



GROUP EXERCISE SCHEDULE (September)

(All Classes are FREE with a Membership)

For more information on our classes, contact
Michelle Remlinger, Health Living/Group Exercise
Program Coordinator, at 717-376-1391 or
mremlinger@lebanonymca.org

Time / Day	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 ©	
7:30 am			On-the-Ball (B)			
7:30 am	Silver & Fit Experience (A)	SilverSneakers Classic (A)	Silver & Fit Experience (A)	SilverSneakers Circuit (A)	SilverSneakers Classic (A)	
8:00 am	Get Fit (B)		Get Fit (B)	LaBlast Basics (B)		Pilates Mat (B)
8:30 am	Senior Yoga (A)	Lower Body (B)		Tone It (B)	Senior Yoga (A)	
9:00 am		LaBlast Shape® (B)		LaBlast Silk(B)		Sat. Challenge (B)
9:00 am		Boot Camp (A)		Strength <i>Plus</i> (A)	LaBlast Shape (B)	
9:15 am	Insanity® (A)		Insanity® (A)		Silver & Fit Experience (A)	
9:15 am	Core De Force (B)		Core De Force (B)			
9:15 am	Cycle & Sculpt (C)	Cycle-40 (C)	Cycle-45 (C)		CycleCore (C)	Cycle-60 (C)
10:00 am	Muscle Pump (B)	Insanity (B)				
10:00 am	DDD (A)	Just Core (A)	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)	Silver & Fit Excel Mini-gym		Silver & Fit Excel Mini-gym		
11:00 am						
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)			
5:15 pm	POUND (B)					
5:30 pm		P-90X® (B)		Muscle Pump(B)	P-90X (B)	
6:00 pm			INSANITY® 50 min. (A)			
6:15 pm	Insanity® 50 min (B)	Power Yoga (A)	Body Sculpt/ABS (B)	Gentle Yoga (A)		
6:30 pm		Zumba® (B)	Kids Cycle ©	Zumba® (B)		
7:15 pm			Cycle-45 (C)	Meditation (A)		