

# Gettysburg Classes / Schedules

06/01/2022 - 06/30/2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
08:00 AM <b>Boot Camp</b> Dance room Howard	05:00 AM <b>Boot Camp</b> Dance room Howard	05:00 AM <b>Boot Camp</b> Dance room Howard	05:00 AM <b>Boot Camp</b> Dance room Howard	05:00 AM <b>Boot Camp</b> Dance room Howard	05:00 AM <b>Boot Camp</b> Dance room Howard	07:30 AM <b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph * No class 6/11/22 6/18/22 6/25/22
11:00 AM <b>Zumba</b> Zumba Dance room Carla	06:00 AM <b>Boot Camp</b> Dance room Howard	06:00 AM <b>Boot Camp</b> Dance room Howard	06:00 AM <b>Boot Camp</b> Dance room Howard	06:00 AM <b>Boot Camp</b> Dance room Howard	06:00 AM <b>Boot Camp</b> Dance room Howard	
	07:00 AM <b>Spin</b> Spin room Joyce	08:00 AM <b>Dance Fitness</b> Dance Fitness Dance room Sally * No class 6/21/22	07:00 AM <b>Spin</b> Spin room Joyce	08:00 AM <b>Dance Fitness</b> Dance Fitness Dance room Sally	07:00 AM <b>Spin</b> Spin room Joyce	08:00 AM <b>Boot Camp</b> Gym A Howard
	08:00 AM <b>Fun, Fit, and Fifty</b> Dance room Jen	09:00 AM <b>Outside Classes</b> Walking Group Outside Jenn	08:00 AM <b>Fun, Fit, and Fifty</b> Dance room Jen	09:00 AM <b>Outside Classes</b> Walking Group Outside Jenn	08:00 AM <b>Fun, Fit, and Fifty</b> Dance room Jen	09:00 AM <b>Spin</b> Spin room Stacy
	09:00 AM <b>Barre/Pilates</b> Back Yoga room Polly	<b>Silver Sneakers</b> CLASSIC Dance room Colleen	09:00 AM <b>Spin</b> Spin room Jenn	<b>Silver Sneakers</b> CLASSIC Dance room Colleen	09:15 AM <b>Yoga</b> Gentle Yoga Dance room Lisa	09:15 AM <b>Zumba</b> Zumba Dance room Debbi
	09:15 AM <b>Yoga</b> Gentle Yoga Dance room Lisa	<b>Yoga</b> Vinyasa Flow Back Yoga room Judy * No class 6/21/22 6/28/22	09:15 AM <b>Yoga</b> Gentle Yoga Dance room Lisa	<b>Silver Sneakers</b> Seated Dance room Colleen	10:30 AM <b>Yoga</b> Chair Yoga Dance room Julie	
	10:30 AM <b>Yoga</b> Chair Yoga Dance room Julie	10:00 AM <b>Silver Sneakers</b> Seated Dance room Colleen	10:30 AM <b>Barre/Pilates</b> Dance room Polly	<b>Zumba</b> Zumba Dance room Carla	03:00 PM <b>Zumba</b> Zumba Toning Dance room Debbi	
	01:00 PM <b>Zumba</b> Zumba Toning Dance room Debbi	11:00 AM <b>Yoga</b> Yoga Sculpt Back Yoga room Sarah	05:15 PM <b>HIIT</b> Dance room Amybeth	06:00 PM <b>Zumba</b> Zumba Dance room Carla	05:15 PM <b>HIIT</b> Dance room Amybeth	
	05:15 PM <b>HIIT</b> Dance room Amybeth	<b>Yoga</b> Yoga Sculpt Back Yoga room Sarah	05:30 PM <b>Yoga</b> Yoga Sculpt Back Yoga room Sarah	07:05 PM <b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph * No class 6/23/22		
	06:00 PM <b>Sweat and Swagger</b> Dance room Allison	06:00 PM <b>Club AK</b> Dance room Allison	06:00 PM <b>Barre</b> Dance room Carla			
	06:30 PM <b>Spin</b> Spin room Alex	07:05 PM <b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph * No class 6/14/22 6/21/22	06:30 PM <b>Spin</b> Spin room Eric			

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