



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
8:00 AM	Get Fit* (B)	On The Ball (B)	Get Fit* (B)	On The Ball (B)	Silver & Fit (Mini Gym)	Pilates* (B)
9:00 AM	LaBlast (B)	Fat Burner (B)		HIIT (A)	Fat Burner (A)	Fat Burner (B)
				Beg. LaBlast (B)	Cycle (45 min) (C)	
9:15 AM			Muscle Pump (B)		Muscle Pump (B)	
10:00 AM	Gentle Yoga* (Gym)	Start Moving (A)	Gentle Yoga* (A)	Start Moving (A)	Gentle Yoga* (A)	
	HIIT Cycle 30 (C)	Silver & Fit (B)	Lower Body/Core (B)	Senior Fitness (B)	Low Body/Core (B)	
11:00AM	Silver & Fit (Mini Gym)		Silver & Fit (Mini Gym)	Country Line (B)		
5:30PM	Cycle (50 Min) (C)		Cycle (50 Min) (C)			
5:45 PM	Body Sculpt* (B)		Zumba (B)			
6:00 PM		Power Yoga* (A)		Gentle Yoga* (A)		
		Beg. Boot Camp (B)		Beg. Boot Camp (B)		
6:15 PM		Kid's Cycle (C)				
6:30 PM	Zumba (B)		Body Sculpt* (B)			
	*PLEASE BRING YOUR OWN MAT					

Y Wellness 24/7

If you are on vacation or cannot make it to the gym, don't forget to join our virtual wellness platform so you never miss a workout. Go to lebanonymca.org and under fitness click on Y Wellness 24/7 to create a login or to sign in to the platform if you have already registered. Enjoy all your favorite classes taught by Y instructors across the nation 24/7.