



IN PERSON CLASSES SCHEDULE

Northern York County Branch – SEPTEMBER

NO CLASSES during the Annual Facility Maintenance Closure (August 31–September 7)

PRIME TIME HOURS:

Monday – Friday 8:30am – 11:30am

DATE: SEPTEMBER 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					FLOW PILATES with Michael 10:00–11:00am		
10:30am							
11:00am				CHAIR YOGA with David 11:00–11:45am			

12:00pm		AGELESS STRENGTH with Michael 12:00–1:00pm		AGELESS STRENGTH with Michael 12:00–1:00pm			
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
5:15pm							
5:30pm	SUPER SETS & SWEAT with Hannah 5:30–6:30pm	CYCLE & STRENGTH with Paula 5:30–6:30pm	ATHLETIC BOOTCAMP with Hannah 5:30–6:30pm	CARDIO AND STRENGTH INTERVAL with Paula 5:30–6:30pm			
5:45pm							
6:00pm							
7:00pm							