

LASH FAMILY YMCA GOUNG FITNESS CLASS SCHEDULE
MPR. MULTI PURPOSE ROOM ON FIRST FLOOR
CROSSFIT IN CROSSFIT ROOM FIRST FLOOR

	CLASS	INSTRUCTOR	ROOM
MONDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	TAMMY	STUDIO 1
7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SHERWIN	SPIN STUDIO
8:15 AM	BARRE BURN	MELANIE	STUDIO 1
9:15 AM	REFIT	COURTNEY	STUDIO 1
9:15 AM	RESTORATIVE PILATES	LAUREN	MPR
9:30 AM	YOGA	ALICE/AGA	STUDIO 2
10:30 AM	CHAIR AEROBICS	LINDY	MPR
11:00 AM	STRENGTH	COURTNEY	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
1:00 PM	TAI CHI	JOE	STUDIO 2
4:30 PM	CARDIO	KAREN	STUDIO 1
5:00 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	SPIN	BOB	SPIN STUDIO
5:30 PM	YOGA	NIA	MPR
5:30 PM	STRENGTH	KAREN	STUDIO 1
5:30 PM	KID FIT	STAFF	LOBBY
6:00 PM	TAI CHI	JOE	STUDIO 2
6:30 PM	HIP HOP STEP	KIANDRA	STUDIO 1

WEDNESDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	JANAE	STUDIO 1
7:30 AM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SUSAN	SPIN STUDIO
8:15 AM	BARRE BURN EXPRESS	MELANIE	STUDIO 1
9:15 AM	REFIT	COURTNEY	STUDIO 1
9:15 AM	RESTORATIVE PILATES	MARY / DEBORAH	MPR
9:30 AM	YOGA	DAN	STUDIO 2
10:30 AM	CHAIR AEROBICS	JANAE	MPR
11:00 AM	STRENGTH	HOLLY S	STUDIO 1
12:00 PM	CROSSFIT	STAFF	CROSSFIT
1:00 PM	TAI CHI	JOE	STUDIO 2
5:00 PM	CROSSFIT	STAFF	CROSSFIT
5:30 PM	SPIN	BOB	SPIN STUDIO
5:30 PM	YOGA	NIA	MPR
5:30 PM	STRENGTH	KAREN	STUDIO 1
5:30 PM	KIDFIT	JENNY	LOBBY
6:00 PM	TAI CHI	JOE	STUDIO 2

FRIDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	STRENGTH	AMY	STUDIO 1
7:30 PM	CROSSFIT	STAFF	CROSSFIT
8:15 AM	SPIN	SHERWIN	SPIN STUDIO
8:30 AM	HIGH FIT	ALLY	STUDIO 1
9:30 AM	YOGA	MARY	STUDIO 2
9:30 AM	ZUMBINI	AGA	MPR
10:00 AM	CARDIO/STEP	LIZ	STUDIO 1
10:30 AM	CHAIR AEROBICS	SHA'	MPR
11:00 AM	STRENGTH	CLAY	STUDIO 1
11:00 AM	CROSSFIT	STAFF	CROSSFIT
12:00 PM	YOGA FUNDAMENTALS**	TOBIAS	MPR
5:00 PM	CROSSFIT	STAFF	CROSSFIT

2/1/2026
DEMO DAY FEBRUARY 21
**** YOGA FUNDAMENTALS IS AN ALL LEVEL CLASS FOCUSING ON FOUNDATIONAL YOGA POSES. CLASS FOCUS WILL BE ON PROPER ALIGNMENT, BREATHING AND BALANCE**

	CLASS	INSTRUCTOR	ROOM
TUESDAY			
5:15 AM	CROSSFIT	STAFF	CROSSFIT
5:30 AM	SPIN	LINDY	SPIN STUDIO
7:30 AM	CROSSFIT	STAFF	STUDIO 2
8:15 AM	STRENGTH	CARLY	STUDIO 1
8:15 AM	PILATES	LAUREN	STUDIO 2
9:15 AM	STAYING FIT	MELISSA	STUDIO 2
9:15 AM	INTENSITY INTERVALS	KRISTINA	STUDIO 1
9:15 AM	CHAIR YOGA	AGA	MPR
10:30 AM	ROCK STEADY	MELISSA	MPR
12:00 PM	HYROX	STAFF	CROSSFIT
12:00 PM	YOGA	HOLLI	MPR
4:00 PM	BARRE	KENDAL	STUDIO 1
5:00 PM	HYROX	STAFF	CROSSFIT
5:30 PM	ENDURANCE CYCLING	BOB	SPIN STUDIO
5:30 PM	PILATES	TINA	MPR
5:30 PM	KIDFIT	PATRICK	LOBBY
5:30 PM	ZUMBA	LAURA	STUDIO 1

THURSDAY			
5:30 AM	SPIN	LINDY	SPIN STUDIO
7:30 AM	HYROX	STAFF	CROSSFIT
8:15 AM	STRENGTH	SHERWIN	STUDIO 1
8:15 AM	PILATES	JANAE	STUDIO 2
9:15 AM	STAYING FIT	HARRIETT	STUDIO 2
9:15 AM	BARRE INTENSITY INTERVALS	MELANIE	STUDIO 1
9:15 AM	CHAIR YOGA	JANAE	MPR
10:30 AM	ROCK STEADY	LINDY/JANAE	MPR
11:45 AM	STEP	MISTY	STUDIO 1
12:00 PM	YOGA	BECKY	MPR
4:00 PM	BARRE	SHA'	STUDIO 1
5:00 PM	HYROX	STAFF	CROSSFIT
5:30 PM	PILATES	SHERI	MPR
5:30 PM	KIDFIT	STAFF	LOBBY
5:30 PM	ZUMBA	REBEKAH	STUDIO 1
5:45 PM	TRX	PAIGE	STUDIO 2
6:30 PM	HIP HOP STEP	KIANDRA/KEVIN W	STUDIO 1

SATURDAY			
7:30 AM	SPIN	CLAY	SPIN STUDIO
8:30 AM	STRENGTH	TINA	STUDIO 1
9:00 AM	BARRE	SHERRICKA	STUDIO 2
9:30 AM	ZUMBA	KIANDRA	STUDIO 1
9:35 AM	PILATES	STAFF	MPR
10:35 AM	YOGA	MALISSA	MPR
10:35 AM	HIP HOP STEP	KIANDRA	STUDIO 1

SUNDAY			
3:30 PM	YOGA	MALISSA	MPR
4:30 PM	MEDITATION	MALISSA	MPR