



IN PERSON CLASSES SCHEDULE

Northern York County Branch – NOVEMBER

(NO CLASSES: November 25, Closing at 12:00pm; November 26 & 27, Closed – Thanksgiving Break)

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

DATE: NOVEMBER 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 10:00–11:00am		
10:30am							
11:00am							

[illegible]