

# Gettysburg Classes / Schedules

09/01/2022 - 09/30/2022

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:00 AM		<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	
06:00 AM		<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	<b>Boot Camp</b> Dance room Howard	
07:30 AM							<b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph * No class 9/17/22 9/24/22
07:45 AM			<b>Yoga</b> Vinyasa Flow Back Yoga room Judy		<b>Yoga</b> Vinyasa Flow Back Yoga room Judy		
08:00 AM	<b>Boot Camp</b> Dance room Howard	<b>Fun, Fit, and Fifty</b> Dance room Jen	<b>Outside Classes</b> Walking Group Outside Jenn	<b>Fun, Fit, and Fifty</b> Dance room Jen	<b>Outside Classes</b> Walking Group Outside Jenn	<b>Fun, Fit, and Fifty</b> Dance room Jen	<b>Boot Camp</b> Gym A Howard
							<b>Spin</b> Spin room Stacy * No class 9/17/22
08:30 AM			<b>Aquatics</b> Water Walking Deep Water Linda D		<b>Aquatics</b> Water Walking Deep Water Linda D		
09:00 AM			<b>Silver Sneakers</b> CLASSIC Dance room Colleen	<b>Spin</b> Spin room Jenn * No class 9/21/22 9/28/22	<b>Silver Sneakers</b> CLASSIC Dance room Colleen		<b>Aquatics</b> Liquid Assets Deep Water Kelly H
							<b>Zumba</b> Zumba Dance room Debbi
09:15 AM		<b>Yoga</b> Gentle Yoga Dance room Lisa		<b>Yoga</b> Gentle Yoga Dance room Lisa		<b>Yoga</b> Gentle Yoga Dance room Lisa	
09:30 AM		<b>Barre/Pilates</b> Back Yoga room Polly					
10:00 AM			<b>Silver Sneakers</b> Seated Dance room Colleen		<b>Silver Sneakers</b> Seated Dance room Colleen		
10:30 AM		<b>Yoga</b> Chair Yoga Dance room Julie		<b>Barre/Pilates</b> Dance room Polly		<b>Yoga</b> Chair Yoga Dance room Julie	

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
11:00 AM	<b>Zumba</b> Zumba Dance room Carla		<b>Yoga</b> Yoga Sculpt Back Yoga room Sarah				
11:30 AM		<b>Aquatics</b> Shallow Water Shallow Water Linda D		<b>Aquatics</b> Shallow Water Shallow Water Linda D		<b>Aquatics</b> Shallow Water Shallow Water Linda D	
12:30 PM		<b>Aquatics</b> Water Funtastic Pool Linda D		<b>Aquatics</b> Water Funtastic Pool Linda D		<b>Aquatics</b> Water Funtastic Pool Linda D	
01:00 PM		<b>Zumba</b> Zumba Toning Dance room Debbi					
03:00 PM						<b>Zumba</b> Zumba Toning Dance room Debbi	
04:00 PM		<b>Aquatics</b> Aqua Jogging Deep Water Trish					
05:00 PM				<b>Aquatics</b> Liquid Fit Pool Kelly H			
05:15 PM		<b>HIIT</b> Dance room Amybeth		<b>HIIT</b> Dance room Amybeth		<b>HIIT</b> Dance room Amybeth	
05:30 PM				<b>Yoga</b> Yoga Sculpt Back Yoga room Sarah			
06:00 PM		<b>Sweat and Swagger</b> Dance room Allison	<b>Club AK</b> Dance room Allison	<b>Zumba</b> Zumba Dance room Carla	<b>Barre</b> Dance room Carla		
06:30 PM		<b>Spin</b> Spin room Alex		<b>Spin</b> Spin room Eric			
07:05 PM			<b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph		<b>Yoga</b> ALL- Levels Flow Yoga Dance room Steph * No class 9/15/22		

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