

DAYTIME CLASSES										
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
HIIT 6:00-6:45 AM Steph B (Bucks)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Total Body Barbell 5:30-6:30 AM Jamie C (York)	HIIT 5:00-5:45 AM Lisa D (Gr Valley)	Barre Bootcamp 5:30-6:15 AM Heather M (North Shore)	Circuit Workout 8:00-8:45 AM Andrea B (Bucks)	Cardio KickFit 9:30-10:15 AM Nicole S (Bucks)				Cardio/Endurance
Interval Strength Training 7:00-8:00 AM Erica R (Chambersburg)	Total Body Conditioning 8:30-9:00 AM Donna M (North Shore)	Tabata 6:00-7:00 AM Susan K (Grove City)	Strictly Strength 7:15-8:00 AM Cassie C (North Shore)	HIIT 6:30-7:00 AM Carolyn F (Bucks)	Kickbag 8:00-9:00 AM Jan V (North Shore)	Dance Jam 9:30-10:15 AM Lisa G (North Shore)				Strength/Bodywork
Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Silver&Fit® Balance 9:00-9:45 AM Sherri J (Indiana)	Pilates 8:00-8:45 AM Vicki C (Bucks)	Active Older Adults 8:00-8:45 AM Jane K (Lancaster)	Total Body Barbell 8:00-8:45 AM Lorraine N (Community)	Barre Fusion 8:30-9:15 AM Tricia S (Bucks)	Core & More 10:30-11:00 AM Nicole S (Bucks)				Dance
Pilates 8:30-9:15 AM Vicki C (Bucks)	Stretch & Flex 9:00-10:00 AM Amanda P (Twin Tiers)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Stretch & Balance 8:00-8:45 AM Melinda B (Bucks)	POP Pilates® 8:00-8:45 AM Melinda B (Bucks)	Zumba® 9:00-9:45 AM Natalie C (Bucks)	Vinyasa Yoga 11:00-12:00 PM Elda S (Bucks)				Mind/Body
Super Seniors 9:00-9:45 AM Sherr J (Indiana)	10 Minute Core 9:05-9:15 AM Donna M (North Shore)	Breath Yoga 8:30-9:15 AM Peggy H (Mon Valley)	Total Body Conditioning 8:30-9:15 AM Jessica H (North Shore)	Silver&Fit® Excel 8:00-8:45 AM Shelly V (Lebanon)	Pilates 9:30-10:15 AM Tricia S (Bucks)					Seniors/Adapted
Cardio HIIT 9:00-9:45 AM Laurie-Sue R (North Shore)	Pilates 9:15-10:00 AM Ryan L (North Shore)	Cardio Strength Fusion 8:30-9:15 AM Lisa G (North Shore)	MIIT 8:45-9:30 AM Bea J.B. (Laurel)	Blend Pilates 8:15-9:00 AM Eileen M (North Shore)	Hatha Yoga 10:00-11:00 AM Sandy G (Bucks)					Kids/Family
Chair Yoga 9:30-10:15 AM Cathy S (Bucks)	Total Body Barbell 9:15-10:00 AM Kristen L (Bucks)	Gentle Yoga 9:00-9:45 AM Cathy S (Bucks)	Chair Yoga 9:00-9:45 AM Jessica R (Lancaster)	Super Seniors Cardio 9:00-9:45 AM Sherr J (Indiana)	Zumba® 10:00-11:00 AM Amy C (North Shore)					
HIIT 9:30-10:15 AM Megan M (Bucks)	10 Minute Stretch 9:20-9:30 AM Donna M (North Shore)	Yoga 9:00-9:45 AM Lorraine N (Community)	HIIT 9:00-9:45 AM Krista S (Lebanon)	Strength & Sculpt 9:30-10:15 AM Megan M (Bucks)	Senior Strength 10:15-11:00 AM Amanda C (Community)					
Strength & Sculpt 9:30-10:15 AM Tricia S (Bucks)	Chair Yoga 9:30-10:15 AM Jessica B (Gr Valley)	Cardio Strength Fusion 9:30-10:00 AM Elizabeth S (North Shore)	SilverSneakers® Circuit 9:00-9:45 AM Marlene W (Indiana)	Gentle Yoga 9:30-10:30 AM Elda S (Bucks)						
Sunrise Yoga 9:30-10:15 AM Renee S (Reading Berks)	Zumba Gold® 10:00-10:45 AM Charna M (Chambersburg)	Interval Training 9:30-10:15 AM Carrene W (Bucks)	Stretch & Flex 9:00-10:00 AM Amanda P (Twin Tiers)	Ab Blast! 10:30-11:00 AM Jen G (Bucks)						
Slow Flow Yoga 10:00-10:45 AM Cori S (York)	Core & More 10:15-10:45 AM Kristen L (Bucks)	Leg Day 9:30-10:15 AM Megan M (Bucks)	Interval Strength Training 9:15-10:00 AM Carrene W (Bucks)	Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)						
Ab Blast! 10:30-11:00 AM Jen G (Bucks)	Tank Top Arms 10:30-11:15 AM Megan M (Bucks)	Cycle 9:45-10:15 AM Vanessa L (North Shore)	Total Body Barbell 9:30-10:15 AM Renee S (Reading Berks)							
Low Impact Movement & Strength 11:00-11:45 AM Megan M (Bucks)	Low Impact Aerobics 11:30-12:15 PM Betsy B (Bucks)	Core & More 10:00-10:30 AM Lorraine N (Community)	Cycle Strength 9:30-10:15 AM Vanessa L (North Shore)							
Cycle 12:00-12:30 PM Rhannon G (North Shore)	HIIT 12:00-12:30 PM Steph B (Bucks)	Seated Gentle Yoga 10:00-11:00 AM Merilee P (York)	SilverSneakers® Circuit 10:00-10:45 AM Krista S (Lebanon)							
	SparBarre 12:00-12:45 PM Rhannon G (North Shore)	Pilates 10:30-11:15 AM Andrea B (Bucks)	Gentle Yoga 10:00-10:45 AM Cori S (York)							
	Chair Yoga 12:00-1:00 PM Ogden K (Bucks)	Power Flow Yoga 11:00-11:45 AM Jenny L (North Shore)	Core & More 10:15-10:45 AM Nicole S (Bucks)							
	Better Balance 12:45-1:30 PM Amanda C (Community)	Stretch & Balance 11:00-11:45 AM Megan M (Bucks)	Low Impact Cardio 10:15-11:00 AM Lorraine N (Community)							
		Hatha Yoga 11:00-12:00 PM Elda S (Bucks)	Chest & Back 10:30-11:15 AM Megan M (Bucks)							
		AOA Cardio & Stretch 12:00-12:45 PM Jamie C (York)	Barre Fusion 11:00-11:45 AM Tricia S (Bucks)							
		Back 'n Balance 12:00-12:45 PM Joyce P (Laurel)	Zumba Gold® 11:30-12:15 PM Amanda C (Community)							
		Zumba Gold® 12:00-12:45 PM Melinda B (Bucks)	Chair Exercise 11:30-12:15 PM Peggy H (Mon Valley)							
		Vinyasa Yoga 12:45-1:45 PM Jenn R (Lancaster)	Low Impact Aerobics 11:30-12:15 PM Cathy M (Bucks)							
			HIIT 12:00-12:30 PM Andrea B (Bucks)							
			Chair Yoga 12:00-1:00 PM Ogden K (Bucks)							
			Gentle Yoga 12:45-1:30 PM Amanda C (Community)							
			Gentle Yoga 2:00-3:00 PM Sandy G (Bucks)							
EVENING CLASSES										
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
Zumba® 5:00-5:45 PM Leanne S (Bucks)	Core & More 5:30-6:15 PM Paige N (York)	Bootcamp 5:00-5:45 PM Alex G (North Shore)	Zumba® 5:00-5:45 PM Elena M (Bucks)	Zumba® Kids 6:00-6:30 PM Elena M (Bucks)						
Muscle Conditioning 5:00-5:45 PM Lee B (North Shore)	PIIT28® 5:30-6:15 PM Steph B (Bucks)	Total Body Conditioning 5:30-6:15 PM Katie B (Bucks)	Core Express 5:30-6:00 PM Cassie C (North Shore)	Zumba® 6:00-7:00 PM Joi H (Reading Berks)						
RUMBLE 5:30-6:10 PM Erika H (York)	Strength & Sculpt 5:30-6:15 PM Andrea B (Bucks)	Zumba® 5:30-6:15 PM Brittany B (Twin Tiers)	Kickboxing 5:30-6:15 PM Katie B (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)						
Interval Strength Training 5:30-6:15 PM Jamie B (Bucks)	Restorative Yoga 5:30-6:30 PM Meredith S (North Shore)	Red Hot Dance Fitness™ 6:00-7:00 PM Pam K (Community)	Vinyasa Yoga 6:00-7:00 PM Colleen W (North Shore)	Family Yoga 6:45-7:15 PM Sandy G (Bucks)						
Cycling 5:30-6:20 PM Marnie M (Mon Valley)	Cardio HIIT 6:30-7:15 PM Kerri O (North Shore)	BollyX® 6:15-7:00 PM Gina G (Bucks)	Cardio Mix 6:00-7:00 PM Kristie N (Lancaster)							
Yoga Qi Gong 6:00-6:45 PM Sandy G (Bucks)	Kickboxing 6:30-7:15 PM Jamie B (Bucks)	Chisle 6:30-7:10 PM Marnie M (Mon Valley)	Interval Strength Training 6:30-7:15 PM Renzo C (Bucks)							
Core & More 6:30-7:00 PM Carolyn F (Bucks)	Gentle Yoga 7:00-7:45 PM Kelly S (Gr Valley)	Cardio KickFit 6:30-7:15 PM Lorraine N (Community)								
RUMBLE 6:30-7:10 PM Erika H (York)	Hatha Yoga 7:00-8:00 PM Sandy G (Bucks)	TLC Yoga 6:30-7:30 PM Terry C (Indiana)								
Barre Strength 6:30-7:15 PM Amanda C (Community)		Vinyasa Yoga 7:00-8:00 PM Eric H (Bucks)								
Barre 7:15-8:00 PM Nicole T (Bucks)		Barre 7:15-8:00 PM Nicole T (Bucks)								
24	26	32	33	15	8	4				