

Lompoc Family YMCA Group Exercise Schedule

Effective Jan. 18th 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15 AM Group Cycling Tim	5:30-6:15 AM Group Cycling Vicki	5:30-6:15 AM Group Cycling Tim	5:30-6:15 AM Bootcamp&Core Keith	8:00- 8:45AM* Group Cycling Rotating instructor
8:45 AM* Body Blast Teresa	8:45-9:30AM* Group Cycling Jody	8:45 AM* CardioKick/ Abs & Glutes Jody	8:45-9:30AM* Group Cycling Karen	8:45 AM* Bootcamp Jody	9:00-10:00AM* Cycle& Core 9:00-9:45 Cycle 9:45-10:00 Core Rotating instructor
9:50 AM* Pilates Fusion Teresa	9:35-10:20AM* SharQui™ 10:20-10:45AM Core Conditioning Teresa	9:50 AM* Pilates Teresa	9:35-10:20AM* Zumba® 10:20-10:45AM Jen Core Conditioning Teresa	9:50 AM* Yoga Lynette	
11:00AM* Fit For Life Kathy	11-11:45AM * Zumba® Gold Carol	11:00AM* Fit For Life Kathy		11:00AM* Fit For Life Kathy	10:15-11:15AM SharQui™ Bellydance**
	4:30-5:25 PM* Pilates Karen		4:30-5:25 PM* Pilates Karen	4:30-5:25PM Ballroom Allyssa	
5:30-6:15 PM* Group Cycling Keith	5:30-6:15 PM* Group Cycling Michelle	5:30 PM* Body Blast Teresa	5:30- 6:25 PM* Bootcamp&Core Brandon/Chris	5:30 PM* Zumba® Jen	
6:35 PM* Yoga Lynette	6:30-7:15 PM* Zumba® Express Teresa	6:35 PM* Yoga Deanna	6:30-7:15 PM* Zumba® Express Teresa		*Childwatch available **2nd&4th Saturday

NOTE: No admittance 10 minutes after class starts. Reservations required for Cycling classes 736-3483.