



GROUP EXERCISE SCHEDULE-September

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)		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)		
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)				
	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 (30Min) (H)	Pilates* (B)				
	*PLEASE BRING YOUR OWN MAT						