



# GROUP EXERCISE SCHEDULE-March

*(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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:00 AM</b>	Silver & Fit	Silver & Fit	Silver & Fit	Silver & Fit	Silver & Fit	
<b>8:30 AM</b>						Pilates Mat*
<b>9:00 AM</b>	Lablast	Lower Body*	Country Dance	HIIT	Cycle-45	
<b>10:00 AM</b>	Gentle Yoga*	Silver & Fit		Silver Sneakers Circuit	Gentle Yoga*	
<b>5:00 PM</b>	Family Zumba		Zumba			
<b>6:00 PM</b>	Cycle-45	Power Yoga*	Cycle-45	Gentle Yoga*		
<b>*PLEASE BRING YOUR OWN MAT</b>			<b>All classes held in Gym C/D</b>			