



# VIRTUAL EXERCISE SCHEDULE

For more information on our classes, contact  
Darin Pickles at [dpickles@lebanonymca.org](mailto:dpickles@lebanonymca.org) or at  
717-376-1383

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b>	Silver & Fit		Silver & Fit		Silver & Fit	
<b>9:00 AM</b>				HIIT		
<b>10:00 AM</b>				Silver Sneakers Circuit		
	Silver and Fit with Shelley					
	HIIT and Silver Sneakers Circuit with Krista					

