



IN PERSON CLASSES SCHEDULE

Northern York County Branch – May 2026

(No classes Monday May 25 in observance of Memorial Day)

PRIME TIME HOURS:

Monday – Friday 8:30am – 11:30am

Monday – Thursday 4:00pm – 7:00pm

DATE: MAY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
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 9:30-10:30am	FLOW PILATES with Lynn 9:30-10:15am				
10:00AM					FLOW PILATES with Michael 10:00-11:00am		
11:00am				CHAIR YOGA with David 11:00-11:45am			
12:00pm	MINDFUL AQUA FIT with Meg 12:00-1:00pm (Large Pool)	AGELESS STRENGTH with Michael 12:00- 1:00pm	AQUA ARTHRITIS with Meg 12:00- 1:00pm (Small Pool)	SHALLOW WATER AEROBICS with Meg 12:00-1:00pm (Small Pool)	AGELESS STRENGTH with Michael 12:00- 1:00pm	WATER MEDITATION with Meg 12:00- 1:00pm (Small Pool)	

1:00pm							
2:00pm		DEEP WATER AQUA FIT with Meg 2:00-4:00pm	AQUA BOXING with Meg 2:00-4:00pm				
3:00pm							
4:00pm							
5:00pm							
5:15pm							
5:30pm		CYCLE & STRENGTH with Paula 5:30-6:30pm		CARDIO AND STRENGTH INTERVAL with Paula 5:30-6:30pm			
5:45pm							
6:00pm			ATHLETIC BOOTCAMP with Gary 6:00-7:00pm				
7:00pm							