



Group X (Fitness) Schedule

Jamerson Family YMCA

Nov 5 - December 2, 2018

	Outside		Cycle Studio		MP Room A/B		MP Room C		Studio							
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Early Am	Cycle 6:00-6:45	Yoga 5:45	BodyPUMP 5:45-6:45	Core 5:45-6:30	Cycle/Core 5:45 - 6:45	Zumba 5:45-6:45	P90X® Live 5:45 - 6:30	Tabata 5:45-6:15	Yoga 5:45	Tai Chi 7:30 - 8:30	<p>All group fitness classes are FREE with your YMCA Membership (except those annotated with a †)</p> <p>★ DENOTES CHANGE</p> <p>Thursday 8pm Zumba Toning and STRONG by Zumba alternates - check our APP for details</p> <p>••••</p> <p>YMCA is CLOSED on THANKSGIVING 11/22 Reduced schedule on FRI 11/23</p> <p>Please see website or Mobile APP for details</p>					
Morning Hours	Cardio Box 8:30-9:30		AM Yoga 8:00-9:15		AM Yoga 8:00-9:15	Zumba 8:15-9:00	AM Yoga 8:00-9:15	H.i.i.T. 8:30-9:20		Stott Pilates 8:00-9:00						
	AB-solutely Core 9:00-9:30		Muscle 8:30-9:30		AB-solutely Core 9:00-9:30		Muscle 8:30-9:30	AB-solutely Core 9:00 - 9:30		BODYPUMP™ 8:00-9:15						
	Cross Training 9:30-10:30		Circuit Craze 8:30-9:30 9:30-10:30		Multi Step 9:30-10:30		Circuit Craze 8:30-9:30 9:30-10:30		BODYPUMP™ 9:25-10:30						Power Yoga 9:00 - 10:15	
	Cycle 9:30-10:30		BODYPUMP™ 9:30-10:45		Cycle 9:30-10:30		Flexible Strength 9:30-10:30		Cycle 9:30-10:30						Step 9:30-10:30	
	Zumba 9:30 - 10:30		Flexible Strength 9:30-10:30		Barre Fusion 9:30-10:25		Tai Chi 9:30 - 10:30		Pilates Fusion 9:30 - 10:25						Cycle 9:00-10:15	
	CT Lite 10:30-11:30	Stretch 11:30-11:55	Strong by Zumba® 10:45-11:45		Zumba 10:30-11:30		Zumba Toning 10:30-11:30		Pure Stretch 9:30 - 10:15						Yin Yoga 10:15 - 11:30	
	Gentle Chair Yoga 10:45-11:45		Gentle Chair Yoga 10:45-11:45				Express Arms 11:30 - 11:45		CT Lite 10:30-11:30	Stretch 11:30-11:55					Pound® 10:30-11:30	
	Tabata 12:00	Core 12:30	Easy Rider 10:45-11:15		Gentle Chair Yoga 10:45-11:45		Gentle Chair Yoga 10:45-11:45								Zumba 1130 - 1230	
	Power Yoga 12:00-1:15		Vinyasa (Flow) Yoga 12:00-1:15		Spartacus 12:00-1:00		Easy Rider 10:45-11:15		Gentle Chair Yoga 10:45-11:45						Mindfulness Practice 11:30 - 12:30	
	Balance & Restore 12:05 - 1:00PM		Stott Pilates 12:00-1:00		Power Yoga 12:00-1:15		Stott Pilates 12:00-1:00		Zumba 12:05-1:05							
Chair Exercise 1:15-2:00		Cycle 12:00-12:45		Chair Exercise 1:15-2:00		Cycle 12:00-12:45		Power Yoga 12:00-1:15								
Afternoon Hours	Chair Tai Chi 1:15 - 2:15		PWR! Moves 1:15 - 2:15				Vinyasa (Flow) Yoga 12:00-1:15		Chair Exercise 1:15-2:00						Gentle Chair Yoga 12:15 - 1:15	
	Core Tab. 4:00-4:30	Tabata B 4:30-4:55	Cycle 4:30-5:00		BODYPUMP™ 4:30-5:35		PWR! Moves 1:15 - 2:15		Yin Yoga 1:15 - 2:15						BODYPUMP™ 1:05 - 2:15	
	Flexible Strength 5:00-5:55		AB-solutely Core 5:00-5:40				Zumba 4:30 - 5:30		Vinyasa(Flow)Yoga 4:30 - 5:45						Sunday Yoga 4:00-5:15	
	Spartacus 5:00 - 5:50		Cycle 5:30-6:15		Cycle 5:45-6:45		Cycle 5:30-6:15		Kids Martial Arts 5:30 - 6:30						Spartacus 4:15-5:15	
	BODYPUMP™ 5:55 - 7:00		BODYPUMP™ 5:25 - 6:30		H.i.i.T. 5:45-6:45		BODYPUMP™ 5:45 - 7:00		Teen/Adult Mar Arts 6:30 - 7:30						Cycle 5:00 - 5:45	
	Cycle 5:45-6:45		Power Yoga 5:45-7:00		Kids Martial Arts 6:00 - 7:00		Power Yoga 5:45-7:00		Tabata 6:00 - 6:30							
Evening Hours	Kids Martial Arts 6:00 - 7:00		Tabata 6:30 - 6:55		Teen/Adult Mar. Arts 7:00 - 8:30		Cycle 7:00-7:45		Cardio Groove 6:30 - 7:30							
	Teen/Adult Mar. Arts 7:00 - 8:30		Pound® 7:00-8:00		Abs/Back 6:45-7:00		Pound® 7:00 - 8:00									
	Cardio Groove 7:00-8:00		Cycle 7:00-7:45	Yin Yoga 7:00-8:00	Cardio Groove 7:00-8:00		Beginner Yoga 7:00 - 8:00									
	Zumba 8:00-9:00		Zumba 8:00 - 9:00				Zumba Toning Strong 8:00 - 9:00									

• **KEMPO JIU-JITSU**
Self Defense & Fitness:
Kickboxing / Grappling / CrossPit Fitness
Kids Martial Arts M & W
6 - 7PM FRI - 5:30-6:30PM
Teen/Adult Martial Arts
M & W 7 - 8:30PM
Fri 6:30 - 7:30
www.LynchburgKempo.com