



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	YOGA TO GO-A	CYCLE-45-C	
7:30 AM		SILVER SNEAKERS® CLASSIC-A	ON-THE-BALL-B	SILVER SNEAKERS® CIRCUIT-A	SILVER SNEAKERS® CLASSIC-A	
	SILVER&FIT EXPERIENCE A		SILVER&FIT EXPERIENCE 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 BLAST-B		TONE IT-B	SENIOR YOGA-A	
9:00 AM		LABLAST® SHAPE-B		LABLAST® SILK-B	LA BLAST® SHAPE-B	SAT CHALLENGE-B
		BOOT CAMP-A		STRENGTH PLUS-A		
9:15 AM	INSANITY®-A		INSANITY®-A		SILVER&FIT EXPERIENCE A	
	CORE DE FORCE-B		CORE DE FORCE-B			
	CYCLE & SCULPT-C	CYCLE-40-C	CYCLE-45-C		CYCLECORE-C	CYCLE-60-C
10:00 AM	SENIOR TABATA-A	JUST CORE-A				
	MUSCLE PUMP-B	INSANITY-B	MUSCLE PUMP-B	TABATA-A	LOWER BODY-B	
10:15 AM			GENTLE YOGA-A	START MOVIN'-B	GENTLE YOGA-A	
10:30 AM					JUST CORE-B	
11:00 AM	GENTLE YOGA-A	CORE DE FORCE-B		CORE DE FORCE-B		
11:00 AM		SILVER&FIT EXCEL MINI GYM		SILVER&FIT EXCEL MINI GYM		
11:30 AM			SILVER&FIT EXPLORE A			
12:15 PM	BOOTCAMP-B		BOOTCAMP-B		BOOTCAMP-B	
5:00 PM		INSANITY®-A		INSANITY®-A		
5:15 PM	CYCLE-45-C	CYCLE-45-C	CYCLE-45-C	CYCLE-45-C		
	POUND-B					
5:30 PM		P-90X®-B		MUSCLE PUMP-B	P-90X®-B	
6:00 PM			INSANITY®-50MIN-A			
6:15 PM	INSANITY®-50MIN-B	POWER YOGA-A	ABS MAX+BODY SCULPT-B	GENTLE YOGA-A		
6:30 PM		ZUMBA®-B	KIDS CYCLE-C	ZUMBA®-B		
7:15 PM			CYCLE-45-C	MEDITATION-A		

All classes FREE with your membership!

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

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

5/1/2019