



# IN PERSON CLASSES SCHEDULE

## Northern York County Branch – OCTOBER

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

**DATE: OCTOBER 2026**

| TIME    | MONDAY | TUESDAY                                                          | WEDNESDAY                                                    | THURSDAY                                         | FRIDAY                                               | SATURDAY | SUNDAY |
|---------|--------|------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------|----------|--------|
| 6:00AM  |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 6:30AM  |        |                                                                  |                                                              |                                                  | <b>MOBILITY FLOW</b><br>with Hannah<br>6:30–7:30am   |          |        |
| 7:00AM  |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 8:00AM  |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 8:30AM  |        |                                                                  | <b>DEEP WATER<br/>AQUA BLAST</b><br>with Lynn<br>8:30–9:15am |                                                  |                                                      |          |        |
| 9:00AM  |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 9:15am  |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 9:30am  |        | <b>GENTLE MINDFUL<br/>YOGA</b><br>with Elizabeth<br>9:30–10:45am | <b>FLOW PILATES</b><br>with Lynn<br>9:30–10:15am             |                                                  |                                                      |          |        |
| 10:00am |        |                                                                  |                                                              | <b>CHAIR YOGA</b><br>with David<br>10:00–10:45am | <b>FLOW PILATES</b><br>with Michael<br>10:00–11:00am |          |        |
| 10:30am |        |                                                                  |                                                              |                                                  |                                                      |          |        |
| 11:00am |        |                                                                  |                                                              |                                                  |                                                      |          |        |

[illegible]