GROUP EXERCISE SCHEDULE–May

(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
8:00 AM	Silver & Fit	Silver & Fit	Silver & Fit	Silver & Fit	Silver & Fit	
8:30 AM						Pilates Mat*
9:00 AM	Lablast	Lower Body*	Country Dance	HIIT	Cycle-45	
10:00 AM	Gentle Yoga*	Silver & Fit		Silver Sneakers Circuit	Gentle Yoga*	
5:00 PM	Family Zumba		Zumba			
6:00 PM	Cycle-45	Power Yoga*	Cycle-45	Gentle Yoga*		

*PLEASE BRING YOUR OWN MAT

All classes held in Gym C/D