



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANSDOWNE YMCA

## LATE SPRING 2019 SESSION (Apr 22–June 9)

### ADULT FITNESS

#### MONDAY

Cardio Kickboxing	9:05 AM	10:00 AM
Les Mills Body Pump	9:45 AM	10:40 AM
Silver Sneakers Classic	10:05 AM	11:00 AM
Cardio Combo	11:00 AM	11:45 AM
Functional Fitness	5:05 PM	6:00 PM
30/30 Cardio & Strength	6:05 PM	7:00 PM
TRX	6:30 PM	7:15 PM
Cardio Dance and More	7:05 PM	8:00 PM
Les Mills Body Pump	7:15 PM	8:15 PM
Latin/Hip Hop Fusion	8:05 PM	9:00 PM

#### TUESDAY

Cycle 45	9:00 AM	9:45 AM
Cardio Dance and More	9:05 AM	10:00 AM
Strength Basics	10:05 AM	11:00 AM
Silver Sneakers Yoga	11:15 AM	12:00 PM
Yoga	5:05 PM	6:00 PM
Total Body Tone	6:05 PM	7:00 PM
Cycle 45	6:05 PM	6:50 PM
Mat Pilates	7:05 PM	8:00 PM
HIIT	7:15 PM	8:00 PM
Les Mills Body Pump	8:05 PM	9:05 PM
Zumba	8:05 PM	9:00 PM

#### WEDNESDAY

Zumba Gold	9:05 AM	10:00 AM
Cycle 30 + Core	9:15 AM	10:00 AM
TRX Circuit	10:05 AM	10:50 AM
Silver Sneakers		
Cardio/Circuit	10:05 AM	11:00 AM
Silver Sneakers Yoga	11:00 AM	11:45 AM
Barre Fusion	5:05 PM	6:00 PM
TRX	5:30 PM	6:15 PM
Interval Training	6:05 PM	7:00 PM
Pound	7:05 PM	7:50 PM
Zumba	7:05 PM	8:00 PM
Yoga	8:05 PM	9:00 PM

#### THURSDAY

Cardio Dance and More	9:05 AM	10:00 AM
Cycle 30	9:15 AM	9:45 AM
Cardio Strength Circuit	10:05 AM	11:00 AM
Mat Pilates	11:15 AM	12:00 PM
Pound	5:05 PM	5:50 PM
Les Mills Body Pump	6:05 PM	7:00 PM
Zumba	6:05 PM	7:00 PM
Cycle 45	7:05 PM	7:50 PM
Mat Pilates	7:05 PM	8:00 PM
HIIT	7:15 PM	8:00 PM
Global Dance	8:05 PM	9:00 PM
Yoga	8:05 PM	9:00 PM

#### FRIDAY

Cardio Kickboxing	9:05 AM	10:00 AM
Les Mills Body Pump	9:30 AM	10:30 AM
Senior Fitness & Balance	10:05 AM	11:00 AM
Barre Fusion	11:15 AM	12:00 PM
Zumba	6:00 PM	6:45 PM
Yoga	6:50 PM	7:45 PM

#### SATURDAY

Les Mills Body Pump	8:00 AM	9:00 AM
Barre Fusion	8:30 AM	9:15 AM
Cycle 45	9:15 AM	10:00 AM
Pound	9:15 AM	10:00 AM

#### SUNDAY

Cardio Combo	10:30 AM	11:25 AM
Yoga	11:30 AM	12:25 PM

### AQUATIC FITNESS

<b>Bad Back</b>		
M/W/F	2:00 PM	2:45 PM

<b>Water Aerobics</b>		
Tu/Th	9:15 AM	10:00 AM
Tu/Th	8:30 PM	9:15 PM

<b>Silver Sneakers Splash</b>		
Tu/Th	10:15 AM	11:00 AM

<b>Water Walking</b>		
M/W	9:00 AM	9:45 AM
M/W	8:30 PM	9:15 PM
Tu/Th	9:00 AM	9:45 AM
Tu/Th	9:45 AM	10:30 AM

<b>Aqua Zumba</b>		
M/W	8:30 PM	9:15 PM

*\*Classes subject to change without notice.*

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