



# IN PERSON CLASSES SCHEDULE

## Northern York County Branch – May 2025

(There will be no classes on May 26 – Memorial Day)

### PRIME TIME HOURS:

Monday – Friday 8:30am – 11:30am

Monday – Thursday 4:00pm – 7:00pm

DATE: MAY 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							

<b>3:00pm</b>							
<b>4:00pm</b>	<b>YOGA FLOW</b> with Natalie 4:15-5:15pm	<b>MAT PILATES</b> with Natalie 4:15-5:15pm					
<b>5:00pm</b>							
<b>5:15pm</b>							
<b>5:30pm</b>	<b>FIT CIRCUIT</b> with Natalie 5:30-6:30pm	<b>CYCLE &amp; STRENGTH</b> with Paula 5:30-6:30pm	<b>TOTAL BODY BOOTCAMP</b> with Gary 5:30-6:30pm	<b>CARDIO KICKBOXING</b> with Paula 5:30-6:30pm			
<b>5:45pm</b>							
<b>6:00pm</b>							
<b>7:00pm</b>							