



**Express YMCA**  
December 15th - December 21st

3408 Old Forest Rd  
LYNCHBURG, VA 24501  
(434) 455-5996

	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
<b>5am</b>		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:30am - 6:30am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:30am - 6:30am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:30am - 6:30am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:30am - 6:30am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:30am - 6:30am	
<b>8am</b>		<b>Child Watch</b> Child Watch 8am - 11am	<b>Child Watch</b> Child Watch 8am - 11am	<b>Child Watch</b> Child Watch 8am - 11am	<b>Child Watch</b> Child Watch 8am - 11am	<b>Child Watch</b> Child Watch 8am - 11am	<b>Child Watch</b> Child Watch 8am - 12pm
		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 8:30am - 9:30am	<b>Cardio Box</b> Group Fitness Studio Kelly Davenport 8:30am - 9:15am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 8:30am - 9:30am	<b>20/20/20</b> Group Fitness Studio Kelly Davenport 8:30am - 9:30am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 8:30am - 9:30am	
			<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 8:45am - 9:45am		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 8:45am - 9:45am		
<b>9am</b>		<b>Barre</b> Group Fitness Studio Brittany Crawley 9am - 9:50am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 9:45am - 10:45am	<b>Barre</b> Group Fitness Studio Molly Shafer 9am - 9:50am	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 9:45am - 10:45am	<b>REFIT®</b> Group Fitness Studio Becky Born 9am - 9:50am	<b>Saturday Stretch</b> Mind & Body Studio Marisa Freeman 9am - 10am
		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 9:45am - 10:45am		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 9:45am - 10:45am		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 9:45am - 10:45am	<b>Extreme Fit</b> Group Fitness Studio Gary Sullivan 9am - 9:45am
<b>10am</b>				<b>ENHANCE FITNESS</b> Group Fitness Studio Enhance Fitness Instructor 10:30am - 11:30am			<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 10am - 11am
							<b>Flow and Restore</b> Mind & Body Studio Marinda Hamilton 10:30am - 11:30am
<b>11am</b>				<b>Align &amp; Flow</b> Mind & Body Studio Marinda Hamilton 11am - 12pm		<b>Yoga For Flexibility</b> Mind & Body Studio Marinda Hamilton 11am - 12pm	<b>Yoga For Flexibility</b> Mind & Body Studio Marinda Hamilton 11:45am - 12:45pm
<b>12pm</b>		<b>Zumba ®</b> Group Fitness Studio Beth Zeisig 12pm - 1pm	<b>Vinyasa (Flow) Yoga</b> Mind & Body Studio Gary Sullivan 12pm - 1pm	<b>Yoga for Athletes</b> Mind & Body Studio Marinda Hamilton 12pm - 1pm	<b>YIN Yoga</b> Mind & Body Studio Leesa Williams 12pm - 1pm		
				<b>Cross Training</b> Group Fitness Studio Jill Bryant 12pm - 12:45pm			
<b>1pm</b>		<b>ENHANCE FITNESS</b> Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm				<b>ENHANCE FITNESS</b> Group Fitness Studio Enhance Fitness Instructor 1:30pm - 2:30pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21
4pm		<b>Child Watch</b> Child Watch 4pm - 7pm	<b>Child Watch</b> Child Watch 4pm - 7pm	<b>Child Watch</b> Child Watch 4pm - 7pm	<b>Child Watch</b> Child Watch 4pm - 7pm	<b>Child Watch</b> Child Watch 4pm - 7pm	
		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 4:30pm - 5:30pm	
					<b>Pure Pilates</b> Mind & Body Studio Teresa Julian 4:30pm - 5:15pm		
5pm		<b>REFIT®</b> Group Fitness Studio Becky Born 5:30pm - 6:15pm	<b>20/20/20</b> Group Fitness Studio Paula Dahl 5:30pm - 6:30pm	<b>REFIT®</b> Group Fitness Studio Becky Born 5:30pm - 6:15pm	<b>Barre Bootcamp</b> Group Fitness Studio Teresa Julian 5:30pm - 6:15pm		
		<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:45pm - 6:45pm	<b>Pure Pilates</b> Mind & Body Studio Gary Sullivan 5:30pm - 6:15pm	<b>REGYMEN - Premier Program</b> REGYMEN Studio YMCA Staff Member 5:45pm - 6:45pm			
6pm		<b>Sweat Flow and Glow</b> Mind & Body Studio Marisa Freeman 6pm - 7pm		<b>Soulful Flow</b> Mind & Body Studio Marinda Hamilton 6pm - 7pm		<b>Glow Yoga</b> Mind & Body Studio Marisa Freeman 6pm - 7pm	

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