



IN PERSON CLASSES SCHEDULE

Northern York County Branch – AUGUST

No classes Monday August 31 – Annual Facility Maintenance Closure (Aug. 31–Sept. 7)

PRIME TIME HOURS:

Monday – Friday 8:30am – 11:30am

PLEASE NOTE: the Northern York County Branch will be closed Sundays during the summer.

DATE: AUGUST 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
6:30AM					MOBILITY FLOW with Hannah 6:30–7:30am		
7:00AM							
8:00AM					AQUA SPORTS CROSS-TRAINING with Meg 8:00–9:00am		
8:30AM			DEEP WATER AQUA BLAST with Lynn 8:30–9:15am				
9:00AM							
9:15am							
9:30am		GENTLE MINDFUL YOGA with Elizabeth 9:30–10:45am	FLOW PILATES with Lynn 9:30–10:15am				
10:00am				CHAIR YOGA with David 10:00–11:00am			
10:30am					FLOW PILATES with Michael 10:30–11:30am		
11:00am		AQUA ARTHRITIS with Meg 11:00am–12:00pm (Small Pool)		WATER MEDITATION with Meg 11:00am–12:00pm (Small Pool)			

12:00pm		AGELESS STRENGTH with Michael 12:00-1:00pm		AGELESS STRENGTH with Michael 12:00-1:00pm			
1:00pm					SHALLOW WATER AEROBICS with Meg 1:00-2:00pm (Small Pool)		
2:00pm	MINDFUL AQUA FIT with Meg 2:00-3:00pm (Large Pool)	DEEP WATER AQUA FIT with Meg 2:00-3:00pm	AQUA BOXING with Meg 2:00-3:00pm	DEEP WATER AQUA STRENGTHENING with Meg 2:00-3:00pm			
3:00pm							
4:00pm							
5:00pm							
5:15pm							
5:30pm	SUPER SETS & SWEAT with Hannah 5:30-6:30pm	CYCLE & STRENGTH with Paula 5:30-6:30pm	ATHLETIC BOOTCAMP with Hannah 5:30-6:30pm	CARDIO AND STRENGTH INTERVAL with Paula 5:30-6:30pm			
5:45pm							
6:00pm							
7:00pm							