



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					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			
10:30am					FLOW PILATES with Michael 10:30–11:30am		
11:00am							

[illegible]