



# Group X (Fitness) Schedule

Jamerson Family YMCA

Jan 7 - Feb 3, 2019

Kidz Gym

Cycle Studio

MP Room A/B

MP Room C

Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Early Am</b>	Cycle  Hiit Yoga 6:00   5:45 5:45	BodyPUMP Core 5:45-6:45 5:45-6:30	Cycle/Core Zumba 5:45 - 6:45 5:45-6:45	P90X® Live 5:45 - 6:30	Tabata Yoga 5:45-6:15 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>Please see website or Mobile APP for details</p>	
<b>Morning Hours</b>	BodyCombat Demo 8:30-9:30	AM Yoga 8:00-9:15	AM Yoga Zumba 8:00-9:15 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	Barre Fusion 9:30 - 10:25	Cycle 9:00-10:15		
	CT Lite Stretch 10:30-11:30 11:30-11:55	Strong by Zumba® 10:45-11:45	Zumba Gold 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	Cycle   Hiit Yoga 6:00   5:45 5:45AM	Express Arms 11:30 - 11:45	CT Lite Stretch 10:30-11:30 11:30-11:55	Pound® 10:30-11:30		
	Tabata Core 12:00 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		Gentle Chair Yoga 12:15 - 1:15
	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		BODYPUMP™ 1:05 - 2:15
	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			Sunday Yoga 1:15 - 2:30
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		Zumba 2:15 - 3:15		
<b>Afternoon Hours</b>	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			Beginner Yoga 2:30 - 3:45
	Core Tab. Tabata B 4:00-4:30 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			Cardio Funk 3:15 - 4:15
	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 Cycle ✦ 4:15-5:15 5:00 - 5:45
	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 5:45-6:45	Power Yoga 5:45-7:00	Kids Martial Arts ✦ 6:00 - 7:00	Power Yoga 5:45-7:00	Tabata 6:00 - 6:30			
	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			
<b>Evening Hours</b>	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 Yin Yoga 7:00-7:45 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](http://www.LynchburgKempo.com)