAttack Express 4:30PM-Katelyn C+D	Tone 4:30PM-Lori C+D	BodyAttack 4:15PM-Rotation C+D		CX Worx 2:15PM-Kim C+D
BodyPump 5:30PM-Cindy C+D	High Fitness 5:30PM-Jen W C	Grit 5:00PM-Ryan C+D	Pound Fitness 5:30PM-Krissy C	Grit 4:45PM-Rayelle C+D		Zumba Fitness 4:15PM Kristyn C+D
Zumba Fitness 6:40PM-Kristin C+D	Pound Fitness 6:00PM-Tammy D	BodyPump 5:40PM-Brooke C+D	Zumba Fitness 5:30PM-Sam D	BodyPump 5:30PM-Chandra C+D		
Zumba Fitness 7:35PM-Brian C+D	BodyCombat 6:35PM-LeAnne C	Zumba Fitness 6:45PM Kristin C+D	Body Combat 6:35PM-Rotation C+D	Zumba Fitness 6:45PM Maryam C+D		

Flip Over For MX4 and Downtown Schedule



Lafayette Family YMCA Group Exercise Winter Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MX4	5:30AM-Stephanie		5:30AM-Stephanie		5:30AM-Ryan		
		9:30AM-Catherine		9:30AM-Catherine		8:00AM-Ryan	
	12:00PM-Ann		12:00PM-Taylor		12:00PM-Taylor	9:00AM-Catherine	9:30AM-Stephanie
						1:30PM-Cindy	
				4:30PM-Krissy			
	5:30PM-Ryan	5:30PM-Ann	5:45PM-Ryan	5:30PM-Ann			
	6:45PM-Cindy	Kickboxing Bootcamp 6:15PM- Sam	6:30PM-Cindy	6:30PM-Cindy			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Downtown YMCA	BodyStep 6:05AM-Rayelle	BodyPump 6:05AM-Lacey	GRIT 6:05AM-Jen R	GRIT 6:05AM-Lacey	Sprint 6:05AM-Lisa C		
		Sprint 11:30AM-LisaC	Strength Express 11:30AM- Patty	RPM 11:30AM-Jen R	RPM 11:30AM-Stephanie	RPM 7:30AM-Jen R	
	Pilates Fusion 12:10PM-Catherine	CXWorx 12:10PM-Kim	Pilates Fusion 12:10PM-Catherine	CXWorx 12:10PM-Kim	Yoga 12:20PM- Patty	BodyPump 8:30AM- Rayelle/Lacey	RPM Challenge 1:30PM- Rotation
	RPM 4:30PM-Stephanie						
	RPM 5:30PM-Nicole	Body Pump 5:30PM-Melissa	RPM 5:30PM-Melissa	Body Pump 5:30PM-McKinsey	RPM 5:30PM- Angela		
	Body Flow 6:30PM-Nicole	CX Worx 6:30PM-Melissa	Body Flow 6:30PM-Diana	Grit 6:40PM-Alyna			

STAY IN THE KNOW

Matrix MX4: Build strength. Burn fat. Refine agility. Improve cardiovascular health Increase aerobic capacity ALL in just 30 minutes. MX4 combines best-in-class training tools with custom workouts designed to challenge you and improve fitness, power and strength in a small group training setting.
Cost: 8 a class or 10 classes for \$60 with a punch card. Purchase and sign up at the front desk!

Personal Training: Start a new goal or fitness routine with a Certified Personal Trainer! Schedule an assessment today!
 Taylor Evans: taylorevans@lafayettfamilyymca.org

Kids HIGH Fitness:

Fitness, dance, and fun collide in this HIGH energy and HIGH fun class! Designed to get kids ages 5-14 up and moving to the beat of popular tunes!

When: Tuesday and Thursday at 4:30PM

Where: Studio A

Cost: Free for members/ \$5 for Non-Members

Walk ins welcome OR sign your child up in Kids Zone and a YMCA Kid's staff member will take them to and from class!

new fitness classes.

Kickboxing Boot camp:

Muay Thai format interval style workout, designed to help you learn proper techniques on hitting and kicking. Get ready for some boxing, push-ups, and core training in this 30 minute class! Be sure to bring hand wraps to protect your wrists during punching.

Where: MX4 area

When: Tuesday's at 6:15PM

Cost: FREE to members, sign up at the front desk to reserve your spot!

BodyExtreme:

Intensity, Fun, Endurance

Come ready to sweat and prepare to leave empowered and feeling strong. Push harder than yesterday if you want a different tomorrow. This bootcamp inspired class will utilize dumbbells, the track, and stairs. A total body workout that incorporates strength and cardio in a modifiable and progressive 30-40 minute workout.

With: Stephanie

Where: Studio A

When: Thursday 5:50AM

Early Bird Yoga: With: Amanda

Where: Studio A

When: Wednesday @ 5:30AM

Matrix Ride With: Catherine

Where: Studio B

When: Starting Saturday 1/19 @11:45AM

Chair Yoga With: Linda

Where: Studio A

When: Mon @8:45AM Tues @5:15PM Wed @10:10AM