



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	FLOW PILATES with Michael 10:00–11:00am		
11:00am		AQUA ARTHRITIS with Meg 11:00am–12:00pm (Small Pool)		WATER MEDITATION with Meg 11:00am–12:00pm (Small Pool)			

