



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Fitness Classes

Session Dates: July 17th–September 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Cardio Strength (55 min.) Alison -Lg. Studio	Cardio Strength (55 min.) Dana- Lg. Studio	\$Cross Body (55 min.) Molly—Sm. Studio	Cardio Strength (55 min.) Dana—Lg. Studio	Step Strength (55 min.) Molly-Lg. Studio	
				\$Kettle-Core Alison—Sm. Studio	\$Yoga (55min) Amy- SMB	
7:00am		\$ Slow Flow Yoga SMB-Lisa B		\$ Barre (45 min.) Molly—SMB		
8:00am	\$ Enhance Fitness (55 min.) Lg. Studio		\$ Enhance Fitness (55 min.) Lg. Studio		\$ Enhance Fitness (55min.) Lg. Studio	
	\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason	
8:30am	Aqua Fit (60 min.) Pool		Aqua Fit (60 min.) Pool		Aqua Fit (60 min.) Pool	
9:00am	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.)	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.)	Cardio Strength (55 min.) Lg. Studio	
	\$Yoga (55 min.) Maja— SMB	Stronger Longer (55 min.) Carolyn—Lg. Studio		Stronger Longer (55 min.) Carolyn—Lg. Studio		Water Aerobics (60 min.) Pool
9:15am		\$ PiYO (55) Maja-SMB	\$ Forever Fit Lisa Small -Studio			
9:30am	\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$ Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason	
9:35am	Aqua Fit (60) Pool		Aqua Fit (60) Pool		Aqua Fit (60) Pool	
10:00am	\$ Spin Fusion Katey		\$ Zumba Megan-SMB	\$Zumba (55 min.) Alyjah- SMB	\$Yoga (55) SMB	
10:15am		\$ Every-Body Barre April-SMB Silver Sneakers (55 min.) Lisa—Lg. Studio		Silver Sneakers (55 min.) Thom-Lg. Studio		
10:30am	\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing		\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing		\$Enhance Fitness (55 min.) Lisa—ULC, E. Lansing	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00am	\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio	
11:30am		Silver Sneakers Yoga Lisa SMB Studio		\$ Core/Abs Lisa (45 min) Large Studio		
12:15pm		\$Kettlebell (45 min.) Katey—Small		\$ Kettlebell Bootcamp Katey Small Studio		
4:30pm		Muscle Strength (55 min.) Lg. Studio—Bo		Muscle Strength (55 min.) Lg. Studio –Lisa		
5:30pm	Cardio Strength (45min.)– Lg. Studio Lydia	Deep H2O Aerobics (60 min.) Pool	Cardio Strength (45) Jordan/Elizabeth Lg. Studio	Deep H2O Aerobics (60 min.) Pool	Shaded Areas indicate when Tot Watch is available Mon-Fri. 8:45a-11:45a Mon-Thurs. 5-8p Sat. 8:15a-11:15a Kids Gym is available Mon-Sat 8:45-11:00am M-TH 5:00-8:00pm	
	Turning Pt. Yoga (55 min.) Amy —SMB	Turning Point Fitness (55 min.) Kathy—Lg. Studio		Turning Point Fitness (55 min.) Brenda—Lg. Studio		
6:00pm					Bold Classes indicate Free Member Benefit Classes \$ Indicates Fee Based Program (xx)= duration of class in min. SMB = Spirit, Mind, Body Studio Multi = Multi Purpose Room Lg. Studio = Large Studio Sm. Studio = Small Studio Cycle= Cycle Room	
6:15pm		\$Kickboxing Circuit Bo-small				
6:30pm	\$ Group Cycle Emily	\$ Everybody Barre SMB-April		\$ Yogalaties Lisa K Spark SMB		
	Water Aerobics (60 min.) Pool		Water Aerobics (60 min.) Pool			
7:30pm	\$Martial Arts (120 min.) Brandon Lg. Studio					

Now available: Group Cycle, Zumba and Yoga/Pilates Bundle Pricing. Enjoy your favorite classes at all 5 Lansing YMCA branches with unlimited class bundles. Members \$60 Non Members \$150 Schedules available online or at the Welcome Center.

Pricing for Specialty classes: Members: \$25, Guest \$70 except Enhanced Fitness

Program Cancellation and Refunds Policy: Operation of all scheduled activities depend on minimum enrollment and are subject to cancellation at any time. If the Y cancels a class you will be given a full refund or credit. If a participant withdrawals from a program prior to the start date a full credit will be applied. Dropping a program after it has started will result in a pro-rated credit applied to your account based on the date of the cancellation. Credit will be kept on your account for 1-year and may be used for programs, or merchandise at the branch where the offered.