



GROUP EXERCISE SCHEDULE-May

(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	Sunday
5:45 AM	Cycle (45 min) (C)						
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 (H)	Fat Burner (H)	Fat Burner (B)	
				Beg. LaBlast (B)	Cycle (45 min) (C)		
9:15 AM	Cycle (30 Min) (C)		Muscle Pump (B)		Muscle Pump (B)		
10:00 AM	Gentle Yoga* (40 min) (H)	Silver & Fit (B)	Gentle Yoga* (H)	Start Moving (H)	Gentle Yoga* (H)		Move & Improve (H)
		Start Moving (H)	Lower Body/Core (B)	Senior Fitness (B)	Low Body/Core (B)		
11:00AM	Silver & Fit (Mini Gym)		Silver & Fit (Mini Gym)	Country Line (B)			
3:00pm	Chair Yoga (H)						
5:30PM	Cycle (50 Min) (C)	Kid's Cycle (C)	Cycle (50 Min) (C)				
	Power Yoga* (60 min) (H)		Zumba (B)				
	Body Sculpt* (B)						
6:00 PM		Power Yoga* (H)		Gentle Yoga* (H)			
		Beg. Boot Camp (B)		Beg. Boot Camp (B)			
6:15 PM	Zumba (B)		Pilates* (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.