



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE FALL 2018

SOUTHERN BRANCH YMCA MORNING CLASSES

schedule goes into effect Sept 4th

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	Yoga Pilates Fusion 8:00-9:00 Studio A Cindy	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	Hula Hoop 9:00-10:00 Gym Marcy	Butts & Guts 9:15-10:30 Studio A Chris	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	Stability Ball Cardio Interval 9:30-10:15 Studio B	Pilates 9:00-10:00 Studio B Anette	BOOM or POWERPUMP (Alternative weeks) 9:00-10:00 Studio A	
Circuit 10:15 – 11:15 Gym Chris	Celtic Sweat 10:30-11:30 Studio B Isabelle <small>The Silver Sneakers Fitness Program</small>	Zumba 9:15-10:15 Studio A Gina	Upper Body Blast 10:30-11:00 Studio A Chris	Power Pump 10:15 – 11:15 Studio A Chris	BODYCOMBAT 9:00-10:00 Gym Joaquin	
Barre 10:30 – 11:15 Studio B Isabelle	Yoga Stretch 11:30-12:15 Gym Chris	Total Body Tone 10:30-11:30 Gym Isabelle	Yoga 10:30-11:30 Studio B Gina <small>The Silver Sneakers Fitness Program</small>	Yoga Mix 10:30-11:30 Studio B Libby <small>The Silver Sneakers Fitness Program</small>	Total Body Tone 10:30-11:30 Studio A Isabelle	
Vinyasa Yoga 10:30-11:30 Studio A Gina <small>The Silver Sneakers Fitness Program</small>		Older Active Adult Cardio Dance 10:30-11:15 Brenna Studio A	Classic 11:30-12:30 Gym	Yoga Stretch 11:30-12:15 Gym Chris		
Classic 11:30-12:30 Gym		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 Gym				

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



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• ^^ Indicates a chronic disease class

Updated September 25, 2018

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 Comminuty Room (Start Sept 17 th)		^^LIVESTRONG at the YMCA 12:30 – 2:00 Comminuty 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	Flow Yoga 5:00p – 6:00p Studio B Molly	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	BODYCOMBAT 5:30-6:30 Studio A Isa	**Kiddie Combat Jujitsu 6:00-6:30 **Jujitsu-Adult 6:30-7:30 Studio A	
** Young Tigers Taekwondo (4- 6 year olds) 6:00 – 6:45pm Activity Center	Intro to Cardio Hoop Gym 6:30 – 7:30 Amy	Pilates 6:00 – 7:00pm Studio B Annette	X-Bike 6:30-7:00 Bill	
Yoga 5:00 – 6:00 Anette Studio B	Restorative Yoga Studio B 7:00-8:00 Justin	Total Body Conditioning 6:30-7:30 Studio A Sheri	Cardio Barre 6:30-7:30 Studio B Marcy	
BODYCOMBAT 6:30-7:30 Gym Isa		** Safe Kids Taekwondo 6:45-7:45 Gym	**Line Dancing 7:00-9:00 Activity Center Ray S.	
			**Introduction to Fencing 6:30 – 7:30 Gym (Starts Sept 6 th)	
			**Intermediate Fencing 7:30 – 8:30 Gym (Starts Sept 6 th)	

SOUTHERN BRANCH YMCA

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