



# GROUP EXERCISE SCHEDULE

*(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
<b>8:00 AM</b>	Silver & Fit (Mini Gym)	Zumba (A)	Silver & Fit (Mini Gym)	Pilates* (A)	Silver & Fit (Mini Gym)	Pilates* (B)
	Get Fit* (B)	On The Ball (B)	Get Fit* (B)	On The Ball (B)	Beginner LaBlast (B)	
<b>9:00 AM</b>	LaBlast (B)	Fat Burner (B)		Beginner LaBlast (A)	Fat Burner (A)	Fat Burner (B)
				HIIT (B)	Cycle (45 Min) (C)	Cycle (60 Min) (C)
<b>9:15AM</b>			Muscle Pump (B)		Muscle Pump (B)	
<b>10:00 AM</b>	Gentle Yoga* (C/D)	Start Moving (A)	Gentle Yoga* (A)	Start Moving (A)	Gentle Yoga* (A)	
		Silver & Fit (B)		Silver Sneakers (B)	Lower Body/Core (B)	
<b>11:00 AM</b>				Country Line Dance (B)		
<b>10:15 AM</b>			Get Fit* (B)			
<b>5:15 PM</b>		Cycle (45 Min) (C)				
<b>5:30 PM</b>	Cycle (45 Min) (C)		Cycle (45 Min) (C)			
<b>5:45 PM</b>	Body Sculpt* (B)		Zumba (B)			
<b>6:00 PM</b>		Power Yoga* (A)		Gentle Yoga* (A)		
		Beginner Bootcamp (B)		Beginner Bootcamp (B)		
<b>6:15 PM</b>		Kid's Cycle (C)				
<b>6:30 PM</b>	Zumba (B)		Body Sculpt* (B)			
	<b>*PLEASE BRING YOUR OWN MAT</b>					