



# 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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:45 AM</b>	Cycle (45 min) (C)					
<b>8:00 AM</b>	Get Fit* (B)	On The Ball (B)	Get Fit* (B)	On The Ball (B)	Silver & Fit (Mini Gym)	Pilates* (B)
<b>9:00 AM</b>	LaBlast (B)	Fat Burner (B)		HIIT (A)	Fat Burner (A)	Fat Burner (B)
				Beg. LaBlast (B)	Cycle (45 min) (C)	Cycle (60 min) (C)
<b>9:15 AM</b>	Cycle (30 Min) (C)		Muscle Pump (B)		Muscle Pump (B)	
<b>10:00 AM</b>	Gentle Yoga* (40 min) (A)	Start Moving (A)	Gentle Yoga* (A)	Start Moving (A)	Gentle Yoga* (A)	
	HIIT Cycle (30Min) (C)	Silver & Fit (B)	Lower Body/Core (B)	Senior Fitness (B)	Low Body/Core (B)	
<b>11:00AM</b>	Silver & Fit (Mini Gym)		Silver & Fit (Mini Gym)	Country Line (B)		
<b>3:00pm</b>	Chair Yoga (A)					
<b>4:30PM</b>						
<b>5:30PM</b>	Cycle (50 Min) (C)	Kid's Cycle (C)	Cycle (50 Min) (C)			
	Power Yoga* (60 min) (A)					
<b>5:45 PM</b>	Body Sculpt* (B)		Zumba (B)			
<b>6:00 PM</b>		Power Yoga* (A)		Gentle Yoga* (A)		
		Beg. Boot Camp (B)		Beg. Boot Camp (B)		
<b>6:15 PM</b>						
<b>6:30 PM</b>	Zumba (B)		Body Sculpt* (B)			
<b>7:00 PM</b>		Tabata Boot Camp (B)				
	<b>*PLEASE BRING YOUR OWN MAT</b>					

## **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](http://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.