

### Eastern Branch YMCA Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga</b> 7:00 – 8:00 am Craig	<b>SilverSneakers Classic</b> 8:00 – 8:45 am Ann	<b>Yoga</b> 7:00 – 8:00 am Craig	<b>SilverSneakers Classic</b> 8:00 – 8:45 am Ann	<b>Yoga</b> 7:00 – 8:00 am Craig	
<b>Full Body Challenge</b> 9:45-10:45 am Susan	<b>BOOM Move It</b> 9:15 – 9:45 am Lisa	<b>Full Body Challenge</b> 9:45-10:45 am Susan	<b>BOOM Muscle</b> 9:15 – 9:45 am Susan	<b>Full Body Challenge</b> 9:45-10:45 am Susan	<b>Yoga</b> 8:00 – 9:00 am
<b>Enhance®Fitness</b> 11:00 am – 12:00 pm Eleesa	<b>BOOM Mind</b> 9:45 – 10:15 am Lisa	<b>Enhance®Fitness</b> 11:00 am – 12:00 pm Eleesa	<b>BOOM Mind</b> 9:45 – 10:15 am Susan	<b>Enhance®Fitness</b> 11:00 am – 12:00 pm Meghan	
<b>SilverSneakers Yoga</b> 12:15 – 1:00 pm Eleesa	<b>Fit Family</b> 5:30 – 6:30 pm Julie	<b>SilverSneakers Yoga</b> 12:15 – 1:00 pm Eleesa	<b>CORE DE FORCE™ &amp; INSANITY®</b> 5:30 – 6:30 pm Jen	<b>SilverSneakers Yoga</b> 12:15 – 1:00 pm Meghan	
	<b>Zumba</b> 6:00 – 6:45 pm Consuelo		<b>Walk 15®</b> 5:30 – 6:00 pm Amy	<b>Yoga</b> 12:00 – 1:00 pm Craig	
<b>P90X LIVE®</b> 6:00 – 7:00 pm Ernesto	<b>Yoga</b> 6:00 – 7:00 pm Lexy	<b>P90X LIVE®</b> 6:00 – 7:00 pm Ernesto	<b>Yoga</b> 6:00 – 7:00 pm Lexy		Eastern Branch 4075 E. Market St 717-650-1270
<b>Balance, Mind, Body</b> 6:00 – 8:30 pm Laura	<b>Family Taekwondo</b> 6:30 - 7:30 Safe Kids	<b>Balance, Mind, Body</b> 6:00 – 8:30 pm Laura	<b>Drama Kids</b> 6:00 – 7 pm Yolanda		<b>SITE MANAGER</b> Chris Yentzer cyentzer@yorkcoymca.org

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<b>BOOM@ MUSCLE</b> – You'll move through several groups of exercises that focus on different muscle groups to tone muscles and build overall strength.				
<b>BOOM@ MIND</b> – Strength, Confidence, Flexibility, MIND takes the best from yoga and Pilates to strengthen core muscles and lower body and improve balance.				
<b>BOOM@ MOVE IT</b> - Break a sweat and have fun! The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences.				
<b>P90X Live</b> -Total-body strength and cardio conditioning that helps blast fat and build muscle fast. Its tough but your instructor can show you how to modify any move.				
<b>CORE DE FORCE</b> - A martial arts inspired workout routine that combines elements of boxing, kickboxing, Muay Thai and body weight moves. The workout is structured for 3 minute rounds of high intensity fat burning!				
<b>Enhance@Fitness</b> - A full hour of fun, EnhanceFitness focuses on cardio, strength, balance, and flexibility — everything older adults need to maintain health and function as they age.				
<b>Fit Family</b> - Take the challenge. get fit with the whole family in this cooperative, fun, partner style class. Reccomended Ages 8+				
<b>Insanity</b> - This 30 minute interval training class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training.				
<b>SilverSneakers Classic</b> - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.				
<b>SilverSneakers Yoga</b> - This chair-based class includes a series of seated and standing yoga poses designed to increase flexibility, balance and range of movement followed by restorative breathing exercises and final relaxation.				
<b>Walk 15@</b> - Taking the best features from low impact, aerobic style, group exercise, Walk 15@ group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! It's designed with "walking based" moves so that all fitness levels, all ages, all walks of life, can do it!				
<b>Yoga</b> - Coordinate movement with breath. Class format includes Sun Salutations, balance, heart and hip openers, spine twists and final relaxation. Participants flow between standing and floor positions.				
<b>Zumba</b> -Latin-inspired cardio dance workout that uses music and choreographed steps to form a fitness party atmosphere.				

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