





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YORK BRANCH YMCA – SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM Pilates w/Paula L1-3/C-0	6:15 AM Yoga w/Paula L1-3/C-0	6:15 AM Cycling w/Paula L1-3/C-0	6:15 AM Pilates w/Paula L1-3/C-0	6:15 AM Cycling w/Paula L1-3/C-0	Please call front desk for details.	
8:30 AM Spinning/Abs w/ Wendy L1-3/C-0		10:00 AM Senior Yoga w/QiQi L1-3/C-0	8:30 AM Spin Interval/ Abs w/Wendy L1-3/C-0	8:30 AM RIPPED w/ Wendy L1-3/C-0		
10:00 AM  w/Wendy		11:05 AM Vinyasa Yoga w/QiQi L1-3/C-0		10:00 AM  w/Wendy	Information: *****NOTICE***** Saturday morning nursery is no longer offered. Please note that instructors and classes are subject to change.	
5:15 PM Pilates w/Sherry	5:15 PM Cycling w/Kelly		5:30 PM HIRT (High Intensive Resistance Training) w/Stephanie/ Kelly		NOTES: L – LEVEL C – CHOREOGRAPHY L1-BEGINNER L2-INTERMEDIATE L3-ADVANCED C1-LITTLE/NO C2-LOW LEVEL C3-HIGH LEVEL	
6:00 PM Sweat & Sculpt w/Sherry	6:00 PM Cardio Funk w/Mendy	5:30 PM Interval Training w/Stephanie	6:30 PM Zumba w/Annissa			
7:10 PM Blitz! w/ Karen (Interval Training)	7:10 PM Spin w/Karen					

Hours:

Monday -Friday – 5:30 AM - 9:30 PM
Saturday – 8:00 AM – 6:00 PM
Sunday – 1:00 – 6:00 PM

Childwatch Hours:

Monday - Friday – 8:15 – 10:00 AM
Monday – Thursday - 5:15 – 7:15 PM