



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE

SESSION

Summer 2: July 24th - Sept. 3rd

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Group Cycle (45) Joy - Cycle studio				Group Cycling (45) Joy- Cycle Studio		
5:30am			Group Cycle (45) Ann- Cycle Studio				
5:45am	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (45) Anna - Lg. Studio	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (45) Anna-Lg. Studio	Yoga Stretch (60) Anna -Sm. Studio		
		**Strength & Flex (60) Ken - Sm. Studo		**Strength & Flex (60) Ken-Sm. Studio			
6:00am	**Step & Sculpt (45) Bill—Sm. Studio		**Step & Sculpt (45) Angie—Sm. Studio		**Step & Sculpt (45) Angie—Lg Studio		
6:30am			Tabata Express (30) Todd- FFA				
7:05am					6am HIIT (30) Megan—FFA	**Strength & Flex (60) Ken- SM. Studio	
7:45am					6:30am Core (30) Megan—FFA	**Weight Works Barbara- Lg. Studio	
8:00am				Yogalates(60) Bill -Sm. Studio		Group Cycling (45) Anna-Cycle Studio	
8:20am	Muscle Fit (60) Laura—Lg. Studio		Muscle Fit (60) Laura—Lg. Studio			Suspension TRX (45) Johnny- Sm. Studio	
8:30am	Enhance Fit (60) Chris—Sm. Studio	Fit & Fabulous (50) Crystal - Lg. Studio	Enhance Fit (60) Chris—Sm. Studio	Fit & Fabulous (50) Crystal—Lg. Studio	Enhance Fit (60) Chris—Sm. Studio		
	**Arthritis Aquatics (60) Lori-Pool		**Arthritis Aquatics (60) Lori-Pool				
8:45am		** Water Workout Deb- Pool (60)		**Water Aerobics (60) Deb-Pool		RIPPED -(60) Patty/Barb- Lg. Studio	
9:00am		Pilates Matwork (45) Jessica- Sm. Studio				Group Cycling (45) Barbara -Cycle Studio	
				Tai Chi (60) Ken - Sm. Studio		Pilates Matwork (45) Elis—Sm Studio 9:10am	
9:15am						Circuits (45) Lisa -FFA	
9:30am	**Step (60) Joy - Lg. Studio	Kettlebell (30) John - Lg. Studio	**Step (60) Patty— Lg. Studio	Yoga Flow (60) Meena- Lg. Studio	**Step & Sculpt (60) Patty— Lg. Studio		
	Group Cycle (45) Carmella- Cycle studio		Group Cycle (30) Laura—Cycle Rm				
9:40am	Forever Young (50) John Sm. Studio		Forever Young (50) John Sm.- Studio			Suspension TRX (45) Georganne—Sm Studio	
10:00am	Turning Point Advance (60) Kate- FFA	Y- Barre (60) Patty - Sm. Studio				**Core (30) Various- Lg. Studio	
				Arthirtis Aqua (60) Lori -Pool			
		Turning Point - (60) Kathy - Lg. Studio		Turning Point (60) Kathy - Sm. Studio	Turning Point Yoga (60) Melissa - Sm. Studio		
		Arthirtis Aqua (60) Lori- Pool				**Kids Karate (45) Rick-Lg. Studio	
10:30am	**Core (30) Joy - Lg. Studio		**Core (30) Patty— Lg. Studio				
			Pilates Matwork (45) Jessica—Sm Studio		**Core (30) Patty— Lg. Studio	Yoga - (60) Meena - Sm. Studio	
11:00am	Yogalates (60) Bill Sm. Studio	**Core - (30) Patty - Sm Studio					



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11:15am	**Silver Sneakers (60) Kathy - Lg. Studio	**Silver Sneakers (60) Bill - Lg Studio	** Silver Sneakers (60) Gary - Lg. Studio	**Silver Sneakers (60) Bill -Lg. Studio	KIIT -(30) Bill- Lg. Studio	**Adult Katate (60) Rick-Lg. Studio	
11:45am					Stretch (30) Bill - Lg. Studio		
12:15pm		**Silver Sneaker Yoga (30) Bill - Lg. Studio		**Silver Sneaker Yoga (30) Bill-Lg. Studio			
2:00pm							Zumba - (60) Maria - Lg. Studio
3:00pm							
3:10pm							Yoga Flow - (60) Sara - Sm. Studio
4:30pm	**Weight Works (60) Larisa Lg. Studio	**WAKS (60) Larisa - Sm Studio	**Weight Works (60) Donna -Lg. Studio	**WAKS (60) Larisa - Lg. studio			
4:40pm		Ad. Athletic Con. (60) JJ- Lg. Studio		Ad. Athletic Con. (60) JJ- FFA			
5:00pm	Yoga Flow (60) TBA- Sm. Studio		Suspension Beginner (45) Johnny-Sm. studio				
5:30pm			Group Cycle (45) Stephaine - cycle room	Yoga - in depth (90) Meena - Sm. Studio			
5:40pm	**Step & Sculpt (50) Barb - Lg. Studio		**Step & Sculpt (50) Barb - Lg. Studio				
5:45pm		**Total Body Workout (45) -Morgan - Lg Studio		Zumba Toning - (60) Amanda - Lg. Studio			
6:00pm	Martial Arts I (30) JR-Sm. Studio		Ease into Yoga (60) Bill -Sm. Studio				
	Group Cycle (45) Cyrstal -Cycle room						
6:30pm	**Core (30) Barb -Lg. Studio		**Core - (30) Barb - Lg. studio				
	Tabata Bootcamp (60) Todd - FFA						
	Martial Arts II (30) JR-Sm. Studio		Martial Arts II - (30) JR- Conference Room				
6:45pm		Zumba (60) Amanda - Lg. Studio	POUND - (45) Karen - Lg. studio				
7:00pm	Martial Arts 16+ (60) JR - Lg. Studio		Cycle Bootcamp (90) Andrei -Cycle Room				
	**Water Aerobics (60) Deb - Pool		**Water Aerobics (60) Deb - Pool	**Step & Sculpt (60) Bill - Lg. Studio			
7:10pm	Cycle Bootcamp (80) Diana - Cycle room						
8:00pm	Reaching New Heights (120)Cory- Rockwall	Priming for Climbing (60)Cory- Rockwall	Reaching New Heights (120) Cory- Rockwall				

**Indicates free classes for members
(xx) Duration of class times in minutes
Shaded area indicates when tot watch is available
Tot Watch Hours.

Please register at the Welcome Center or online to save your spot in your favorite class.
Detailed class descriptions available at the Welcome Center.

Westside YMCA
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Lansing MI 48917
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ymcaoflansing.org