



Lawton Family Y
AEROBIC CLASS SCHEDULE

Aerobics Studio						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20am- 6:20am						
8:30am-9:10am						*Starts at 8:30*   *Rotate every other Saturday*
9:15am-10:15am	 Julie	Strength & Endurance Sally	 Leigh Ann	Strength & Endurance Sally	Cardio Blast Melissa	
9:15am-10:15am						
10:20am-11:20am	 John	 Leigh Ann	 John	 Leigh Ann	 John	
4:25pm-5:25pm		 Michelle B. *5:00				
5:30pm-6:30pm	 Kari	 Kari *6:00	 Kari *5:30-7:00	 Andrea	 Bianca	
6:30pm-7:30pm	 Sophia				Build & Burn Kari	
Basement/Spin Studio						
5:30am- 6:30am			Spin Rolande			
9:15am-10:10am	Spin John		Spin John		Spin John *30 Minute*	
5:00pm-6:00pm	Spin/Build & Burn Felicia/Kari 5:30/6:45			 Kari *6:00		
Yoga/Pilates Studio						
9:15am-10:15am Courts closed 9:10-10:20	Yoga/Meditation Jennifer		Yoga Gaylene		Yoga Jennifer H	Yoga Belinda *Starts at 9:30*
10:15am-11:15am						
5:30pm-6:30pm Courts closed 5:25-6:35	Pilates Kristen	Yoga Brian		Yoga Brian	Yoga Andrea	
6:35pm-7:05pm						
Active Older Adults (Main Gym)						
9:15am-10:10am	Pull-up A Chair Mitchie	Easy Does It Florence	Pull-up A Chair Mitchie	Easy Does It Florence	Pull-up A Chair Mitchie	

Strength and Endurance: Challenge your muscles and get a great all over body shaping sessions with weights, exercubes, and body bars.

Spin: This class is a group exercise class performed on stationary bikes. During the class, the instructor simulates hill-climbing, sprints, and races. It is a fantastic cardiovascular workout. You will be kept motivated by the instructor, the people around you, and the great music.

Body Pump: This 60 minute workout challenges all your major muscle groups by using exercises like presses, lunges, squats and curls. It will help improve your strength. This is a great cross training class for the avid runner.

Core: This 30 minute class will strengthen your abs and back using a variety of safe and effective abdominal exercises.

Yoga: This class is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. This class also meets the needs of those new to yoga, as well as those seeking continued understanding of basic yoga poses.

Zumba: A fusion of hypnotic Latin rhythms and easy to follow moves create an exciting cardiovascular workout.

R.I.P.P.E.D: Program comprised of Resistance, Interval, Power, Plyometrics, Endurance, Diet.

E-Z does It: This class is recommended for seniors and anyone wanting a 45 minute lighter cardio exercise class.

Pilates: This mixed level Pilates mat class focuses on strength, precision, and flow of movement. In this small class setting, the instructor will present the exercises at multiple levels which allows students to choose to work at a beginner, intermediate or advanced pace. Students will learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core.

Cardio Kickboxing: Burn fat and tone your body with moves set to music and taken from martial arts

Build 'N Burn: A class designed to help you burn fat, build muscle and sculpt your core with a combination of strength and cardio

Cardio Circuit: use various weighted and body weight movements to improve your cardiovascular endurance in a format outside of traditional steady state cardio