



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE FITNESS SCHEDULE

SESSION

WINTER I: Jan. 8 - March 4

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am	Group Cycle (45) Joy - Cycle studio		Group Cycle (45) Ann- Cycle Studio		Group Cycling (45) Joy- Cycle Studio		
				**Strength Train Together (60) Brandy - Lg. Studio	**Strength Train Together (60) Jess-Lg Studio		
5:45am	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (60) Anna - Lg. Studio	Extreme Body (60) Jill-Lg. Studio	Fast and Furious (60) Anna- FFA	Yoga Stretch (60) Anna -Sm. Studio		
		**Strength & Flex (60) Ken - Sm. Studio		**Strength & Flex (60) Ken-Sm. Studio			
6:00am	**Step & Sculpt (45) Bill-Sm. Studio	Circuits - (45) Steve - FFA	**Step & Sculpt (45) Angie-Sm. Studio				
6:30am			Tabata Express (30) Todd- FFA				
7:05am					6am HIIT (30) Megan-FFA	**Strength & Flex (60) Ken- SM. Studio	7:15am**Strength Train Together (60) Brandy - Lg 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	8:15am Guts & Butts (60) John - Sm. 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					Group Cycling (45) Candice- Cycle Studio	RIPPED -(60) Patty/Barb- Lg. Studio	
9:00am		** Water Workout Deb- Pool (60)		** Water Workout Deb- Pool (60)		Group Cycling (45) Barbara -Cycle Studio	
				**Tai Chi (60) Ken - Sm. Studio		Pilates Matwork (45) Elis-Sm Studio 9:10am	
9:30am	**Step (60) Joy - Lg. Studio	Kettlebell (30) John - Lg Studio	**Step (60) Patty-Lg. Studio		**Step & Sculpt (60) Patty-Lg. Studio		
	Group Cycle (45) Carmella- Cycle studio		Group Cycle (30) Laura-Cycle Rm		Flex Class (30) Candice - Sm. Studio		
9:40am	Forever Young (50) John Sm. Studio		Forever Young (50) John Sm.- Studio			Suspension TRX (45) Georganne-Sm Studio	
9:45am						Circuits (45) Lisa -FFA	
10:00am	Turning Point Advance (60) Kate- FFA	Y- Barre (60) Patty - Sm. Studio		Yoga Flow (60) Meena- Sm. Studio		**Core (30) Various-Lg. Studio	
		Turning Point - (60) Kathy - Lg. Studio		Turning Point (60) Kathy - Lg. Studio	Turning Point Yoga (60) Melissa - Sm. Studio		
				Learn to Quilt (120) Alicia - Conference Room		**Kids Karate (45) Rick-Lg. Studio	
10:30am	**Core (30) Joy - Lg. Studio		**Core (30) Patty-Lg. Studio				
					**Core (30) Patty-Lg. Studio		
11:00am	Yogalates (60) Bill Sm. Studio	**Core - (30) Patty - Sm Studio				Yoga - (60) Meena - 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		**Adult Katate (60) Rick-Lg. Studio	
12:15pm		**Silver Sneaker Yoga (30) Bill - Lg. Studio		**Silver Sneaker Yoga (30) Bill-Lg. Studio			
2:00pm							Zumba (60) Amanda Lg. Studio
3:00pm		**Arthritis Aquatics (60) Lori - Pool		**Arthritis Aquatics (60) Lori - Pool			
3:10pm							Yoga Flow - (60) Sara - Sm. Studio
4:30pm	**Strength Train Together (60) Carolyn - 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			
5:15pm	Suspension Beginner (45) Johnny - Sm Studio						
5:30pm			Group Cycle (45) Stephaine - cycle room				
5:40pm	**Step & Sculpt (50) Barb - Lg. Studio		**Step & Sculpt (50) Barb - Lg. Studio				
5:45pm		**Strength Train Together - (60) Lawrence Lg. Studio		**Strength Train Together - (60) Lawrence Lg. Studio			
6:00pm			Charka Yoga (90) Meena Small Room				
	Karate I (30) JR-Sm. Studio	HIIT (45) Lisa C - FFA		Yoga YIN Restorative (90) Meena - 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						
	Karate II (30) JR-Sm. Studio		Martial Arts II - (30) JR- Conference Room				
6:50pm		Zumba (60) Amanda - Lg. Studio		Zumba Toning - (60) Amanda - Lg. Studio			
7:00pm	Karate 16+ (60) JR - Lg. Studio		Cycle Bootcamp (90) Andrei -Cycle Room				
	**Water Aerobics (60) Deb - Pool		**Water Aerobics (60) Deb - Pool				
7:10pm	Group Cycle (45) Diana - Cycle room		POUND - (45) 7PM Karen - Lg.Studio				
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
3700 Old Lansing Road
Lansing MI 48917
517.827.9677
ymcaoflansing.org