



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			
		GRIT 5:45AM- Rayelle	Yoga 9:00AM-Julia	BodyXtreme 5:50AM-Stephanie	GRIT 5:45AM- Alyna	BodyCombat 8:00AM-Rotation	
	SilverSneakers Muscle 9:30AM- Emily		Chair Yoga 10:10AM- Linda		Gentle Yoga 9:00AM-Linda	Pilates 9:30AM-Diana	
		SilverSneakers 9:00AM-Jess	Gentle Yoga 10:45AM- Linda	SilverSneakers 9:00AM-Jess	CoreFlex 10:30AM- Brad		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 2:00PM- Linda			
	BodyShop 4:15PM- Jen B.		Vinyasa Yoga 5:00PM-Diana				
	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	(Starting 6/13) HIGH Fitness 7:15PM- Whitney			
Studio B/ Cycle	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 11:45AM Catherine	
		RPM 4:30PM-Jen					
RPM 5:30PM-Lisa C.	RPM 5:30PM-Mel	RPM 5:30PM-Patrick	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 6:30AM-Alyna C+D	High Fitness 8:30AM w. Karalee 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+D	Tone/Circuit 8:30AM- Michelle/Taylor C	Hi/Lo 8:30AM-Chris C+D		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+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+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-Rotation 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 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MX4 / SmallGroup	(In Gym) BodyXtreme 5:30AM- Stephanie		MX4 5:30AM-Stephanie		MX4 5:30AM-Ryan		
	EarlyBird Boxing 6:00AM- Joanna					MX4 8:00AM-Ryan	
	MX4 12:00PM-Ann		MX4 12:00PM-Taylor		MX4 12:00PM-Taylor		
						MX4 12:30PM-Denise	
	MX4 5:30PM-Ryan	Kickboxing Bootcamp 6:15PM- Sam	MX4 5:45PM-Ryan	HIIT Strength 6:30PM- Brittany			
	Boxing 6:30PM- Terry		Boxing 6:30PM- Terry	BootCamp 7:00PM- Josiah			
Downtown YMCA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	Midday Reset 11:30AM- Patty	RPM 11:30AM-Jen R	Sprint 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 4:30PM-Stephanie						
	RPM 5:30PM-Nicole	Body Pump 5:30PM-Melissa	RPM 5:30PM-Melissa	Body Pump 5:30PM-Erica	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: taylor.evans@lafayettefamilyymca.org

Kids HIGH Fitness and Kids POUND Fitness will be offering POP UP outdoor classes this summer.
Be on the lookout via YMCA FB and our YMCA App for upcoming classes!

new fitness classes.

Gentle Yoga	With: Linda	Where: Studio A	When: Thursday @ 2:00PM
GRIT	With: Alyna	Where: Studio A	When: Friday @ 5:45AM
Gentle Yoga	With: Joan	Where: Studio A	When: Friday @ 9:00AM
CoreFlex	With: Brad	Where: Studio A	When: Friday @ 10:30AM
Matrix Ride	With: Catherine	Where: Studio B	When: Thursday @ 10:00AM
BodyXtreme	With: Stephanie	Where: Gym	When: Monday @ 5:30AM
EarlyBird Boxing	With: Joanna	Where: MX4 area	When: Monday @ 6:00 AM
HIIT Strength	With: Brittany	Where: MX4 area	When: Thursday @ 6:30PM
Midday Reset	With: Patty	Where: DT location	When: Wednesday @ 11:30AM