



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE SPRING 2019

SOUTHERN BRANCH YMCA MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X-Bike 9:15 - 9:45 Chris		X-Bike 6:30 - 7:00 Kim	YogaPilates Fusion 8:00 - 9:00 Studio B Cindy	X-Bike 9:15 -10:15 Chris	X-Bike 8:00 - 8:30 Brooke	
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	Fast Lean & Fit 9:00 - 9:45 Gym Isabelle	Pilates 9:00 - 10 Studio B Annette	Power Pump 9:00 - 10 Studio A Isa/Sheri	
Power Pilates 9:00 - 10 Studio B Cindy	Step 9:15 - 10:15 Studio A Chris	Hula Hoop 9:00 - 10 Gym Marcy	Butts & Guts 9:15 - 10:30 Studio A Chris	Cardio Dance Fitness 9:15 - 10:15 Studio A Alex	Barre 9:00 - 10 Studio B Cheryl	
Pickleball 9:00 - 11:20 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	Power Pump 10:30 - 11:30 Studio A Chris	BODYCOMBAT 9:00 - 10 Gym Joaquin	
Strong by Zumba 9:15 - 10:15 Studio A Isabelle	Power Pump 10:15 - 11:15 Studio A Chris	X-Bike 9:15 - 9:45 Bill	Yoga 10:30 - 11:30 Studio B Gina	Strong by Zumba 10:00 - 11:00 Gym Isabelle	Kettlebell 10 - 10:30 Studio B Cheryl	
Vinyasa Yoga 10:30 - 11:30 Studio A Gina	Below the Belt 10:30 - 11:15 Studio B Isabelle	10:30 - 11:30 Transform Studio A Tara	Upper Body Blast 10:30 - 11:00 Studio A Chris	Yoga Mix 10:30 - 11:30 Studio B Libby	Strong by Zumba 10:15-11:00 Studio A Isabelle	
Abulous! 10:00 - 10:20 Studio B Chris		Strong by Zumba 10:15 - 11:15 Gym Isabelle		Seated Tai Chi 11:30 - 12:30 Studio B Doug		
On the Ball 10:30 - 11:15 Studio B Tara		Beginner Yoga 10:30 - 11:30 Studio B Anette				

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

Updated 3/25/2019



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AFTERNOON SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
^^ROCK STEADY BOXING 12:30-2:00 Studio A	Yoga 1 – 2 Studio B Molly	^^ROCK STEADY BOXING 12:30-2:00 Studio A	Pickleball 12:30 – 3:00 Gym	^^ROCK STEADY BOXING 12:30-2:00 Studio A
	^^LIVESTRONG at the YMCA 12:30 – 2:00 Community Room (Start Feb 26 th)		^^LIVESTRONG at the YMCA 12:30 – 2:00 Community Room	

EVENING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
**Kiddie Combat Jujitsu Ages 6-9 5:30-6:00 Studio A	Penn-Mar Fitness 4:30-5:15 Studio A Marcia	Flow Yoga 5:00 – 6:00 Studio B Molly	Tai Chi FIT 5:00 – 6:00 Studio B Justin	
**Jujitsu-Adult 6:30-7:30 Studio A	Abulous! 5:30 – 6:00 Studio B Erin	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) 6:15 – 7:00 Activity Center	Power Pump 6:00-7:00 Studio A Isa	Total Body Conditioning 6:30-7:30 Studio A Sheri	X-Bike 6:30-7:00:00 Bill	
Yoga 5:00 – 6:00 Anette Studio B	**Tai Chi Long Form (Starts May 28th) 6:15 – 7:15 Studio B Justin	** Safe Kids Taekwondo 6:45-7:45 Gym	Cardio Barre 6:30-7:30 Studio B Marcy	
X-Bike 5:30 – 6:00 Darla	X-Bike 6:30-7:00 Brooke		**Line Dancing 7:00-9:00 Activity Center Ray S.	
BODYCOMBAT 6:30-7:30 Gym Isa	Intro to Cardio Hoop Gym 6:30 – 7:30 Amy		**Introduction to Fencing 6:30 – 7:30 Gym **Intermediate Fencing 7:30 – 8:30 Gym	
Kettlebell 6:15 – 6:45 Studio B Cheryl	Boxing 7:30 – 8:30 Studio A Jess		Boxing 7:30 – 8:30 Studio A Jess	

SOUTHERN BRANCH YMCA

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