

Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
5:45AM	Martha	Kim	Anne	Kim	Martha	8:15 AM	Rotation	
6:45 AM	Martha		Lisa		Martha	9:30 AM	Rotation	
8:30 AM	Chris	Lisa	Chris	Michelle	Chris	10:45 AM	Anne	
9:30 AM	Kristen	Tabitha	Kristen	Holly	Holly/ Anne	2:00 PM		Lacey
12:00 PM	Alice		Julia		Julia	3:05 PM		Nicole
4:30 PM	Kim	Lori	Beth	Lori		4:10 PM		Tabitha
5:35 PM	Beth	<i>Step</i> Jen Bowman	Nicole	<i>Kickboxing</i> Sam	Nicole	<p>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>		
6:40 PM	Beth	Dan	Rayelle	Jen Bastian	Holly			
7:30 PM	Brian		Tabitha					
7:45 PM				Nicole				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	
5:15 AM		<i>BodyShop</i> Jill		Barb		8:30 AM	Rotation	
5:30 AM	Kristy		Lisa		Barb	<p>Lafayette Family YMCA 1950 South 18th Street Lafayette, IN 47905 765-474-3448</p> <p>Two Y's One Cause Strengthening Community</p>		
6:15 AM		Barb		Lisa				
9:00AM	<i>Pilates</i> Jen Dorsch	MSROM	Alice	MSROM	<i>Pilates</i> Jen Dorsch			
10:00 AM		<i>BodyShop</i> Jen Bowman	Alice	<i>BodyShop</i> Jen Bowman				
10:30 AM			<i>Tai Chi</i> Mary		<i>Tai Chi</i> Mary			
1:00 PM	MSROM		MSROM					
4:30 PM	<i>Core Focus</i> <i>Body Shop</i> Jen Bowman		<i>Core Focus</i> <i>Body Shop</i> Jen Bowman					
5:30 PM		Nicole	<i>cycle</i> JD	Barb				
6:30 PM	<i>cycle</i> Jen Bowman			<i>Power Yoga</i> Jen Bowman				
Time	Monday	Tuesday	Wednesday	Thursday	Friday			
9:15 AM		<i>Power Hour</i> Jill		<i>Power Hour</i> Jill				
12:15 PM	<i>Get A Life</i> Naomi		<i>Get A Life</i> Naomi		<i>Get A Life</i> Naomi			
6:40 PM	Kristen		Kristen					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	
6:05AM	Barb	Lacey	Martha	Martha	Lisa	7:30 AM	Rotation	
11:30AM		Lisa		Martha		8:30 AM	Rayelle	
12:10PM	<i>Yoga</i> Dawn	Kim	<i>Pilates</i> Jen Dorsch	Kim	<i>Pilates</i> Jen Dorsch	<p>YMCA Downtown Center 250 Main Street #50B Lafayette, IN 47901</p>		
4:30PM	Wendy							
5:30 PM	Nicole	Brian	Melissa	Beth	Melissa			
6:30 PM	Nicole	Jen Bastian	Jen Bastian	Beth				