



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELLNESS SCHEDULE FALL 2018

## SOUTHERN BRANCH YMCA MORNING CLASSES

*schedule goes into effect Sept 4<sup>th</sup>*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X-Bike 9:15-9:45 Chris	Step 9:15-10:15 Studio A Chris	X-Bike 5:45-6:15a Kim 9:15-9:45 Carolyn	Butts & Guts 9:15-10:30 Studio A Chris	X-Bike 9:15-10:00 Chris	X-Bike 8:00-8:30 Brooke	
Tai Chi Movements 9:15-10:15 Studio A Doug	Stability Ball Core Work 9:30-10:15 Studio B Carolyn	Hula Hoop 9:00-10:00 Gym Marcy	Stability Ball Cardio Interval 9:30-10:15 Studio B Carolyn	Cardio Dance Fitness 9:15-10:15 Studio A Alex	Barrre 8:00 – 9:00 Studio B Cheryl	
Power Pilates 9:00-10:00 Studio B Cindy	Power Pump 10:15-11:15 Studio A Chris	Pilates 9:00-10:00 Studio B Anette	Upper Body Blast 10:30-11:00 Studio A Chris	Pilates 9:00-10:00 Studio B Anette	BOOM Muscle / Mind 9:00-10:00 Studio A	
Circuit 10:15 – 11:15 Gym Chris	Celtic Sweat 10:30-11:30 Gym Isabelle	Zumba 9:15-10:15 Studio A Gina	Yoga 10:30-11:30 Studio B Gina	Power Pump 10:15 – 11:15 Studio A Chris	BODYCOMBAT 9:30-10:30 Gym Joaquin	
Barre 10:30 – 11:30 Studio B Isabelle	 Yoga Stretch 11:30-12:15 Studio A Chris	Triple A (AAA) 10:30-11:30 Gym Isabelle	 Classic 11:30-12:30 Gym Carolyn	Yoga Mix 10:30-11:30 Studio B Libby	Triple A (AAA) 10:30-11:30 Studio A Isabelle	
Vinyasa Yoga 10:30-11:30 Studio A Gina		Older Active Adult Aerobics 10:30-11:15 Studio A Carolyn		 Yoga Stretch 11:30-12:15 Studio A Chris		
 Classic 11:30-12:30 Gym Carolyn		Beginner Yoga 10:30-11:30 Studio B Anette		Seated Tai Chi 12:30-1:30 Studio B Doug		
		Active Older Adult Yoga 11:30-12:30 Studio A				

- Please remember to sign up for text reminders to be notified of class changes or cancelations. Text the word @southernymca to the phone number 81010
- \*\*Indicates a class that requires an additional fee
- ^^ Indicates a chronic disease class

Updated August 6, 2018



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## AFTERNOON SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
^^ROCK STEADY BOXING 12:30-2:00 Studio A		^^ROCK STEADY BOXING 12:30-2:00 Studio A		^^ROCK STEADY BOXING 12:30-2:00 Studio A
^^LIVESTRONG at the YMCA 12:30 – 2:00 Community Room (Start Sept 17 <sup>th</sup> )		^^LIVESTRONG at the YMCA 12:30 – 2:00 Community Room		^^ YMCA Diabetes Prevention 1:30 – 2:30 Community Room Justin

## EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
**Kiddie Combat Jujitsu Ages 6-9 5:30-6:00 Studio A	SMART 4:45-5:30 Studio A Marcia	BODYCOMBAT 5:30-6:30 Studio A Isa	Tai Chi FIT 5:45-6:30 Studio B Justin	
**Jujitsu-Adult 6:30-7:30 Studio A	X-Bike 6:30-7:00 Brooke	Total Body Conditioning 6:30-7:30 Studio A Sheri	**Kiddie Combat Jujitsu 6:00-6:30 **Jujitsu-Adult 6:30-7:30 Studio A	
Yoga 5:00 – 6:00 Anette Studio B	Restorative Yoga Studio B 7:00-8:00 Justin	** Safe Kids Taekwondo 6:45-7:45 Gym	X-Bike 6:30-7:00 Bill	
BODYCOMBAT 6:30-7:30 Gym Isa			Cardio Barre 6:30-7:30 Studio B Marcy	
			**Line Dancing 7:00-9:00 Activity Center Ray S.	
			**Introduction to Fencing 6:30 – 7:30 Gym (Starts Sept 6 <sup>th</sup> )	
			**Intermediate Fencing 7:30 – 8:30 Gym (Starts Sept 6 <sup>th</sup> )	

### SOUTHERN BRANCH YMCA

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