



# GROUP EXERCISE SCHEDULE

## YMCA OF YORK COUNTY, YORK BRANCH

Summer 2018: Schedule effective June 1, 2018 and subject to change

| Studio A  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |   |
|---|--|--|---|---|---|--|---|
| Please register for classes at the Membership Desk each month<br><b>Please follow safety guidelines for Wellness classes:</b><br>*bring a water bottle<br>*attend class on time; pass on class if you are more than 5 minutes late because warm-up is over<br>*don't leave class in the middle without giving the "thumbs up" to the instructor |  | <b>5:45-6:45 am</b><br><b>BODYPUMP®</b><br>Jamie                             |   | <b>5:45-6:45 am</b><br><b>BODYPUMP®</b><br>Jamie                          |   | <b>8:30-9:30am</b><br><b>BODYPUMP®</b><br>Wellness Staff   |   |
|   | <b>9:15-10:00 am</b><br><b>POUND®</b><br>Meghan                        | <b>9:15-10:15 am</b><br><b>BODYPUMP®</b><br>Meghan                           | <b>9:00-10:00 am</b><br><b>R.I.P.E.D.</b><br>Erika                              | <b>9:15-10:15 am</b><br><b>BODYPUMP®</b><br>Meghan                        | <b>9:15-10:00 am</b><br><b>POUND®</b><br>Jamie                                |  | <b>9:30-10:30am</b><br><b>POUND®</b><br>1 <sup>st</sup> & 3 <sup>rd</sup> Sat |
|   | <b>10:10-11:10am</b><br><b>Enhance®Fitness</b><br>Teena                | <b>10:30-11:00</b><br><b>BOOM® MOVE IT</b><br>Meghan                         | <b>10:10-11:10am</b><br><b>Enhance®Fitness</b><br>Meghan                        | <b>10:30-11:00</b><br><b>BOOM® MIND</b><br>Evy                            | <b>10:10-11:10am</b><br><b>Enhance®Fitness</b><br>Lisa                        |  | <b>Zumba®</b><br>2 <sup>nd</sup> & 4 <sup>th</sup> Sat                        |
|   | <b>11:15-12:00pm</b><br><b>SilverSneakers®</b><br><b>Yoga</b><br>Teena | <b>11:15-12:00 pm</b><br><b>SilverSneakers®</b><br><b>Classic</b><br>Heather | <b>11:15-12:00pm</b><br><b>SilverSneakers®</b><br><b>Yoga</b><br>Meghan         | <b>11:15-12:00 pm</b><br><b>SilverSneakers®</b><br><b>Classic</b><br>Lisa | <b>11:15-12:00pm</b><br><b>SilverSneakers®</b><br><b>Yoga</b><br>Dolly        |  |   |
|   | <b>12:10-12:50</b><br><b>BOOM MUSCLE</b><br>Evy                        |  | <b>12:10-12:50 pm</b><br><b>BODYPUMP®</b><br><b>EXPRESS</b><br>Cori             |   | <b>12:10-12:50 pm</b><br><b>BODYPUMP®</b><br><b>EXPRESS</b><br>Wellness Staff |  |   |
|   | <b>5:30-6:30 pm</b><br><b>BODYPUMP®</b><br>Michelle                    | <b>5:30-6:30 pm</b><br><b>Zumba®</b><br>Micah                                | <b>5:30-6:30 pm</b><br><b>BODYPUMP®</b><br>Paige                                | <b>5:30-6:30 pm</b><br><b>Zumba®</b><br>Micah                             |   |  |   |
|   |  |  | <b>6:30-9:00 pm</b><br><b>Fencing</b><br>Kim B                                  |   | <b>6:30-9:00 pm</b><br><b>Fencing</b><br>Kim B                                |  |   |
|   |  | <b>6:00-6:45 am</b><br><b>Group Cycle</b><br>David                           |   | <b>6:00-6:45 am</b><br><b>Group Cycle</b><br>Judy                         |   | <b>6:00-6:45 am</b><br><b>Group Cycle</b><br>David         |   |
|   |  | <b>9:15-10:00 am</b><br><b>Group Cycle</b><br>Heather                        | <b>9:15-10:00 am</b><br><b>Kid Yoga</b><br><b>Ages 4-10</b><br>Amy *STARTS 6/19 | <b>9:15-10:00 am</b><br><b>Group Cycle</b><br>Eleesa                      | <b>9:15-10:00 am</b><br><b>Kid Yoga</b><br><b>Ages 4-10</b><br>Amy            | <b>9:15-10:00 am</b><br><b>Group Cycle</b><br>Heather      |   |
|   |  |  | <b>10:15-11:15 am</b><br><b>GentleFlow Yoga</b><br>Amy                          |   | <b>10:15-11:15 am</b><br><b>GentleFlow Yoga</b><br>Amy                        | <b>10:15-11:15 am</b><br><b>Christian Yoga</b><br>Evy/Cori | <b>9:30-10:15am</b><br><b>GentleFlow Yoga</b><br>Wellness Staff               |
|   | <b>5:30-6:30 pm</b><br><b>Fit Fun Kids</b><br><b>Ages 5-9</b><br>Azka  | <b>5:30-6:15 pm</b><br><b>Group Cycle</b><br>Jess                            |   | <b>5:30-6:15 pm</b><br><b>Group Cycle</b><br>Judy                         | <b>5:30-6:30 pm</b><br><b>Fit Fun Kids</b><br><b>Ages 5-9</b><br>Azka         |  |   |
|   |  | <b>6:30-7:30 pm</b><br><b>Yoga Vinyasa</b><br>Ashlee                         |   | <b>6:30-7:30 pm</b><br><b>Yoga Vinyasa</b><br>Leah                        |   |  |   |
| Wellness Center   |  | <b>5:30-6:30 pm</b><br><b>Teen Weights</b><br>Neal                           |   | <b>5:30-6:30 pm</b><br><b>Teen Weights</b><br>Neal                        |   |  |   |