



GROUP EXERCISE SCHEDULE

YMCA OF YORK COUNTY, YORK BRANCH

Fall 2018: Schedule effective November 1, 2018 and subject to change

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

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FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY