



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHERN YORK COUNTY FALL II GROUP EXERCISE

NOVEMBER 5TH – JANUARY 13TH

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New Class! Nia on Mondays with Robin from 6:30-7:30p</p> <p>All levels are suitable for all levels, beginner to intermediate.</p> <p>Medium levels are intermediate to advanced level of difficulty.</p> <p>Advanced levels are intended for experienced members only.</p> <p>Classes in blue indicate aqua classes.</p> <p>Please change from wearing your outside shoes when in the Group Exercise room</p>		5:30-6:15a Sunrise Boot Camp (Amber) Medium	5:30-6:30a Cardio Mix and Core Fit (Tammy) Medium	5:30-6:30a Y-Cycle (Jen) Medium	5:30-6:30a Tabata (Amber) Medium	5:30-6:00a Sunrise Boot Camp (Tammy) Medium	
		6:15-7:00a Total Body Strength (Amber) All	7:00-8:30a Hatha Yoga (Donna) All	6:30-7:00a Stretch and Core (Jen) All	7:00-8:30a Hatha Yoga (David) All	6:00-6:20a Abs and Core (Tammy) All	
		7:15-8:15a Morning Yoga Flow (Janis) Medium			Restorative Yoga on 12/6 from 7:00-9:00a		
	7:00-9:30a Hatha Yoga (David) All	8:00-9:00a AM Aqua Blast (Kelley) All		8:00-9:00a AM Aqua Blast (Jackie) All		8:00-9:00a AM Aqua Blast (Lynn) All	8:00-9:00a Deep Water Fitness (Tory) All
		8:30-9:15a BODYSHRED® (Jen) Medium	9:00-10:00a CycleFlex (Anne-Marie) Medium	8:30-9:30a Boot Camp (Jen) Medium	9:00-10:30a Bikes & Barbells (Anne-Marie) Medium	8:25-9:25a Kettlebell Conditioning (Nicole) Medium	8:15a-9:00a Y-Cycle (Nicole) All
		9:30-10:00a Stretch and Core (Jen) All		9:30a-10:00a Stretch and Core (Jen) All			9:15-10:00a Boot Camp (Nicole) All
			10:00-11:00a Water Boot Camp (Lynn) Medium	10:00-11:00a QiGong (Marty) All	10:00-11:00a Water Boot Camp (Lynn) Medium	9:30-10:30a Pilates (Lynn) All	
	10:30-11:30a P360 (Lynn) All		10:30-11:30a Tai Chi Basics (Stephanie) All	11:00-11:45a Muscles in Motion (Pat) All	10:35-11:35a Tai Chi Basics (Stephanie) All		



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	Monday	Tuesday	Wednesday	Thursday	Friday
	11:00-12:00 AOA Joints in Aqua (Lee) All	11:00-11:30 Water Walking (Lynn) All	11:00-12:00 AOA Joints in Aqua (Kelley) All	11:00-12:00 AOA Water Fitness (Lynn) All	11:00-12:00 AOA Joints in Aqua (Jeanine) All
	12:00-1:00p Yin Yoga (Maureen) All	11:30-12:30 AOA Water Fitness (Lynn) All			12:00-1:00p Yin Yoga (Maureen) All
	1:15-2:15p AOA Water Fitness (Pat) All	1:00-2:00p Gentle Nia (Robin) All *No class on 12/18	1:15-2:15p AOA Water Fitness (Pat) All	12:45-1:30p Chair Yoga/Creative Movement (Cindy) All	1:15-2:15p AOA Water Fitness (Pat) All
	5:30-6:30p Cardio Kickboxing (Paula) All	5:15-6:00p Y Cycle (Nicole) All	5:30-6:30p Total-Body Tone (Lori/Paula) All	5:15-6:00p Y Cycle (Nicole) All	
	6:30-7:30p Nia (Robin) All *No class on 12/17	6:00-7:00p Functional Fitness (Nicole) All		6:00-7:00p STRONG by Zumba® (Nicole) Medium	
		7:00-8:00p Yoga Flow (Janis) Medium	6:30-8:00p Hatha Yoga (Donna) All	7:00-8:30p Hatha Yoga (Gillian) All Restorative Yoga on 1/3 from 7:00-9:00p	
		6:45-7:45p Deep Water Fitness (Beth) All		6:45-7:45p Deep Water Fitness (Beth) All	

Last updated 11/7/2018