



GROUP FITNESS SCHEDULE - FEBRUARY 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 (Chelsea)		6:00-7:00 AM Indoor Cycle (Lori)	6:00-7:00 AM Strength Train Together (Ive)	6:00-7:00 AM Indoor Cycle (Chelsea)	8:30-9:00 AM Core Focus Together (Donna)		<p>FACILITY HOURS Monday - Friday: 5:00 am - 9:00 pm Saturday 7:00 am - 7:00 pm Sunday 9:00 am - 7:00 pm</p> <p>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</p> <p>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</p>	
7:30-8:30 AM Strength Train Together (Ive)	9:00-10:00 AM Water Fitness	8:30-9:00 AM 20/20/20 (Ive)	9:00-10:00 AM Water Fitness	7:30-8:30 AM Boot Camp (Chelsea)	8:30-10:00 AM Yoga in the Park (Tim)			
9:00-10:00 AM Water Fitness	9:00-10:00 AM Silver Sneakers Classic (Gayle)	9:00-10:00 AM Water Fitness	9:00-10:00 AM Silver Sneakers Classic (Gayle)	9:00-10:00 AM Water Fitness	9:00-10:00 AM Water Fitness			
9:30-10:25 AM Tai Chi / Qigong (Ron)		9:30-10:25 AM Tai Chi / Qigong (Ron)		9:00-10:00 AM Silver Sneakers Classic (Gayle)	9:00-10:00 AM Indoor Cycle (Lori)	9:15-10:15 AM Balance & Flex Together		
11:15-12:00 PM Body Sculpt (Kate)		10:30 - 11:30 AM Circuit Training (Chelsea)		10:05-11:05 AM Zumba	9:05-10:05 AM Active Together (Donna)			
12:15-1:00 PM Cycle Plus (Kate)	12:00-1:00 PM Yoga (Cindy)		12:00-1:00 PM Yoga (Cindy)	11:15-12:00 PM Body Sculpt (Kate)	10:10-11:05 AM Zumba (Monja / Gabi)			
1:15-2:15 PM Yoga (Ive)		1:15-2:15 PM Yoga (Ive)		12:15-1:00 PM Cycle Plus (Kate)	11:10-12:05 PM Strength Train Together (Cole)			
AFTERNOON / EVENING								
4:30-5:30 PM Boot Camp (Kate)	4:30-5:25 PM Yoga (Deidra)		4:30-5:25 PM Yoga (Deidra)	4:30-5:20 PM Happy Hour!				
5:30-6:25 PM Active Together	5:30-6:25 PM Total Body Conditioning (Cole)	5:30-6:25 PM Zumba (Krysta / Monja)	5:30-6:25 PM Total Body Conditioning (Cole)	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 (Julie)	7:30-8:30 PM Yoga (Deidra)	5:30-6:30 PM Indoor Cycle (Eva)						
ALL IN is an 8-week challenge where you can earn points and win prizes for participating in group exercise and bringing guests. Attend a Strength Train Together and receive 2 points per class! For more information, contact the front desk!								

