

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