



# Group X (Fitness) Schedule

Jamerson Family YMCA

AUG 5- Sept. 1

	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 6:00  5:45	Yoga 5:45	BodyPUMP 5:45-6:45	Core 5:45-6:30	Cycle/Core 5:45 - 6:45	BodyCombat 5:45-6:15	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>....</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 8:00-9:15		REFIT* 8:00-9:00		AM Yoga 8:00-9:15			H.I.I.T. 8:30-9:20		
	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			Stott Pilates 8:00-9:00		
	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			BODYPUMP™ 8:00-9:15		
	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			Yin Yoga 9:00 - 10:15		
	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			Step 9:30-10:30		
	CT Lite 10:30-11:30		Stretch 11:30-11:55		Strong by Zumba® 10:45-11:45		Zumba Gold 10:30-11:30		Zumba Toning 10:30-11:30			Pure Recovery 9:30 - 10:30	Cycle 9:00-10:00	
	Gentle Chair Yoga 10:45-11:45		Gentle Chair Yoga 10:45-11:45						CT Lite 10:30-11:30			Stretch 11:30-11:55	Power Yoga 10:15 - 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				Pound@ 10:30-11:30	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			Zumba 1130 - 1230	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			Mindfulness Practice 11:30 - 12:30	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. 4:00-4:30		Tabata B 4:30-4:55		BODYPUMP™ 4:30-5:35		PWR! Moves + 1:15 - 2:15		Yin Yoga 1:15 - 2:15					
	Flexible Strength 5:00-5:55						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 5:45-6:45		Power Yoga 5:45-7:00		Kids Martial Arts 6:00 - 7:00 +		Power Yoga 5:45-7:00		Tabata 6:00 - 6:30					
<b>Evening Hours</b>	Kids Martial Arts 6:00 - 7:00 +		Tabata 6:30 - 6:55		Teen/Adult Mar. Arts 7:00 - 8:30 +									
	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 Hip Hop 7:00-8:00				Yin Yoga 7:00-8:00		Cardio Funk 7:00-8:00		Beginner Yoga 7:00 - 8:00					
	Zumba 8:00-9:00		Zumba 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)