



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YORK BRANCH YMCA – FEBRUARY 2019

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