



IN PERSON CLASSES SCHEDULE

Northern York County Branch – April 2025

PRIME TIME HOURS:

Monday – Friday 8:30am – 11:30am

Monday – Thursday 4:00pm – 7:00pm

DATE: APRIL 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM							
7:00AM							
8:00AM							
9:00AM				CHAIR YOGA with David 9:00-10:00am			
9:15am			FLOW PILATES with Lynn 9:15-10:15am				
9:30am		GENTLE MINDFUL YOGA with Elizabeth 9:30-10:30am					
9:45am							
10:00AM					FLOW PILATES with Michael 10:00-11:00am		
11:00am	MINDFUL AQUAFIT with Meg 11:00am-12:00pm (Large Pool)	AQUA ARTHRITIS with Meg 11:00am-12:00pm (Small Pool)	DEEP WATER AQUA FIT with Meg 11:00am-12:00pm (Large Pool)	SHALLOW WATER AEROBICS with Meg 11:00am-12:00pm (Small Pool)			
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		CYCLE & STRENGTH with Paula 5:30-6:30pm	TOTAL BODY BOOTCAMP with Gary 5:30-6:30pm	CARDIO KICKBOXING with Paula 5:30-6:30pm			
5:45pm							
6:00pm							
7:00pm							