



# Group Exercise Schedule

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45 a.m.	STRETCH PLUS					
5:30 a.m.		BOOT CAMP		BOOT CAMP	ZUMBA	
6:00 a.m.	CYCLE-45*		CYCLE-45*			
8:00 a.m.	LIGHTWEIGHTS	YOGADANCE	LIGHTWEIGHTS	YOGADANCE		PILATES*
9:15 a.m.	ZUMBA	POWERMIX	STEP BLAST	POWERMIX	TURBO KICK	ZUMBA
9:15 a.m.	CYCLE-40*	CYCLE-30*	CYCLE-40*	CYCLE-30 + ABS*	CYCLE-30 + ABS*	
10:00 a.m.	PUMP EXTREME	ULTIMATE CHALLENGE*	PUMP EXTREME	ULTIMATE CHALLENGE*		
10:15 a.m.			SIMPLY YOGA*		SIMPLY YOGA*	CYCLE-60*
11:00 a.m.	CYCLE FUSION*	SILVER AND FIT		SILVER AND FIT		
11:30 a.m.			TAI-CHI		ZUMBA GOLD	
12:15 p.m.	CIRCUIT*	YOGA EXPRESS*	CIRCUIT*	YOGA EXPRESS*	CIRCUIT*	
1:00 p.m.						FAMILY HULA HOOP
4:45 p.m.		TAI-CHI @ VA		HULA HOOP		
5:15 p.m.	CYCLE-45*	CYCLE-45*	CYCLE-45*	CYCLE-45*	<p>Lebanon Valley Family YMCA 201 N. 7th Street Lebanon, PA 17046</p>  <p>For more information on our classes, contact: <b>Michelle Remlinger</b> Group Fitness Coordinator 717-376-1391 <a href="mailto:mremlinger@lebanonymca.org">mremlinger@lebanonymca.org</a></p>	
5:30 p.m.	ZUMBA	PUMP EXTREME	ZUMBA	PUMP EXTREME		
6:15 p.m.	PILATES*	SIMPLY YOGA*	PILATES*	TAI-CHI*		
6:30 p.m.	ZUMBATOMIC					
6:45 p.m.		ZUMBA	JUST MOVE	ZUMBA		
7:15 p.m.	HULA HOOP		CYCLE-45*	CIRCUIT*		

\*Classes held in 2nd floor Community Room. All other classes are held in the 1st floor

Multi-Purpose Room. ALL CLASSES ARE FREE WITH YOUR YMCA MEMBERSHIP.