



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE FALL 2019

SOUTHERN BRANCH YMCA MORNING CLASSES

>> Schedule begins September 3 <<

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X-Bike 9:15 – 10:00 Chris		X-Bike 6:30 – 7:15 Kim		X-Bike 9:15 -10:15 Chris	X-Bike 8:00 – 8:45 Brooke/Bill	
Tai Chi Movements 8:00 – 9:00 Studio A Doug	Tai Chi Movements 9:00 – 10:00 Gym Doug	Pilates 9:00 – 10 Studio B Anette	Pickle Ball 9:00 – 11:15 Gym	Pilates 9:00 – 10 Studio B Annette	Power Pump 9:00 – 10:00 Studio A Isa/Sheri	
Power Pilates 8:45 – 9:45 Studio B Cindy	Step 9:15 – 10:15 Studio A Chris	Intro to Cadio Hoop 9:00 – 10:00a Gym Amy	Butts & Guts 9:15 – 10:30 Studio A Chris	Cardio Dance Fitness 9:15 – 10:15 Studio A Alex	Barre 9:00 – 10:00 Studio B Cheryl	X-Bike 1:15 – 2:00 Beg. Oct Kim/Darla
Pickleball 9:00 – 11:15 Gym	Stability Ball Core Work 9:30 – 10:15 Studio B Erin	Zumba 9:15 – 10:15 Studio A Gina	Stability Ball Cardio Interval 9:30 – 10:15 Studio B Erin	Strong 9:15 – 10:15 Gym Isabelle	BODYCOMBAT 9:00 – 10 Gym Joaquin	
Strong 9:15 – 10:15 Studio A Isabelle	Power Pump 10:15 – 11:15 Studio A Chris	X-Bike 9:15 – 10:00 Bill	Yoga 10:30 – 11:30 Studio B Gina	Power Pump 10:15 – 11:15 Studio A Chris	Kettlebell 10 – 10:30 Studio B Cheryl	
Vinyasa Yoga 10:30 – 11:30 Studio A Gina	Lower Body Blast 10:30 – 11:00 Studio B Erin	10:30 – 11:15 Transform Studio A Tara	Upper Body Blast 10:30 – 11:00 Studio A Chris	Yoga Mix 10:30 – 11:30 Studio B Libby		
Abulous! 10:00 – 10:30 Studio B Chris		Beginner Yoga 10:30 – 11:30 Studio B Anette		Seated Tai Chi 11:45 – 12:45 Studio B Doug		
On the Ball 10:30 – 11:15 Studio B Darla						

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

Updated 8/15/19



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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
			Yoga 1:00 – 2:00 Studio B Molly	

EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga 5:00 – 6:00 Anette Studio B	Limitless Fitness 4:30-5:15 Studio A Marcia	Flow Yoga 5:00 – 6:00 Studio B Molly		
X-Bike 5:30 – 6:15 Darla	Tai Chi Fit 5:30 – 6:15 Studio A Justin	BODYCOMBAT 5:30-6:30 Studio A Isa	**Kiddie Combat Jujitsu 6:00-6:30 **Jujitsu-Adult 6:30-7:30 Studio A	
**Kiddie Combat Jujitsu Ages 6 - 9 5:30 – 6:30 Studio A	Abulous! 5:30 – 6:00 Studio B Erin	Barre 6:30 – 7:00 Studio B Isabelle	X-Bike 6:30-7:15 Bill	
**Young Tigers Taekwondo Ages 4 – 6 6:15 – 7:00 Activity Center	Power Pump 6:30 – 7:30 Studio A Isa	Total Body Conditioning 6:30-7:30 Studio A Sheri	**Intro to Fencing 6:30 – 7:30 Gym (9/5 thru 11/14)	
**Jujitsu – Adult 6:30 – 7:30 Studio A	X-Bike 6:30-7:15 Brooke	** Safe Kids Taekwondo 6:45-7:45 Gym	**Intermediate Fencing 7:30 – 8:30 Gym (9/5 thru 11/14)	
Kettlebell 6:15 – 6:45 Studio B Cheryl	Intro to Cardio Hoop Gym 6:30 – 7:30 Amy			
Body Combat 6:45 – 7:45 Gym Isa				

SOUTHERN BRANCH YMCA

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