



Lafayette Family YMCA  
Group Exercise Schedule

New classes and time changes in green! ★

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Studio A</b>		CXWORX 5:15AM-Rayelle	Yoga 5:30AM- Amanda	CXWORX 5:15AM-Cindy		(30 min class) BodyFlow 7:45AM- LeAnne	
		GRIT 5:45AM- Rayelle	Yoga 9:00AM-Julia	BodyXtreme 5:50AM-Stephanie		BodyCombat 8:20AM-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	Silver Sneakers Muscle 10:45AM- Emily	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		Barre 12:00PM-Catherine		
	SilverSneakers 1:00PM-Jess		Tai Chi 3:00PM- Nancy	Gentle Yoga 2:00PM- Linda			
	Tai Chi Flow 2:00PM- Nancy		Tai Chi Flow 4:00PM- Nancy				
	BodyShop 4:15PM- Jen B.	Gentle Yoga 6:00PM- Linda	Vinyasa Yoga 5:00PM-Diana	Turbo Kick 5:30PM- Samantha			Zen Meditation 6:00PM- Nate
	Vinyasa Yoga 5:30PM-Diana		HIGH Fitness 6:15PM- Jen W				
	Pound Fitness 6:45PM-Maryam						
<b>Studio B/ Cycle</b>	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 8:15AM-Joanna				RPM 9:30AM-Mel
RPM 5:30PM-Lisa C.	RPM 5:30PM-Mel	RPM 5:30PM-Patrick	RPM 5:30PM-Anne C.	Sprint 5:30PM-Patrick			
<b>Studio C+D</b>	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-Beth C+D	GRIT 7:15AM-Rotation C+D	
	GRIT 6:30AM-Alyna C+D			High Fitness 8:30AM w. Ann C C+D	High Fitness 8:30AM-Karalee 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	Zumba Fitness 9:35AM-Brian 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 Gold 10:50AM-Denise 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	Turbo Kick 12:00PM- Jennifer 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	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-Rotation C		(Starting in Sept) POUND 12:05PM- Maryam C+D	
	BodyAttack 4:30PM-Katelyn C+D	High Fitness 5:30PM-Karalee C	GRIT 5:00PM-Ryan C+D	Zumba Fitness 5:30PM-Sam D	BodyAttack 4:15PM-Rotation C+D	Zumba Fitness 3:30PM- Vivian C+D	
	BodyPump 5:30PM-Cindy C+D	Pound Fitness 6:00PM-Tammy D	BodyPump 5:40PM-Brooke C+D	High Fitness 6:35PM- Jen 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	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 Area/ GYM classes/ and Downtown Schedule



# Lafayette Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MX4 / SmallGroup/GYM</b>	(In Gym) BodyXtreme 5:15AM- Stephanie		MX4 5:30AM-Stephanie		(In Gym) CX Worx 5:10AM- Alyna		
	EarlyBird Boxing 6:00AM- Joanna				(In Gym) GRIT 5:45AM- Alyna	MX4 8:00AM-Ryan	
			MX4 12:00PM-Taylor		MX4 12:00PM-Taylor		
		Kickboxing Bootcamp 6:15PM- Sam		MX4 5:45PM-Ryan			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Downtown YMCA</b>	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	POUND Express 11:30AM- Tyrianna	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 4:30PM-Jen R					
	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		POUND 6:30PM- Tyrianna		

## 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](mailto:taylorevans@lafayettfamilyymca.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.

Tai Chi Flow	With: Nancy	Where: Studio A	When: Monday @ 2:00PM
TurboKick	With: Samantha	Where: Studio A	When: Thursday @ 5:30PM
SilverSneakers Muscle	With: Emily	Where: Studio A	When: Saturday @ 10:45AM
PiYo	With: Rosy	Where: Studio A	When: Thursday @ 4:30PM
POUND	With: Maryam	Where: Studio C+D	When: Saturday @ 12:05PM
RPM	With: Jen R	Where: Downtown	When: Tuesday @ 4:30PM
POUND Express	With: Tyrianna	Where: Downtown	When: Wednesday @ 11:30AM
POUND	With: Tyrianna	Where: Downtown	When: Friday @ 6:30PM
CX Worx	With: Alyna	Where: GYM	When: Friday @ 5:10AM