



Lafayette Family YMCA Group Exercise Schedule

New classes and time
changes in green! ★

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO A	Tone 5:30AM-Lori	CXWORX 5:15AM-Rayelle	Yoga 5:30AM- Amanda	CXWORX 5:15AM-Cindy	Starting 3/15 Pilates will be @ 9AM		
		Functional Pilates 7:15AM-Kylie	Yoga 9:00AM-Julia	BodyExtreme 5:50AM-Stephanie	Pilates Fusion 8:00AM-Jen W	BodyCombat 8:00AM-Rotation	
		SilverSneakers 9:00AM-Jess		Functional Pilates 7:15AM-Kylie	Gentle Yoga 9:00AM-Linda	Pilates 9:30AM-Diana	
		Yoga 10:00AM-Joan		SilverSneakers 9:00AM-Jess	Move Free 10:15AM-Saeed		BodyAttack 10:00AM-Rotation
	Tai Chi 11:00AM-Nancy	Barre 11:15PM-Catherine	Fit4Life 12:00PM-Brian	Yoga 10:00AM-Joan	Senior Barre 11:15AM- Catherine		BodyFlow 11:00AM-Chandra
	Fit4Life 12:00PM-Brian		SilverSneakers 1:00PM-Jess	Yoga 11:15AM-Catherine	Barre 12:00PM-Catherine		
	SilverSneakers 1:00PM-Jess	Kids POUND 4:30-5PM Tammy	Tai Chi 3:00PM- Nancy	Kids High 4:30-5PM Jen and Ann			
	BodyShop 4:15PM- Jen B.		Vinyasa Yoga 5:00PM-Diana	Pilates Fusion 5:15PM- Jen W			
	Vinyasa Yoga 5:30PM-Diana	Gentle Yoga 6:00PM-Linda	Barre 6:15PM- Catherine	Turbo Kick 6:15PM-Samantha			
	Pound Fitness 6:45PM-Maryam		Starting 3/13 HIGH Fitness 7:30PM- Jen W				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CYCLE STUDIO	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.	Starting 3/22 RPM 5:15PM- Patrick		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STUDIO C & D	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 8:30AM-Christine D	High Fitness 8:30AM-Missy D	High Fitness 8:30AM w. Ann C C+D	High Fitness 7:30AM-Missy 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		Hi/Lo 8:30AM-Chris C	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	Turbo Kick 12:00PM- Jennifer 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	Tone 4:30PM-Lori C+D			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	Pound Fitness 5:30PM-Krissy C	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	Zumba Fitness 5:30PM-Sam 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		
						8:00AM-Ryan	
	12:00PM-Ann		12:00PM-Taylor	12:00PM- Denise	12:00PM-Taylor		
						12:30PM-Denise	
	5:30PM-Ryan	Kickboxing Bootcamp 6:15PM- Sam	5:45PM-Ryan	6:30PM-Cindy			
	Boxing 6:30PM- Terry	BootCamp 7:00PM- -Brittany	Boxing 6:30PM- Terry	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@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: 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.

Barre

With: Catherine Where: Studio A

When: Tues @ 11:15AM Wed @ 6:15PM Fri @ 12PM
ALL Barre classes require a ticket from mebership desk

Senior Barre BootCamp

With: Catherine Where: Studio A
 With: Brittany Where: Track
 With: Josiah Where: Track

When: Friday
 When: Tuesday @ 7:00PM
 When: Thursday @ 7:00PM
 When: Tuesday at 4:30PM starting 2/12
 When: Tuesday @ 12PM Wednesday @ 4PM
 When: Thursday @ 12PM

Kids POUND BodyStep

With: Tammy Where: Studio A
 With: Rayelle Where: Studio C+D

When: Starting 3/22 Friday @ 5:15PM
 When: Monday & Wednesday @ 6:30PM

Turbo Kick

With: Jennifer Where: Studio C+D

RPM

With: Patrick Where: Cycle Studio

Boxing

With: Terry Where: MX4 Area