



IN PERSON CLASSES SCHEDULE

Northern York County Branch - JULY

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

No classes Friday, July 3 & Saturday, July 4 (4th of July observed)

DATE: JULY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
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					FLOW PILATES with Michael 10:00-11:00am		
11:00am		AQUA ARTHRITIS with Meg 11:00am-12:00pm (Small Pool)		CHAIR YOGA with David 11:00-11:45am	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		CYCLE & STRENGTH with Paula 5:30-6:30pm	ATHLETIC BOOTCAMP with Paula 5:30-6:30pm	CARDIO AND STRENGTH INTERVAL with Paula 5:30-6:30pm			
5:45pm							
6:00pm							
7:00pm							