



Lafayette Family YMCA Group Exercise Schedule

New classes and time changes in green! ★

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			
	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	Barre 11:15PM-Catherine	Gentle Yoga 10:45AM-Linda	Yoga 10:00AM-Joan			BodyFlow 11:00AM-Chandra
Fit4Life 12:00PM-Brian	Starting 2/12 Kids Pound will replace Tues Kids High 4:30-5PM	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		Barre 6:15PM- Catherine				

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 12:15PM-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 Gold 10:50AM-Denise C+D	BodyPump 11:45AM-Rayelle C C+D	Zumba Gold 10:50AM-Denise C+D	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	BodyStep 12:00PM-Rayelle C+D	BodyStep Express 4:00PM-Rayelle C+D	Tone 4:30PM-Lori C+D	BodyPump 11:45AM-Melissa C+D	Zumba Fitness 11:00AM-Kristyn (C+D)	Grit 12:15PM-Lacey C+D
	Tone 4:30PM-Lori C+D	BodyAttack Express 4:30PM-Katelyn C+D	Pound Fitness 5:30PM-Krissy C			BodyCombat 1:15PM-Kim C+D
BodyAttack 4:30PM-Katelyn C+D	High Fitness 5:30PM-Jen W C	Grit 5:00PM-Ryan C+D	Zumba Fitness 5:30PM-Sam D	BodyAttack 4:15PM-Rotation C+D		CX Worx 2:15PM-Kim C+D
BodyPump 5:30PM-Cindy C+D	Pound Fitness 6:00PM-Tammy D	BodyPump 5:40PM-Brooke C+D		Grit 4:45PM-Rayelle C+D		Zumba Fitness 4:15PM Kristyn C+D
Zumba Fitness 6:40PM-Kristin C+D	BodyCombat 6:35PM-LeAnne C	Zumba Fitness 6:45PM- Kristin C+D	Body Combat 6:35PM-Rotation C+D	BodyPump 5:30PM-Chandra C+D		
Zumba Fitness 7:35PM-Brian C+D	Body Pump 7:40PM-Cindy C+D	Cardio Party 7:30PM-Brian C+D	Body Pump 7:40PM-Cindy 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 / SmallGroup	5:30AM-Stephanie		5:30AM-Stephanie		5:30AM-Ryan		
				9:30AM-Catherine		8:00AM-Ryan	
	12:00PM-Ann		12:00PM-Taylor	12:00PM- Denise	12:00PM-Taylor	Starting 2/23 12:30PM will replace 1:30PM	
						1:30PM-Cindy	
	5:30PM-Ryan		5:45PM-Ryan	6:30PM-Cindy			
		Kickboxing Bootcamp 6:15PM- Sam		BootCamp 7:00PM- Josiah			
	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@lafayettefamilyymca.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: 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!

Kids POUND Fitness:

Generation POUND is a youth-orientated program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercises and interactive activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT- ultimately building strength, confidence and self awareness. Ages 6-12yrs old.
When: Tuesday at 4:30PM Where: Studio A Cost: Free for members/ \$5 for Non-Members

new fitness classes.

BodyExtreme

With: Stephanie

Where: Studio A

When: Thursday 5:50AM

Early Bird Yoga:

With: Amanda

Where: Studio A

When: Wednesday @ 5:30AM

Chair Yoga

With: Linda

Where: Studio A

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

Barre

With: Catherine

Where: Studio A

When: Tues @ 11:15AM Wed @ 6:15PM Fri @ 12PM

ALL Barre classes require a ticket from mebership desk

BootCamp

With: Josiah

Where: Track

When: Thursday 7:00PM

Kids POUND

With: Tammy

Where: Studio A

When: Tuesday at 4:30PM starting 2/12

BodyStep

With: Rayelle

Where: Studio C+D

When: Tuesday @ 12PM Wednesday @ 4PM