

Lash Family YMCA Group Class Schedule								
MPR. MULTI PURPOSE ROOM ON FIRST FLOOR								
CROSSFIT IN CROSSFIT ROOM FIRST FLOOR				3/19/2024				
	CLASS	INSTRUCTOR	ROOM			CLASS	INSTRUCTOR	ROOM
MONDAY					TUESDAY			
5:30 AM	STRENGTH	TAMMY	STUDIO 1		5:30 AM	SPIN	LINDY	SPIN STUDIO
5:15 AM	CROSSFIT	STAFF	CROSSFIT		5:15 AM	CROSSFIT	STAFF	CROSSFIT
7:30 AM	CROSSFIT	STAFF	CROSSFIT		6:00 AM	YOGA	KATE	MPR
8:15 AM	SPIN	SHERWIN	SPIN STUDIO		7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	BARRE BURN	MELANIE	STUDIO 1		8:15 AM	STRENGTH	HOLLY S	STUDIO 1
9:15 AM	REFIT	COURTNEY	MPR		8:15 AM	PILATES	LAUREN	STUDIO 2
9:15 AM	RESTORATIVE PILATES	LAUREN	STUDIO 2		9:15 AM	STAYING FIT	MELISSA	STUDIO 2
9:15 AM	CARDIO	LIZ	STUDIO 1		9:15 AM	PIYO	LAUREN	STUDIO 1
10:30 AM	YOGA	DAWN	STUDIO 2		9:15 AM	CHAIR YOGA	MARY	MPR
10:30 AM	CHAIR AEROBICS	LINDY	MPR		10:30 AM	ROCK STEADY	MELISSA	MPR
11:00 AM	STRENGTH	COURTNEY	STUDIO 1		11:45 AM	STEP	MELISSA	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT		12:00 PM	CROSSFIT	STAFF	CROSSFIT
12:00 PM	CIRCUIT	KRISTINA	STUDIO 1		12:00 PM	KIDFIT	LINNAE	LOBBY
1:00 PM	TAI CHI	JOE	STUDIO 2		12:00 PM	SPIN	LINDY	SPIN STUDIO
4:00 PM	STEP IT UP!	HOLLY S	STUDIO 1		12:00 PM	YOGA	HOLLI M	MPR
5:30 PM	CROSSFIT	STAFF	CROSSFIT		4:00 PM	BARRE	LIZ	STUDIO 1
5:30 PM	SPIN	BOB	SPIN STUDIO		4:30 PM	OLYMPIC WEIGHTLIFTING	CARLOS	CROSSFIT
5:30 PM	YOGA	KATE	STUDIO 2		4:30 PM	SPIN	TINA	SPIN STUDIO
5:30 PM	STRENGTH	KAREN	STUDIO 1		5:30 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	KID FIT	BELLE/HYRUM	LOBBY		5:30 PM	PILATES	MISTY	MPR
6:00 PM	TAI CHI	JOE	MPR		5:30 PM	KIDFIT	ALLISON	LOBBY
					5:30 PM	ZUMBA	LAURA	STUDIO 1
					5:45 PM	TRX CIRCUIT	LINDY	STUDIO 2
WEDNESDAY					THURSDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT		5:30 AM	SPIN	LINDY	SPIN STUDIO
5:30 AM	STRENGTH	TAMMY	STUDIO 1		6:00 AM	YOGA	ERIN	MPR
7:30 AM	CROSSFIT	STAFF	CROSSFIT		8:15 AM	STRENGTH	SHERWIN	STUDIO 1
8:15 AM	SPIN	SUSAN	SPIN STUDIO		8:15 AM	PILATES	RENEE	STUDIO 2
8:15 AM	BARRE BURN	ALLYSON	STUDIO 1		9:15 AM	STAYING FIT	RENEE	STUDIO 2
9:15 AM	REFIT	COURTNEY	MPR		9:15 AM	CARDIO	HOLLY S	STUDIO 1
9:15 AM	RESTORATIVE PILATES	ALLYSON	STUDIO 1		9:15 AM	CHAIR YOGA	JANAE	MPR
9:15 AM	CIRCUIT	LINDY	STUDIO 2		10:30 AM	ROCK STEADY	LINDY/HOLLY S	MPR
10:30 AM	CHAIR AEROBICS	RENEE	MPR		11:45 AM	STEP	MISTY	STUDIO 1
10:30 AM	YOGA	DAWN	STUDIO 2		12:00 PM	SPIN	KRISTINA	SPIN STUDIO
11:00 AM	STRENGTH	LIZ	STUDIO 1		12:00 PM	YOGA	BECKY	MPR
12:00 PM	CROSSFIT	STAFF	CROSSFIT		4:00 PM	BARRE	SHA'	STUDIO 1
12:00 PM	BALLET	ARIEL	STUDIO 1		4:30 PM	SPIN	TINA	SPIN STUDIO
12:00 PM	CIRCUIT	KRISTINA	STUDIO 2		5:30 PM	PILATES	SHERI	MPR
1:00 PM	TAI CHI	JOE	STUDIO 2		5:30 PM	KIDFIT	LILY/BRIAN	LOBBY
4:00 PM	STEP IT UP	MISTY	STUDIO 1		5:30 PM	ZUMBA	REBEKAH	STUDIO 1
5:30 PM	CROSSFIT	STAFF	CROSSFIT		5:45 PM	TRX CIRCUIT	PAIGE	STUDIO 2
5:30 PM	YOGA	JESSICA	STUDIO 2					
5:30 PM	STRENGTH	KAREN	STUDIO 1					
5:30 PM	KIDFIT	BELLE	LOBBY					
5:30 PM	SPIN	CLAY	SPIN STUDIO					
6:00 PM	TAI CHI	JOE	MPR		SATURDAY			
					7:30 AM	SPIN	CLAY	SPIN STUDIO
					8:30 AM	STRENGTH	TINA	STUDIO 1
					8:30 AM	SPIN	BOB E./MADELINE	SPIN STUDIO
FRIDAY					9:00 AM	POUND	SHERRICKA	MPR
5:15 AM	CROSSFIT	STAFF	CROSSFIT		9:45 AM	CORE BACK AND BALANCE	FRANCINE	STUDIO 2
5:30 AM	STRENGTH	AMY	STUDIO 1		9:30 AM	ZUMBA	KIANDRA	STUDIO 1
7:30 PM	CROSSFIT	STAFF	CROSSFIT		9:50 AM	PILATES	TINA	MPR
8:15 AM	SPIN	KRISTINA	SPIN STUDIO		10:30 AM	YOGA	FRANCINE	STUDIO 2
8:15 AM	PIYO	ALICE	STUDIO 1					
9:15 AM	YOGA	JANAE	STUDIO 2		SUNDAY			
9:30 AM	CARDIO/STEP	LIZ	STUDIO 1		3:30 PM	MEDITATION	FRANCINE	MPR
9:30 AM	ZUMBINI	AGA	MPR		4:00 PM	YOGA	FRANCINE	MPR
10:30 AM	CHAIR AEROBICS	SHA'	MPR					
11:00 AM	STRENGTH	LIZ	STUDIO 1					
12:00 PM	CIRCUIT	LINDY	STUDIO 2					
12:00 PM	CROSSFIT	STAFF	CROSSFIT					
5:30 PM	CROSSFIT	STAFF	CROSSFIT					