



# IN PERSON CLASSES SCHEDULE

## Northern York County Branch – Starting June 15

No classes Friday, June 19 (Juneteenth)

**PRIME TIME HOURS:**

Monday – Friday 8:30am – 11:30am

**DATE: JUNE 2026**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
7:00AM							
8:00AM					<b>AQUA SPORTS CROSS-TRAINING</b> with Meg 8:00–9:00am		
8:30AM			<b>DEEP WATER AQUA BLAST</b> with Lynn 8:30–9:15am				
9:00AM							
9:15am							
9:30am		<b>GENTLE MINDFUL YOGA</b> with Elizabeth 9:30–10:45am	<b>FLOW PILATES</b> with Lynn 9:30–10:15am				
10:00AM					<b>FLOW PILATES</b> with Michael 10:00–11:00am		
11:00am		<b>AQUA ARTHRITIS</b> with Meg 11:00am–12:00pm (Small Pool)		<b>CHAIR YOGA</b> with David 11:00– 11:45am	<b>WATER MEDITATION</b> with Meg 11:00am– 12:00pm (Small Pool)		
12:00pm		<b>AGELESS STRENGTH</b> with Michael 12:00–1:00pm		<b>AGELESS STRENGTH</b> with Michael 12:00–1:00pm			

1:00pm					<b>SHALLOW WATER AEROBICS</b> with Meg 1:00-2:00pm (Small Pool)		
2:00pm	<b>MINDFUL AQUA FIT</b> with Meg 2:00-3:00pm (Large Pool)	<b>DEEP WATER AQUA FIT</b> with Meg 2:00-3:00pm	<b>AQUA BOXING</b> with Meg 2:00-3:00pm	<b>DEEP WATER AQUA STRENGTHENING</b> with Meg 2:00-3:00pm			
3:00pm							
4:00pm							
5:00pm							
5:15pm							
5:30pm		<b>CYCLE &amp; STRENGTH</b> with Paula 5:30-6:30pm		<b>CARDIO AND STRENGTH INTERVAL</b> with Paula 5:30-6:30pm			
5:45pm							
6:00pm			<b>ATHLETIC BOOTCAMP</b> with Paula 6:00-7:00pm				
7:00pm							