



# GROUP EXERCISE SCHEDULE

## YMCA OF YORK COUNTY, YORK BRANCH

Fall 2017: Schedule effective November 1, 2017 and subject to change

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Please register for classes at the Membership Desk each month <b>Please follow safety guidelines for Wellness classes:</b> *bring a water bottle *attend class on time; pass on class if you are more than 5 minutes late because warm-up is over *don't leave class in the middle without giving the "thumbs up" to the instructor		<b>5:45-6:45 am</b> <b>BODYPUMP®</b> Jamie		<b>5:45-6:45 am</b> <b>BODYPUMP®</b> Jamie		<b>8:30-9:30am</b> <b>BODYPUMP®</b> Wellness Staff	
	<b>9:15-10:00 am</b> <b>Cardio HIIT</b> Meghan	<b>9:15-10:15 am</b> <b>BODYPUMP®</b> Brooke	<b>9:00-10:00 am</b> <b>R.I.P.P.E.D.</b> Erika	<b>9:15-10:15 am</b> <b>BODYPUMP®</b> Meghan	<b>9:00-10:00 am</b> <b>R.I.P.P.E.D.</b> Erika		<b>9:30 – 10:30am</b> <b>Zumba®</b> Meghan
	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> Yoga Teena	<b>10:30-11:00</b> <b>BOOM® MOVE IT</b> Meghan	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> Yoga Ann	<b>10:30-11:00</b> <b>BOOM® MIND</b> Brooke	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> Yoga Dolly		
	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> Teena	<b>11:15-12:00 pm</b> <b>SilverSneakers®</b> <b>Classic</b> Heather	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> Eleesa	<b>11:15-12:00 pm</b> <b>SilverSneakers®</b> <b>Classic</b> Lisa	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> Brooke		
	<b>12:10-12:50</b> <b>BOOM MUSCLE</b> Evy		<b>12:10-12:50 pm</b> <b>BODYPUMP®</b> Cori		<b>12:10-12:50 pm</b> <b>BODYPUMP®</b> Brooke		
	<b>5:30-6:30 pm</b> <b>BODYPUMP®</b> Michelle	<b>5:30-6:30 pm</b> <b>Zumba®</b> Micah	<b>5:30-6:30 pm</b> <b>BODYPUMP®</b> Paige	<b>5:30-6:30 pm</b> <b>Zumba®</b> Micah	<b>5:30-6:30 pm</b> <b>Zumba®</b> Saliha		
	<b>6:30-7:15 pm</b> <b>BODYCOMBAT®</b> Michelle	<b>6:30-9:00 pm</b> <b>Fencing</b> Kim B	<b>6:30-7:15 pm</b> <b>BODYCOMBAT®</b> Michelle				
	<b>6:00-6:45 am</b> <b>Group Cycle</b> David		<b>6:00-6:45 am</b> <b>Group Cycle</b> Judy		<b>6:00-6:45 am</b> <b>Group Cycle</b> David		
		<b>9:15-10:00 am</b> <b>Group Cycle</b> Heather	<b>9:15-10:00 am</b> <b>Group Cycle</b> Meghan	<b>9:15-10:00 am</b> <b>Group Cycle</b> Eleesa	<b>9:15-10:00 am</b> <b>Kid Yoga</b> <b>Ages 3-6</b> Amy	<b>9:15-10:00 am</b> <b>Group Cycle</b> Heather	<b>8:30-9:15 am</b> <b>Group Cycle</b> Wellness Staff
	Register for your bike up to 2 days before class.		<b>10:15-11:15 am</b> <b>GentleFlow Yoga</b> Amy		<b>10:15-11:15 am</b> <b>GentleFlow Yoga</b> Amy	<b>10:15-11:15 am</b> <b>Christian Yoga</b> Evy/Cori	<b>9:30-10:15am</b> <b>GentleFlow Yoga</b> Wellness Staff
	<b>5:30-6:30 pm</b> <b>Kid Yoga</b> <b>Ages 5-9</b> Evy	<b>5:30-6:15 pm</b> <b>Group Cycle</b> Jess	<b>5:30-6:30 pm</b> <b>Kid Yoga</b> <b>Ages 5-9</b> Steph/Craig	<b>5:30-6:15 pm</b> <b>Group Cycle</b> Judy	<b>5:30-6:30 pm</b> <b>Fit Fun Kids</b> <b>Ages 5-9</b> Azka		
		<b>6:30-7:30 pm</b> <b>Yoga Vinyasa</b> Sofie		<b>6:30-7:30 pm</b> <b>Yoga Vinyasa</b> Craig			
<b>Wellness Center</b>	<b>6:00-6:45 pm</b> <b>Train for the Trot</b> Clara	<b>5:30-6:30 pm</b> <b>Teen Weights</b> Neal		<b>5:30-6:30 pm</b> <b>Teen Weights</b> Neal			