



GROUP EXERCISE SCHEDULE - FALL

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 (50 min) (H)	
		Cycle (45 Min) (H)		HIIT (C)	Cycle (45 min) (H)		
				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						