

# 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
<b>MONDAY</b>				<b>TUESDAY</b>			
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
				5:30 PM	KIDFIT	ALLISON	LOBBY
				5:30 PM	ZUMBA	LAURA	STUDIO 1
				5:45 PM	TRX CIRCUIT	LINDY	STUDIO 2
<b>WEDNESDAY</b>				<b>THURSDAY</b>			
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 2
9:15 AM	RESTORATIVE PILATES	ALLYSON	STUDIO 2	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 2	4:30 PM	SPIN	TINA	SPIN STUDIO
12:00 PM	CIRCUIT	KRISTINA	STUDIO 1	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	<b>SATURDAY</b>			
5:30 PM	KIDFIT	BELLE	LOBBY	7:30 AM	SPIN	CLAY	SPIN STUDIO
5:30 PM	SPIN	CLAY	SPIN STUDIO	8:30 AM	STRENGTH	TINA	STUDIO 1
				8:30 AM	SPIN	BOB E./MADELINE	SPIN STUDIO
<b>FRIDAY</b>				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	<b>SUNDAY</b>			
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				