



# GROUP EXERCISE CLASSES

CENTRAL LINCOLN COUNTY YMCA

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MORNING CLASSES</b>					
6:00-6:45am <b>TOTAL BODY CHALLENGE</b> w/ Becky	7:00-8:00am <b>FIT PICKLE</b> w/ Georgia (\$)	6:00-6:45am <b>TOTAL BODY CHALLENGE</b> w/ Becky	7:00-8:00am <b>FIT PICKLE</b> w/ Georgia (\$)		
7:00-8:00am <b>HATHA YOGA</b> w/ Oliver	7:00-7:45am <b>CYCLING</b> w/ Kristie	7:00-8:00am <b>HATHA YOGA</b> w/ Oliver	7:00-7:45am <b>CYCLING</b> w/ Kristie	7:00-8:00am <b>HATHA YOGA</b> w/ Carol & Justine	
8:15-9:15am <b>HATHA YOGA</b> w/ Oliver	8:00-9:00am <b>PILATES</b> w/ Cynthia	8:15-9:15am <b>HATHA YOGA</b> w/ Oliver	8:00-9:00am <b>PILATES</b> w/ Cynthia	8:15-9:15am <b>VINYASA YOGA</b> w/ Carol & Justine	8:00-8:45am <b>CYCLING</b> w/ Kristie
8:00-9:00am <b>LIVING FIT</b> w/ Robin Gymnasium		8:00-9:00am <b>LIVING FIT</b> w/ Robin Gymnasium		8:00-9:00am <b>LIVING FIT</b> w/ Robin Gymnasium	
9:30-10:15am <b>STRENGTH &amp; CORE</b> w/ Oliver	9:15-10:15am <b>CYCLING</b> w/ Cynthia	9:30-10:15am <b>STRENGTH &amp; CORE</b> w/ Oliver	9:15-10:15am <b>CYCLING</b> w/ Cynthia	9:30 - 10:15am <b>LEGS &amp; CORE GALORE</b> w/ Cynthia	9:00-10:00am <b>TOTAL BODY CHALLENGE</b> w/ Becky
10:30-11:15am <b>CYCLING &amp; CORE</b> w/ Casey	10:30-11:30am <b>STRENGTH TRAINING</b> w/ Cynthia		10:30-11:30am <b>STRENGTH TRAINING</b> w/ Cynthia	10:30-11:15am <b>HIIT</b> w/ Casey	10:15-11:15am <b>ZUMBA</b> w/ Ejaye
10:30-11:30am <b>ENHANCE FITNESS</b> w/ Robin (\$)		10:30-11:30am <b>ENHANCE FITNESS</b> w/ Robin (\$)		10:30-11:30am <b>ENHANCE FITNESS</b> w/ Robin (\$)	11:30-12:15pm <b>FLEX &amp; STRETCH</b> w/ Ejaye
11:00-11:45am <b>BOXING &amp; STRENGTH</b> w/ Teresa (\$)		11:00-11:45am <b>BOXING &amp; STRENGTH</b> w/ Teresa (\$)			
<b>AFTERNOON CLASSES</b>					
4:45-5:45pm <b>PiYo</b> w/ Tanya		5:00-6:00pm <b>HATHA YOGA</b> w/ Oliver	5:00-6:00pm <b>TABATA STRENGTH</b> w/ Melissa		
5:00-5:45pm <b>BOXING &amp; STRENGTH</b> w/ Teresa (\$)	5:45-6:45pm <b>TOTAL BODY CHALLENGE</b> w/ Hannah	5:00-5:45pm <b>BOXING &amp; STRENGTH</b> w/ Teresa (\$)			
<b>CLASSES ARE FREE FOR MEMBERS</b> <b>NONMEMBERS &amp; NATIONWIDE MEMBERS: 10\$/CLASS</b>					
<b>NO CLASSES THE LAST WEEK OF AUGUST</b> <b>25TH - 30TH</b>					
ALL CLASSES IN <b>RED</b> HAVE A FEE FOR MEMBERS AND NON MEMBERS chfort@clcymca.org			PLEASE REGISTER MONTHLY FOR CLASSES YOU ARE ATTENDING. www.clcymca.org		