



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

YORK BRANCH YMCA – SEPTEMBER 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 Yoga 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 Senior Chair Yoga 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/Sherry Stephanie	5:30 PM Interval Training w/Stephanie			Please note that instructors and classes are subject to change. 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 Zumba w/Sandra		6:30 PM Zumba w/Annissa			
7:10 PM HIIT High Intensity Training w/Karen	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