



GROUP EXERCISE SCHEDULE-September

(All Classes are FREE with a Membership)

Begins September 7th

For more information on our classes, contact
Stephanie Faehling, Group Exercise Program
Coordinator, at 717-376-1391 or
sfaehling@lebanonymca.org

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Cycle (Studio C)		Cycle (Studio C)			
8:00 AM	Silver & Fit (Gym C/D)	Zumba (Studio A)	Silver & Fit (Gym C/D)	Pilates* (Studio A)	Silver & Fit (Gym C/D)	Pilates* (Studio B)
	Get Fit* (Studio B)	On The Ball (Studio B)		On The Ball (Studio B)	LaBlast (Studio B)	
9:00 AM	LaBlast (Studio B)	Fat Burner (Studio B)	Country Line Dance (Studio A)	LaBlast (Studio A)	Fat Burner (Studio A)	Fat Burner (Studio B)
				HIIT (Studio B)	Cycle (Studio C)	
10:00 AM	Gentle Yoga* (Studio A)	Start Moving (Studio A)	Gentle Yoga* (Studio A)	Start Moving (Studio A)	Gentle Yoga* (Studio A)	
		Silver & Fit (Studio B)		Silver Sneakers (Studio B)		
10:15 AM			Get Fit* (Studio B)			
5:15 PM		Cycle (Studio C)				
5:45 PM	Body Sculpt* (Studio B)		Zumba (Studio B)			
6:00 PM	Cycle (Studio C)	Power Yoga* (Studio A)	Cycle (Studio C)	Gentle Yoga* (Studio A)		
		HIIT/Insanity (Studio B)		HIIT/Insanity (Studio B)		
6:15 PM		Kid's Cycle (Studio C)				
6:30 PM	Zumba (Studio B)		Body Sculpt* (Studio B)			
	*PLEASE BRING YOUR OWN MAT					