





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

YORK BRANCH YMCA – JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:15 AM</b>  Pilates w/Paula	<b>6:15 AM</b>  Yoga w/Paula	<b>6:15 AM</b>  Cycling w/Paula	<b>6:15 AM</b>  Pilates w/Paula	<b>6:15 AM</b>  Cycling w/Paula	<b>Please call front desk for details.</b>	
<b>8:30 AM</b>  HIIT High Intensity Training w/ Kelly		<b>10:00 AM</b>  Senior Yoga w/Megan	<b>8:30 AM</b>  Circuit Training w/ Kelly	<b>8:30 AM</b>  Cardio Sculpt w/ Kelly		
<b>10:00 AM</b>   w/Kelly		<b>11:05 AM</b>  Vinyasa Yoga w/Megan	<b>9:30 AM</b>  Mat Pilates W/Kelly	<b>10:00 AM</b>   w/Kelly	<b>Information:</b>  *****NOTICE***** * Saturday morning nursery is no longer offered.	
<b>5:15 PM</b>  Pilates w/Sherry	<b>5:15 PM</b>  Cycling w/Kelly		<b>5:00 PM</b>  Class w/Mendy		Please note that instructors and classes are subject to change.	
<b>6:00 PM</b>  Sweat & Sculpt w/Sherry	<b>6:00 PM</b>  Class w/Wendy	<b>5:30 PM</b>  Interval Training w/Stephanie	<b>6:30 PM</b>  Zumba w/Annissa		NOTES: L - LEVEL C - CHOREOGRAPHY L1-BEGINNER L2-INTERMEDIATE L3-ADVANCED C1-LITTLE/NO C2-LOW LEVEL C3-HIGH LEVEL	
<b>7:10 PM</b>  Blitz! w/ Karen (Interval Training)	<b>7:10 PM</b>  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