

Nancy Seguin
Fitness Coordinator
(586) 778-5811

Lakeshore Family YMCA
Fitness Schedule
Winter II



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day Classes						
8:30 A.M.	Step Aerobics		Step Aerobics		Zumba	
9:00 A.M.	Total Body Sculpt (Resistance Training)	Cross Training (Cardio Strength)	Total Body Sculpt (Resistance Training)	Cross Training (Cardio Strength)	Total Body Sculpt (Resistance Training)	Strength Circuit
9:30 A.M.						
10:00 A.M.						
10:00 A.M.	Silver Sneakers	Active Older Adult	Silver Sneakers	Active Older Adult	Active Older Adult Cardio	
10:15 A.M.						
10:30 A.M.						
11:00 A.M.						
11:30 A.M.		Active Older Adult		Active Older Adult		
12:00 P.M.						
Evening Classes						
4:30 P.M.						
5:00 P.M.	Beginner Cycling	Zumba	Beginner Cycling	Cardio Mix Class		
5:55 P.M.						
6:00 P.M.	Cross Training (Cardio Strength)	Total Body Sculpt (Resistance Training)	Cross Training (Cardio Strength)	Total Body Sculpt (Resistance Training)		
6:05 P.M.						
6:30 P.M.						
7:00 P.M.		Yoga*		Yoga*		
7:05 P.M.						
7:30 P.M.						
8:00 P.M.						
8:05 P.M.						

***Please make note of the update to the evening classes that are not reflected in our brochure.**

All Classes marked with an (*) are paid classes. Shaded boxes indicate FREE classes for facility members and available to program members for a fee.