

Gettysburg Classes / Schedules

01/01/2023 - 01/31/2023

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:00 AM		Boot Camp Dance room Howard (1 hr) * No class 1/2/23 1/16/23	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)	
06:00 AM		Boot Camp Dance room Howard (1 hr) * No class 1/2/23 1/16/23	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)	
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)		
08:00 AM	Boot Camp Dance room Howard (1 hr) * No class 1/1/23	Fun, Fit, and Fifty Dance room Jen (1 hr) * No class 1/16/23		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) <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)		
09:00 AM			Silver Sneakers CLASSIC Dance room Colleen (45 min)		Silver Sneakers CLASSIC Dance room Colleen (45 min)		Aquatics Liquid Assets Deep Water Kellie H (1 hr) <hr/> Zumba Zumba Dance room Debbi (1 hr)
09:15 AM		Yoga Gentle Yoga Dance room Lisa (1 hr) * No class 1/16/23		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 Polly (1 hr) * No class 1/16/23					
10:00 AM			Silver Sneakers Seated Dance room Colleen (45 min)		Silver Sneakers Seated Dance room Colleen (45 min)		
10:30 AM		Aquatics Cardio Splash Shallow Water Linda D (1 hr) * No class 1/2/23 1/16/23 <hr/> Yoga Chair Yoga Dance room Julie (1 hr) * No class 1/2/23 1/16/23 * Ends on 1/13/23		Aquatics Cardio Splash Shallow Water Linda D (1 hr) <hr/> Barre/Pilates Dance room Polly (1 hr)		Aquatics Cardio Splash Shallow Water Linda D (1 hr) <hr/> Yoga Chair Yoga Dance room Julie (1 hr) * Ends on 1/13/23	
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) * No class 1/2/23 1/16/23		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) * No class 1/16/23					
03:00 PM						Zumba Zumba Toning Dance room Debbi (1.25 hrs)	
05:00 PM				Aquatics Liquid Fit Deep Water Kellie H (1 hr)			

Start Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat
05:15 PM		HIIT Dance room Amybeth (30 min) * No class 1/16/23		HIIT Dance room Amybeth (30 min)		HIIT Dance room Amybeth (30 min)	
06:00 PM		Club AK Dance room Allison (1 hr) * No class 1/16/23	Club AK Dance room Allison (1 hr)	Zumba Zumba Dance room Carla (1 hr)	Barre Dance room Carla (1 hr)		
06:30 PM		Spin Spin room Stacy (1 hr) * No class 1/16/23		Spin Spin room Eric (1 hr)			
07:05 PM			Yoga ALL- Levels Flow Yoga Dance room Steph (1.25 hrs)		Yoga ALL- Levels Flow Yoga Dance room Steph (1.25 hrs)		

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