IN PERSON CLASSES SCHEDULE

Northern York County Branch – DECEMBER

(NO CLASSES: December 24, 25 & 26 – Christmas Break. We reopen Sunday December 27 at 9am)

PRIME TIME HOURS:
Monday – Friday 8:30am – 11:30am

DATE: DECEMBER 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							
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 10:00-10:45am	**FLOW PILATES** with Michael 10:00-1100am		
10:30am							
11:00am							

12:00pm		**AGELESS STRENGTH** with Michael 12:00-1:00pm		**AGELESS STRENGTH** with Michael 12:00-1:00pm			
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
5:15pm							
5:30pm	**SUPER SETS & SWEAT** with Hannah 5:30-6:30pm		**ATHLETIC BOOTCAMP** with Hannah 5:30-6:30pm				
5:45pm							
6:00pm							
7:00pm							