

*PLEASE BRING YOUR OWN MAT

GROUP EXERCISE SCHEDULE-July

For more information on our classes, contact Stephanie Faehling, Group Exercise Program Coordinator, at

(All Classes are FREE with a Membership)			717-376-1391 or sfaehling@lebanonymca.org			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Cycle (45 Min) (H)				
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 (C)	Fat Burner (C)		
			Beg. LaBlast (B)	Cycle (45 min) (H)		
Cycle (30 Min) (H)		Muscle Pump (B)		Muscle Pump (B)		
					Fat Burner (B)	
10:00 AM Gentle Yoga* (40 min) (C)	Silver & Fit (B)	Yoga* (C)	Start Moving (C)	Yoga* (C)		
	Start Moving (C)	Lower Body/Core (B)	Senior Fitness (B)	Low Body/Core (B)		
			Country Line (B)			
Silver & Fit (Mini Gym)		Silver & Fit (Mini Gym)				
Chair Yoga (C)						
Cycle (50 Min) (H)	Beg. Cycle (30 Min) (H)	Cycle (50 Min) (H)				
Power Yoga* (60 min) (C)		Zumba (B)				
Body Sculpt* (B)						
6:00 PM	Power Yoga* (C)		Gentle Yoga* (C)			
	Beg. Boot Camp (B)		Beg. Boot Camp (B)			
Zumba (B)		Pilates* (B)				
	Monday Get Fit* (B) LaBlast (B) Cycle (30 Min) (H) Gentle Yoga* (40 min) (C) Silver & Fit (Mini Gym) Chair Yoga (C) Cycle (50 Min) (H) Power Yoga* (60 min) (C) Body Sculpt* (B)	Monday Tuesday Get Fit* (B) On The Ball (B) LaBlast (B) Fat Burner (B) Cycle (30 Min) (H) Gentle Yoga* (40 min) (C) Silver & Fit (B) Start Moving (C) Silver & Fit (Mini Gym) Chair Yoga (C) Cycle (50 Min) (H) Power Yoga* (60 min) (C) Body Sculpt* (B) Power Yoga* (C) Beg. Boot Camp (B)	Monday Tuesday Cycle (45 Min) (H) Get Fit* (B) On The Ball (B) Get Fit* (B) LaBlast (B) Fat Burner (B) Cycle (30 Min) (H) Muscle Pump (B) Gentle Yoga* (40 min) (C) Silver & Fit (B) Yoga* (C) Start Moving (C) Lower Body/Core (B) Silver & Fit (Mini Gym) Chair Yoga (C) Cycle (50 Min) (H) Beg. Cycle (30 Min) (H) Cycle (50 Min) (C) Beg. Boot Camp (B)	Monday Tuesday Cycle (45 Min) (H) Get Fit* (B) On The Ball (B) Get Fit* (B) On The Ball (B) LaBlast (B) Fat Burner (B) Cycle (30 Min) (H) Gentle Yoga* (40 min) (C) Silver & Fit (B) Syga* (C) Start Moving (C) Start Moving (C) Lower Body/Core (B) Senior Fitness (B) Country Line (B) Silver & Fit (Mini Gym) Chair Yoga (C) Cycle (50 Min) (H) Beg. Cycle (30 Min) (H) Power Yoga* (60 min) (C) Beg. Boot Camp (B) Beg. Boot Camp (B) Beg. Boot Camp (B) Cycle (45 Min) (H) Get Fit* (B) On The Ball (B) HIIT (C) Beg. LaBlast (B) Fuer Body/Core (B) Senior Fitness (B) Country Line (B) Senior Fitness (B) Country Line (B) Silver & Fit (Mini Gym) Cycle (50 Min) (H) Fower Yoga* (60 min) (C) Beg. Boot Camp (B)	Monday Tuesday Wednesday Thursday Friday Cycle (45 Min) (H) Get Fit* (B) On The Ball (B) Get Fit* (B) On The Ball (B) LaBlast (B) Fat Burner (B) Cycle (30 Min) (H) Muscle Pump (B) Gentle Yoga* (40 min) (C) Start Moving (C) Start Moving (C) Start Moving (C) Silver & Fit (Mini Gym) Chair Yoga (C) Cycle (30 Min) (H) Beg. Cycle (30 Min) (H) Cycle (50 Min) (H) Cycle (50 Min) (H) Cycle (50 Min) (C) Beg. Cycle (30 Min) (H) Cycle (50 Min) (C) Beg. Boot Camp (B) Beg. Boot Camp (B)	Monday Tuesday Vednesday Thursday Friday Saturday Cycle (45 Min) (H) Get Fit* (B) On The Ball (B) Get Fit* (B) On The Ball (B) Silver & Fit (Mini Gym) LaBlast (B) Fat Burner (B) Muscle Pump (B) Gentle Yoga* (40 min) (c) Silver & Fit (B) Silver & Fit (Mini Gym) Cycle (50 Min) (H) Silver & Fit (Mini Gym) Cycle (50 Min) (H) Beg. Cycle (30 Min) (H) Cycle (50 Min) (H) Beg. Cycle (30 Min) (H) Cycle (50 Min) (C) Cycle (50 Min)

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.