



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

LEXINGTON FAMILY YMCA

Group Exercise Studio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes		Silver Sneakers MS / ROM 9:30 AM BOTL w / Janae		Silver Sneakers MS / ROM 9:30 AM BOTL w/ Janae	Silver Sneakers Cardio Circuit 9:30 AM BOTL w/ Janae	Tae Kwon Do 10:30 AM Cabin 4 w/ Andrew **Fee
						Zumba 11:00 AM BOTL w/ Charmaine
Evening Classes	Tae Kwon Do 5:00 PM Cabin 4 w/ Andrew **Fee	Cardio Mix 5:45 PM Cabin 4 w/ Maria	Tae Kwon Do 5:00 PM Cabin 4 w/ Andrew **Fee	Zumba 6:30 PM BOTL w/ Charmaine		
		Boot Camp 7:00 PM Lodge w/ Boston	Yoga 6:30 PM Cabin 4 w/ Michele			Y Fit 9:00 AM – 12:00 Noon Lodge w/ Boston 1 st Sat / month

**Fee = Class has additional costs- please see Member Service Desk for more information

BOTL = Bottom of the Lodge

ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE

PLEASE CHECK OUT OUR FACEBOOK PAGE FOR ANY CANCELLATIONS