



GROUP EXERCISE SCHEDULE-May

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 |
|----------|-----------------------------------|-------------------------|-------------------------|------------------------|-------------------------|----------------|--------|
| 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 (Mini Gym) | | Beg. LaBlast (B) | Fat Burner (Mini Gym) | | |
| | | Cycle (45 Min) (H) | | HIIT (C) | 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) | Senior Fitness (B) | Yoga* (C) | | |
| | | Functional Fitness (C) | | Functional Fitness (C) | | | |
| 10:15AM | | | Butts & Guts (B) | | Butts & Guts (B) | | |
| 10:45AM | | | | Country Line (B) | | | |
| 11:00AM | Silver & Fit (Mini Gym) | | Silver & Fit (Mini Gym) | | | | |
| 4:30PM | Chair Yoga (C) | | | Chair Yoga (C) | | | |
| 5:30PM | Cycle (50 Min) (H) | Beg. Cycle (30 Min) (H) | Cycle (50 Min) (H) | Cycle (50 Min) (H) | | | |
| | Yoga/Pilates Fusion* (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 (H)(30 min) | 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.