

GROUP EXERCISE™

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Maximum Burn		Maximum Burn		
6:00 a.m.	Cycle Extreme*	Zumba @ VA	Cycle Extreme*	Zumba @ VA		
8:00 a.m.	Lightweights		Lightweights			Super Pilates*
9:00 a.m.						
9:15 a.m.	Step Blast		Step Blast		Turbo Kick	
9:15 a.m.	Cycle Lite 40*	Cycle Lite 40*	Cycle Lite 40*	Cycle Lite 30*	Cycle Lite 30 + Abs*	
10:00 a.m.	Pump Extreme	Raise the Bar	Pump Extreme	Raise the Bar		
10:15 a.m.			Simply Yoga*		Simply Yoga*	Cycle Power 60*
11:00 a.m.		Senior Boost		Senior Boost		
12:15 p.m.	Circuit Express*		Circuit Express*		Circuit Express*	
5:15 p.m.	Cycle Extreme*	Cycle Extreme*	Cycle Extreme*	Cycle Extreme*	*Classes held in 2nd floor Community Room. All other classes held in 1st floor Multi-Purpose Room. Lebanon Valley Family YMCA 201 N. 7th Street Lebanon, 17046 717-273-2691 www.lebanonymca.org	
5:30 p.m.	Zumba	Pump Extreme	Zumba	Pump Extreme		
6:15 p.m.	Pilates*	Simply Yoga*	Pilates*			
6:30 p.m.		Turbo Kick 45		Turbo Kick 45		

