



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Summer Fitness Classes

Session Dates: May 30th–July 16th

	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				\$Barre (45 min.) Molly—SMB		
8:00am	\$ Enhance Fitness (55 min.) Lg. Studio	\$Yoga (55 min) Lisa B SMB Studio	\$ Enhance Fitness (55 min.) Lg. Studio	\$Yoga (55 min) Lisa B SMB 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	\$Yoga (55min) Staff Rotates – SMB
9:00am	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.) Alan—Cycle	Cardio Strength (55 min.) Lg. Studio	\$Group Cycle (45 min.) Ryan- Cycle	Cardio Strength (55 min.) Lg. Studio	
	\$Yoga (55 min.) Maja— SMB \$ Group Cycle	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 SMB-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			\$ Core/ABS (30 min) SBM Studio	\$Zumba (55 min.) Alyjah- SMB	\$Yoga (55) Maja- SMB	
					\$\$Core Strength Katey-Small	
10:15am		Silver Sneakers (55 min.) Thom—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		\$ Senior Yoga Lisa Large Studio		\$ CORE/ABS Lisa B		
12:15pm	\$\$Bootcamp Sm. Studio Ryan	\$Kettlebell (45 min.) Katey—Lg. Studio	\$\$Kickboxing BootCamp Lydia Sm. Studio	\$\$Extreme Fitness Katey Small Studio		
12:30pm			\$ Adv. Yoga (55 min SMB) Lisa B			
4:30pm		Muscle Strength (55 min.) Steve— Lg. Studio		Muscle Strength (55 min.) Steve— Lg. Studio		
5:30pm	Cardio Strength (45min.)— Lg. Studio Lisa B	Deep H2O Aerobics (60 min.) Pool	Cardio Strength (45) Emily/ Lg. Studio	Deep H2O Aerobics (60 min.) Pool	<p>Shaded Areas indicate when Tot Watch is available Mon-Fri. 8:45a-11:45a Mon-Thurs. 5-8p Sat. 8:15a-11:15a</p> <p>Bold Classes indicate Free Member Benefit Classes</p> <p>\$ Indicates Fee Based Program \$\$ Indicates Fee Based Small Group Personal Training Classes</p> <p>(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</p> <p>Punch Cards can be used with any group fitness class. Does not work with P.T. classes.</p>	
	Turning Pt. Yoga (55 min.) Amy —SMB	Turning Point Fitness (55 min.) Kathy—Lg. Studio		Turning Point Fitness (55 min.) Brenda—Lg. Studio		
				\$Yoga (55 min.) Hyonju—SMB		
6:00pm				\$\$Extreme fitness Small/spin Lydia		
6:15pm		\$\$Kickboxing Circuit Bo-small				
6:30pm			\$Zumba (55 min.) —Lg. Studio ?			
	Water Aerobics (60 min.) Pool		Water Aerobics (60 min.) Pool			
7:00pm	\$Yoga Flow (55 min.) Maja—SMB	\$Adult Dance Cha Cha (55 min.) John—SMB				
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 classes: Members: \$25, Guest \$70

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.