



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			
	GRIT 5:45AM- Rayelle	Yoga 9:00AM-Julia	BodyExtreme 5:50AM-Stephanie	GRIT 5:45AM- Alyna	BodyCombat 8:00AM-Rotation	
SilverSneakers Muscle 9:30AM- Emily	Functional Pilates 7:15AM-Kylie	Chair Yoga 10:10AM- Linda	Functional Pilates 7:15AM-Kylie	Pilates Fusion 9:00AM-Jen W	Pilates 9:30AM-Diana	
	SilverSneakers 9:00AM-Jess	Gentle Yoga 10:45AM- Linda	SilverSneakers 9:00AM-Jess	Move Free 10:35AM-Brian		BodyAttack 10:00AM-Rotation
Tai Chi 11:00AM-Nancy	Yoga 10:00AM-Joan	Fit4Life 12:00PM-Brian	Yoga 10:00AM-Joan	Senior Barre 11:15AM- Catherine	Yoga 12:00PM- Claire	BodyFlow 11:00AM-Chandra
Fit4Life 12:00PM-Brian	Barre 11:15PM-Catherine	SilverSneakers 1:00PM-Jess	Yoga 11:15AM-Catherine	Barre 12:00PM-Catherine		
SilverSneakers 1:00PM-Jess		Tai Chi 3:00PM- Nancy	Gentle Yoga 3:00PM- Linda			
BodyShop 4:15PM- Jen B.	Kids POUND 4:30-5PM Tammy	Vinyasa Yoga 5:00PM-Diana	Kids High 4:30-5PM Jen and Ann			
Vinyasa Yoga 5:30PM-Diana	Gentle Yoga 6:00PM- Linda	Barre 6:15PM- Catherine	Pilates Fusion 5:15PM- Jen W			Zen Meditation 6:00PM- Nate
Pound Fitness 6:45PM-Maryam		HIGH Fitness 7:15PM- Jen W	Turbo Kick 6:15PM-Samantha			

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	Matrix Ride 10:00AM- Catherine			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.	RPM 5:15PM- Patrick		

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 8:30AM-Christine D	High Fitness 8:30AM-Missy D	High Fitness 8:30AM w. Ann C C+D	High Fitness 8:30AM-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 9:35AM-Renee D	Zumba 9:35AM-Cailyn C+D	Zumba Fitness 9:35AM-Renee C+D	Zumba Fitness 9:35AM-Brian C+D	Zumba Fitness 9:35AM Cailyn/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		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		
	EarlyBird Boxing 6:00AM- Joanna					8:00AM-Ryan	
	12:00PM-Ann		12:00PM-Taylor	12:30PM- 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		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-Lisa T	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	Sprint 5:30PM- Nicole		
	Body Flow 6:30PM-Nicole	CX Worx 6:30PM-Melissa	Body Flow 6:30PM-Diana				

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.

Barre

With: Catherine

Where: Studio A

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

ALL Barre classes require a ticket from membership desk

Senior Barre

With: Catherine

Where: Studio A

When: Friday @ 11:15AM

BodyStep

With: Rayelle

Where: Studio C+D

When: Tuesday @ 12PM Wednesday @ 4PM

Turbo Kick

With: Jennifer

Where: Studio C+D

When: Thursday @ 12PM

RPM

With: Patrick

Where: Cycle Studio

When: Starting 3/22 Friday @ 5:15PM

Boxing

With: Terry

Where: MX4 Area

When: Monday & Wednesday @ 6:30PM

SilverSneakers Muscle

With: Emily

Where: Studio A

When: Monday @ 9:30AM

Yoga

With: Claire

Where: Studio A

When: Saturday @ 12PM

Zen Meditation

With: Nate

Where: Studio A

When: Sunday @ 6:00PM

EarlyBird Boxing

With: Joanna

Where: MX4 Area

When: Monday @ 6AM