

Gettysburg Classes / Schedules

08/01/2022 - 08/31/2022

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:00 AM		Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	
06:00 AM		Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	Boot Camp Dance room Howard	
07:30 AM							Yoga ALL- Levels Flow Yoga Dance room Steph
08:00 AM	Boot Camp Dance room Howard	Fun, Fit, and Fifty Dance room Jen	Outside Classes Walking Group Outside Jenn	Fun, Fit, and Fifty Dance room Jen	Outside Classes Walking Group Outside Jenn	Fun, Fit, and Fifty Dance room Jen	Boot Camp Gym A Howard Spin Spin room Stacy
09:00 AM			Silver Sneakers CLASSIC Dance room Colleen Yoga Vinyasa Flow Back Yoga room Judy	Spin Spin room Jenn	Silver Sneakers CLASSIC Dance room Colleen		Zumba Zumba Dance room Debbi
09:15 AM		Yoga Gentle Yoga Dance room Lisa		Yoga Gentle Yoga Dance room Lisa		Yoga Gentle Yoga Dance room Lisa	
09:30 AM		Barre/Pilates Back Yoga room Polly					
10:00 AM			Silver Sneakers Seated Dance room Colleen		Silver Sneakers Seated Dance room Colleen		
10:30 AM		Yoga Chair Yoga Dance room Julie		Barre/Pilates Dance room Polly		Yoga Chair Yoga Dance room Julie	
11:00 AM	Zumba Zumba Dance room Carla		Yoga Yoga Sculpt Back Yoga room Sarah				
01:00 PM		Zumba Zumba Toning Dance room Debbi					
03:00 PM						Zumba Zumba Toning Dance room Debbi	

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:15 PM		HIIT Dance room Amybeth		HIIT Dance room Amybeth		HIIT Dance room Amybeth	
05:30 PM				Yoga Yoga Sculpt Back Yoga room Sarah			
06:00 PM		Sweat and Swagger Dance room Allison	Club AK Dance room Allison	Zumba Zumba Dance room Carla	Barre Dance room Carla		
06:30 PM		Spin Spin room Alex		Spin Spin room Eric			
07:05 PM			Yoga ALL- Levels Flow Yoga Dance room Steph		Yoga ALL- Levels Flow Yoga Dance room Steph		

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