

Lattof YMCA - LAND/WATER GROUP FITNESS SCHEDULE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
FITNESS CLASSES	AM	Power Cardio 5:30-6:30am Sue	Bootcamp 5:30-6:15am Kevin	Bootcamp 5:30-6:15am Kevin	Bootcamp 5:30-6:15am Kevin	BodyPUMP™ 6:00-7:00am Deanna			
		CardioSculpt 7:00-7:55am Susie	SilverSneakers 8:45-9:45am Susie	CardioSculpt 7:00-7:55am Susie	SilverSneakers 8:45-9:45am Susie	CardioSculpt 7:00-7:55am Susie	Power Cardio 8:00-9:00am Sue		
		Low Impact 1 8:00-9:00am Susie	Stability Ball Sculpt 9:15-10:15am Sue	Low Impact I 8:00-9:00am Katrina	SilverSneakers Yoga 9:45-10:30am Susie	Low Impact 1 8:00-9:00am Susie	BodyPUMP™ 9:15-10:15am Oleta/MC		
		Low Impact II 9:00-10:00am Susie	SilverSneakers Yoga 9:45-10:30am Susie	Low Impact II 9:00-10:00am Susie		Low Impact II 9:00-10:00am Susie			
		Total Body Sculpt 10:15-11:15am Tom	Yoga Flow 10:30-11:30am Cheryl	Total Body Sculpt 10:15-11:15am Tom	Yoga Flow 10:30-11:30am Cheryl	Power Cardio 10:15-11:15am Tom			Yoga Flow 1:30-2:30pm John
	PM	Fun Seekers 12:15-1:00pm Don/Marie		Fun Seekers 12:15-1:00pm Don/Marie			Fun Seekers 12:15-1:00pm Don/Marie		
		Step 6:00-7:00pm Alicia	BodyPUMP™ 5:15-6:15pm MaryCaren	Power Cardio 6:00-7:00pm Kris	BodyPUMP™ 5:15-6:15pm Oleta				
		Total Body Sculpt 7:10-8:10pm Karen	Zumba 6:30-7:30pm Jenny	Zumba 7:00-8:00pm Jenny	Zumba 6:30-7:30pm Alicia	Yoga Flow 6:00-7:00pm John			
	CYCLING	AM		Indoor Cycling 5:30-6:30am Margaret	Indoor Cycling 5:30-6:30am <i>ends 5/2</i>	Indoor Cycling 5:30-6:30am Margaret		Indoor Cycling 7:00-8:00am Cyndie	Indoor Cycling 8:00-9:00am Christina
Indoor Cycling 9:15-10:15am Libby			Indoor Cycling 9:30-10:30am Katy	Indoor Cycling 9:15-10:15am Julie	Indoor Cycling 9:30-10:30am Katy/Bill	Indoor Cycling 9:15-10:15am MaryBeth		Indoor Cycling 9:15-10:15am Matt/Roger	
PM			Indoor Cycling 6:30-7:30pm Matt		Indoor Cycling 6:30-7:30pm Roger				
POOL	AM	Aqua Sunrise 8:15-9:15am Staff	In To Deep 9:00-10:00am Staff	Aqua Sunrise 8:15-9:15am Staff	In To Deep 9:00-10:00am Staff	Aqua Sunrise 8:15-9:15am Staff			
		Active Older Adults 9:20-10:20am Staff	Multiple Sclerosis 10:30-11:30am Patti	Active Older Adults 9:20-10:20am Katrina		Active Older Adults 9:20-10:20am Staff			
		SilverSplash 10:20-11:20am Susie		SilverSplash 10:20-11:20am Susie		SilverSplash 10:20-11:20am Susie			
	PM	Complete Cardio 7:00-8:00pm Maureen	Arthritis 12:00-1:00pm Katrina	Complete Cardio 7:00-8:00pm Maureen	Arthritis 12:00-1:00pm Susie				
SPECIALTY		TRX 9:30-10:30am Katy				Kettlebell - A 9:30-10:30am Greg	TRX 7:30-8:30am Christina		
				TRX 9:30-10:30am Katy	Pilates Mat 9:15-10:15am Sue	Kettlebell - B 10:30-11:30am Greg			
	Pilates Mat 5:00-6:00pm Sue	TRX 4:30-5:30pm Katy	Kettlebell - A 5:30-6:30pm Greg						
		TRX 6:30-7:30pm Staff	Kettlebell - B 6:30-7:30pm Greg						
		Yoga for Athletes 8:00-9:00pm Christine			Self Defense 7:30-9:00pm George				

Fitness Classes held in Studio 1; Specialty Classes in Studio 1 or 3, and Indoor Cycling classes in Cycling Studio

**Fee applicable and registration required

Schedule is subject to change

