



GROUP EXERCISE SCHEDULE-**November**

(All Classes are FREE with a Membership)

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
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)	Beginner LaBlast (Studio B)	
9:00 AM	LaBlast (Studio B)	Fat Burner (Studio B)	Country Line Dance (Studio A)	Beginner LaBlast (Studio A)	Fat Burner (Studio A)	Fat Burner (Studio B)
				HIIT (Studio B)	Cycle (45 minutes) (Studio C)	Cycle (60 minutes) (Studio C)
9:15 AM			Muscle Pump (Studio B)		HIIT/Crossfit (Studio B)	
10:00 AM	Gentle Yoga* (Gym C/D)	Start Moving (Studio A)	Gentle Yoga* (Studio A)	Start Moving (Studio A)	Gentle Yoga* (Studio A)	
		Silver & Fit (Studio B)		Silver Sneakers (Studio B)	Lower Body/Core (Studio B)	
10:15 AM			Get Fit* (Studio B)			
5:15 PM		Cycle (45 Minutes) (Studio C)				
5:30PM	Cycle (45 Minutes) (Studio C)		Cycle (45 Minutes) (Studio C)			
5:45 PM	Body Sculpt* (Studio B)		Zumba (Studio B)			
6:00 PM		Power Yoga* (Studio A)		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					