



Gettysburg Classes / Schedules

11/01/2022 - 11/30/2022

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:00 AM		Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr) * No class 11/24/22	Boot Camp Dance room Howard (1 hr)	
06:00 AM		Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr)	Boot Camp Dance room Howard (1 hr) * No class 11/24/22	Boot Camp Dance room Howard (1 hr)	
07:30 AM							Yoga ALL- Levels Flow Yoga Dance room Steph (1.25 hrs)
07:45 AM			Yoga Vinyasa Flow Dance room Judy (1 hr)		Yoga Vinyasa Flow Dance room Judy (1 hr) * No class 11/24/22		
08:00 AM	Boot Camp Dance room Howard (1 hr)	Fun, Fit, and Fifty Dance room Jen (1 hr)		Fun, Fit, and Fifty Dance room Jen (1 hr)		Fun, Fit, and Fifty Dance room Jen (1 hr)	Boot Camp Gym A Howard (1 hr) Spin Spin room Stacy (1 hr)
08:30 AM			Aquatics Aqua Core Shallow Water Linda D (1 hr)		Aquatics Aqua Core Shallow Water Linda D (1 hr) * No class 11/24/22		
09:00 AM			Silver Sneakers CLASSIC Dance room Colleen (45 min)		Silver Sneakers CLASSIC Dance room Colleen (45 min) * No class 11/24/22		Aquatics Liquid Assets Deep Water Kellie H (1 hr) Zumba Zumba Dance room Debbi (1 hr)
09:15 AM		Yoga Gentle Yoga Dance room Lisa (1 hr)		Yoga Gentle Yoga Dance room Lisa (1 hr)		Yoga Gentle Yoga Dance room Lisa (1 hr)	

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
09:30 AM		Barre/Pilates Back Yoga room Zach (min)					
09:40 AM			Aquatics Deep Water Power Pool Linda D (1 hr)		Aquatics Deep Water Power Pool Linda D (1 hr) <i>* No class 11/24/22</i>		
10:00 AM			Silver Sneakers Seated Dance room Colleen (45 min)		Silver Sneakers Seated Dance room Colleen (45 min) <i>* No class 11/24/22</i>		
10:30 AM		Aquatics Cardio Splash Shallow Water Linda D (1 hr)		Aquatics Cardio Splash Shallow Water Linda D (1 hr)		Aquatics Cardio Splash Shallow Water Linda D (1 hr)	
		Yoga Chair Yoga Dance room Julie (1 hr)		Barre/Pilates Dance room Zach (min)		Yoga Chair Yoga Dance room Julie (1 hr)	
11:00 AM	Zumba Zumba Dance room Carla (1 hr)		Yoga Yoga Sculpt Back Yoga room Sarah (1 hr)				
11:30 AM		Aquatics Core Zone Deep Water Linda D (30 min)		Aquatics Core Zone Deep Water Linda D (30 min)		Aquatics Core Zone Deep Water Linda D (30 min)	
01:00 PM		Zumba Zumba Toning Dance room Debbi (1.25 hrs)					
03:00 PM						Zumba Zumba Toning Dance room Debbi (1.25 hrs)	
05:00 PM				Aquatics Liquid Fit Deep Water Kellie H (1 hr)			
05:15 PM		HIIT Dance room Amybeth (30 min)		HIIT Dance room Amybeth (30 min)		HIIT Dance room Amybeth (30 min)	

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
06:00 PM		Club AK Dance room Allison (1 hr)	Club AK Dance room Allison (1 hr)	Zumba Zumba Dance room Carla (1 hr)	Barre Dance room Carla (1 hr) * No class 11/24/22		
06:30 PM		Spin Spin room Stacy (1 hr)		Spin Spin room Eric (1 hr)			
07:05 PM			Yoga ALL- Levels Flow Yoga Dance room Steph (1.25 hrs)		Yoga Dance room Steph (1.25 hrs) * No class 11/24/22 * Starts on 11/3/22		

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