Group Exercise Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	P-90X®-B	INSANITY®-B		P-90X®-B	INSANITY®-B	
5:45 AM	CYCLE-45-C		CYCLE-45-C			
6:00 AM		STRONG BY ZUMBA®-A				
7:30 AM		SILVER SNEAKERS® CLASSIC-A	ON-THE-BALL-B	SILVER SNEAKERS® CIRCUIT-A		
	MEDITATION-A		MEDITATION-A			
8:00 AM	GET FIT-B	CYCLE LITE-C	GET FIT-B	LABLAST® BASICS-B	CYCLE LITE-C	PILATES MAT-B
8:30 AM	SENIOR YOGA-A	LOWER BODY-B		TONE IT-B	SENIOR YOGA-A	
9:00 AM		MEGA MIX-B		MEGA MIX-B	LA BLAST® SHAPE-B	SAT. CHALLENGE-B
9:15 AM	INSANITY®-A	LABLAST® SHAPE-A	INSANITY®-A	LABLAST® SILK-A	SILVER&FIT EXPERIENCE A	
	TOTALLY STEP-B		TOTALLY STEP-B			
	CYCLE-40-C	CYCLE-40-C	CYCLE-40-C		CYCLECORE-C	CYCLE-60-C
9:30AM		QUIGONG-VA		QUIGONG-VA		
10:00 AM	SENIOR TABATA-A					
	MUSCLE PUMP-B		MUSCLE PUMP-B		LOWER BODY-B	
10:15 AM			GENTLE YOGA-A	START MOVIN'-B	GENTLE YOGA-A	
10:30 AM					CARDIO + ABS-B	
11:00 AM	GENTLE YOGA-A	SILVER&FIT EXCEL A		SILVER&FIT EXCEL A		
11:30 AM			SILVER&FIT EXPLORE A			
12:15 PM	BOOTCAMP-B		BOOTCAMP-B		BOOTCAMP-B	
4:30PM				POWER YOGA-VA		
5:00 PM	POUND®-B	INSANITY®-B	KICK IT UP-A	INSANITY®-B		
5:15 PM	CYCLE-45-C	CYCLE-45-C	CYCLE-45-C	CYCLE-45-C		
5:30 PM		P-90X®-B		MUSCLE PUMP-B	P-90X®-B	
6:00 PM	STRONG BY ZUMBA®-A					
6:15 PM	INSANITY®-50MIN-B	POWER YOGA-A	PILATES MAT-B	GENTLE YOGA-A		
6:30 PM		ZUMBA®-B	KIDS CYCLE-C	ZUMBA®-B		
7:15 PM			CYCLE-45-C			

Lebanon Valley Family YMCA | For more information on our classes contact Michelle Remlinger at 717-376-1391 or mremlinger@lebanonymca.org

All classes FREE with your membership!

Minimum of 14-years old to participate in adult fitness classes.

1/11/2018