

LASH FAMILY YMCA GOUP FITNESS CLASS SCHEDULE
 MPR. MULTI PURPOSE ROOM ON FIRST FLOOR
 CROSSFIT IN CROSSFIT ROOM FIRST FLOOR

2/1/2025

	CLASS	INSTRUCTOR	ROOM
MONDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	TAMMY	STUDIO 1
7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SHERWIN	SPIN STUDIO
8:15 AM	BARRE BURN	MELANIE	STUDIO 1
9:15 AM	CARDIO	AINSLEY	STUDIO 1
9:15 AM	REFIT	COURTNEY	STUDIO 2
9:15 AM	RESTORATIVE PILATES	LAUREN	MPR
10:30 AM	YOGA	DAWN	STUDIO 2
10:30 AM	CHAIR AEROBICS	LINDY	MPR
11:00 AM	STRENGTH	COURTNEY	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
1:00 PM	TAI CHI	JOE	STUDIO 2
4:30 PM	CARDIO	KATIE	STUDIO 1
5:30 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	SPIN	BOB	SPIN STUDIO
5:30 PM	YOGA	NIA	MPR
5:30 PM	STRENGTH	KAREN	STUDIO 1
5:30 PM	KID FIT	BELLE	LOBBY
6:15 PM	TAI CHI	JOE	STUDIO 2

WEDNESDAY

5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	TAMMY	STUDIO 1
7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SUSAN	SPIN STUDIO
8:15 AM	BARRE BURN	ALLYSON	STUDIO 1
9:15 AM	REFIT	COURTNEY	STUDIO 1
9:15 AM	RESTORATIVE PILATES	ALLYSON	MPR
10:30 AM	CHAIR AEROBICS	JANAE	MPR
10:30 AM	YOGA	DAWN	STUDIO 2
11:00 AM	STRENGTH	AINSLEY	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
1:00 PM	TAI CHI	JOE	STUDIO 2
2:30 PM	BALANCE	SHERWIN	MPR
5:30 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	SPIN	CLAY	SPIN STUDIO
5:30 PM	YOGA	JESSICA	STUDIO 2
5:30 PM	STRENGTH	KAREN	STUDIO 1
5:30 PM	KIDFIT	BELLE	LOBBY
6:15 PM	TAI CHI	JOE	MPR

FRIDAY

5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	AMY	STUDIO 1
7:30 PM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SHERWIN	SPIN STUDIO
8:15 AM	PIYO	ALICE	STUDIO 1
9:15 AM	YOGA	JANAE	STUDIO 2
9:30 AM	ZUMBINI	AGA	MPR
9:30 AM	CARDIO/STEP	LIZ	STUDIO 1
10:30 AM	CHAIR AEROBICS	SHA'	MPR
11:00 AM	STRENGTH	LIZ	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	CROSSFIT	STAFF	CROSSFIT

	CLASS	INSTRUCTOR	ROOM
TUESDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	SPIN	LINDY	SPIN STUDIO
7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	STRENGTH	CARLY	STUDIO 1
8:15 AM	PILATES	LAUREN	STUDIO 2
9:15 AM	STAYING FIT	MELISSA	STUDIO 2
9:15 AM	**INTENSITY INTERVALS	KRISTINA	STUDIO 1
9:15 AM	CHAIR YOGA	MARY	MPR
10:30 AM	ROCK STEADY	MELISSA	MPR
11:45 AM	STEP	MELISSA	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
12:00 PM	YOGA	HOLLI M	MPR
4:00 PM	BARRE	KENDAL	STUDIO 1
4:30 PM	OLYMPIC WEIGHTLIFTING	CARLOS	CROSSFIT
5:30 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	ENDURANCE CYCLING*	BOB	SPIN STUDIO
5:30 PM	PILATES	TINA	MPR
5:30 PM	KIDFIT	ALLISON	LOBBY
5:30 PM	ZUMBA	LAURA	STUDIO 1

THURSDAY

5:30 AM	SPIN	LINDY	SPIN STUDIO
8:15 AM	STRENGTH	SHERWIN	STUDIO 1
8:15 AM	PILATES	JANAE	STUDIO 2
9:15 AM	STAYING FIT	HARRIETT	STUDIO 2
9:15 AM	BARRE INTENSITY INTERVAL TRAINING**	MELANIE	STUDIO 1
9:15 AM	CHAIR YOGA	JANAE	MPR
10:30 AM	ROCK STEADY	LINDY/JANAE	MPR
11:45 AM	STEP	MISTY	STUDIO 1
12:00 PM	YOGA	BECKY	MPR
4:00 PM	BARRE	SHA'	STUDIO 1
4:30 PM	OLYMPIC WEIGHTLIFTING	CARLOS	CROSSFIT
5:30 PM	PILATES	SHERI	MPR
5:30 PM	KIDFIT	STAFF	LOBBY
5:30 PM	ZUMBA	REBEKAH	STUDIO 1
5:45 PM	TRX CIRCUIT	PAIGE	STUDIO 2
6:30 PM	HIP HOP STEP	KIANDRA/KEVIN	MPR

SATURDAY

7:30 AM	SPIN	CLAY	SPIN STUDIO
8:30 AM	STRENGTH	TINA	STUDIO 1
8:30 AM	SPIN	BOB/MADELINE	SPIN STUDIO
9:00 AM	BARRE	SHERRICKA	STUDIO 2
9:30 AM	ZUMBA	KIANDRA	STUDIO 1
9:35 AM	PILATES	SARA BETH	MPR
10:35 AM	YOGA	MALISSA	MPR
10:35 AM	HIP HOP STEP	KIANDRA/KEVIN	STUDIO 1

SUNDAY

3:30 PM	YOGA	MALISSA	MPR
4:30 PM	MEDITATION	MALISSA	MPR

**INTENSITY INTERVAL IS A 1 HOUR CARDIOVASCULAR WORKOUT ALTERNATING BETWEEN HIGH INTENSITY AND RECOVERY