



GROUP FITNESS SCHEDULE - JANUARY

LINCOLN FAMILY DOWNTOWN YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	HOURS
MORNING							
6:00-7:00 AM Indoor Cycle		6:00-7:00 AM Indoor Cycle	6:00-7:00 AM Strength Train Together	6:00-7:00 AM Indoor Cycle	8:30-9:00 AM Core Focus Together		FACILITY HOURS Monday - Friday: 5:00 am - 9:00 pm Saturday 7:00 am - 7:00 pm Sunday 9:00 am - 7:00 pm AMAZING KIDS Monday - Friday: 8:00 am - 1:00 pm 4:00 pm - 8:00 pm Saturday: 8:00 am - 1:00 pm Sunday: Closed POOL HOURS Monday - Friday: 5:00 am - 1:00 pm 3:00 pm - 7:00 pm Saturday 7:00 am-2:00 pm Sunday: Closed
		8:30-9:00 AM 20/20/20			8:30-10:00 AM Yoga in the Park		
9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness		
9:30-10:25 AM Tai Chi / Qigong	9:00-10:00 AM Silver Sneakers Classic	9:30-10:25 AM Tai Chi / Qigong	9:00-10:00 AM Silver Sneakers Classic	9:00-10:00 AM Silver Sneakers Classic	9:00-10:00 AM Indoor Cycle	9:15-10:15 AM Balance & Flex Together	
		10:30-11:30 AM Barre		10:00-11:00 AM Zumba	9:00-9:55 AM Active Together		
1:15-2:15 PM Yoga	12:00-1:00 PM Yoga	1:15-2:15 PM Yoga	12:00-1:00 PM Yoga		10:00-10:55 AM Zumba		
					11:05-12:00 PM Strength Train Together		
	4:30-5:30 PM Yoga		4:30-5:30 PM Yoga				
5:30-6:25 PM Active Together	5:30-6:25 PM Total Body Conditioning	5:30-6:25 PM Zumba	5:30-6:25 PM Total Body Conditioning	5:30-6:25 PM Active Together			
5:30-6:30 PM Water Fitness		5:30-6:30 PM Water Fitness		5:30-6:30 PM Water Fitness			
5:30-6:30 PM Indoor Cycle	7:30-8:30 PM Yoga	5:30-6:30 PM Indoor Cycle					
Updated 1/1/2019							