

# YWCA GROUP EXERCISE SCHEDULE - 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Boot Camp Howard~ 1hr	Boot Camp Howard~ 1hr	Boot Camp Howard~ 1hr	Boot Camp Howard~ 1hr	Boot Camp Howard~ 1hr		
7:30am						All levels Flow Yoga Steph~ 1.25hr	
7:45am		Vinyasa Flow Yoga Dorothy~ 1hr		Vinyasa Flow Yoga Judy~ 1hr			
8:00am	Fun, Fit and Fabulous! Jen~ 1hr		Fun, Fit and Fabulous! Jen~ 1hr		Fun, Fit and Fabulous! Jen~ 1hr		Boot Camp Howard~ 1hr
8:00am						Spin Stacy~ 1hr	
9:00am						Zumba Debbie~ 1hr	
9:15am	Gentle Yoga Lisa~ 1hr	SilverSneakers *Classic* Colleen~ 1hr	Gentle Yoga Lisa~ 1hr	SilverSneakers *Classic* Colleen~ 1hr	Gentle Yoga Lisa~ 1hr		
10:15am		SilverSneakers *Seated* Colleen~ 1hr		SilverSneakers *Seated* Colleen~ 1hr			
10:30am	Pilates Fusion Zach~ 1.5hr		Barre/Pilates Polly~ 1hr		Chair Yoga Julie~ 1hr		
11:00am							Barre Carla~ 1hr
11:30am		Pilates Fusion Zach~ 1hr					
1:00pm	Zumba Toning Debbie~ 1.25hr						
3:00pm					Zumba Toning Debbie~ 1.25hr		
5:15pm	HIIT AmyBeth~ .50hr		HIIT AmyBeth~ .50hr		HIIT AmyBeth~ .50hr		
6:00pm	Club AK Allison~ 1hr	Club AK Allison~ 1hr	Zumba (new!) Laura~ 1hr	Barre Carla~ 1hr			
6:30pm	Spin Deb~ 1hr		Spin Stacy~ 1hr				
7:05pm		All levels Flow Yoga Steph~ 1.25hr		All levels Flow Yoga Steph~ 1.25hr			

YWCA of Gettysburg and Adams County ~ 909 Fairfield Road ~ 717-334-9171

Active Older Adult
Pilates/Yoga
Cycling
Zumba/Dance
Boot Camp
Core/Strength
High Intensity