



# GROUP EXERCISE SCHEDULE-September

*(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](mailto:sfaehling@lebanonymca.org)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM			Cycle (45 Min) (H)				
8:00 AM	Get Fit* (B)	On The Ball (B)	Get Fit* (B)	On The Ball (B)	Silver & Fit (Mini Gym)		
8:30 AM						Pilates* (B)	
9:00 AM	LaBlast (B)	Fat Burner (B)		HIIT (C)	Fat Burner (C)		
		Cycle (45 Min) (H)		Beg. LaBlast (B)	Cycle (45 min) (H)		
9:15 AM	Cycle (30 Min) (H)		Muscle Pump (B)		Muscle Pump (B)		
9:30 AM						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 (30 Min) (B)	Senior Fitness (B)	Low Body/Core (30 Min) (B)		
10:45AM				Country Line (B)			
11:00AM	Silver & Fit (Mini Gym)		Silver & Fit (Mini Gym)				
4:30PM	Chair Yoga (C)						
5:30PM	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)			
6:15 PM	Zumba (B)	Kid's Cycle (30 min)	Pilates* (B)				
6:30 PM							
	*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](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.