

YWCA GROUP EXERCISE SCHEDULE - 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------------------------------|---|---------------------------------------|---|---------------------------------------|--|--------------------------|
| 6:00am | Boot Camp Howard~ 1hr | Boot Camp Howard~ 1hr | Boot Camp Howard~ 1hr | Boot Camp Howard~ 1hr | Boot Camp Howard~ 1hr | | |
| 7:30am | | | | | | All levels Flow Yoga Steph~ 1.25hr | |
| 7:45am | | Vinyasa Flow Yoga Dorothy~ 1hr | | Vinyasa Flow Yoga Judy~ 1hr | | | |
| 8:00am | Fun, Fit and Fabulous! Jen~ 1hr | | Fun, Fit and Fabulous! Jen~ 1hr | | Fun, Fit and Fabulous! Jen~ 1hr | | Boot Camp Howard~ 1hr |
| 8:00am | | | | | | Spin Stacy~ 1hr | |
| 9:00am | | | | | | Zumba Debbie~ 1hr | |
| 9:15am | Gentle Yoga Lisa~ 1hr | SilverSneakers *Classic* Colleen~ 1hr | Gentle Yoga Lisa~ 1hr | SilverSneakers *Classic* Colleen~ 1hr | Gentle Yoga Lisa~ 1hr | | |
| 10:15am | | SilverSneakers *Seated* Colleen~ 1hr | | SilverSneakers *Seated* Colleen~ 1hr | | | |
| 10:30am | Pilates Fusion Zach~ 1.5hr | | Barre/Pilates Polly~ 1hr | | Chair Yoga Julie~ 1hr | | |
| 11:00am | | | | | | | Barre Carla~ 1hr |
| 11:30am | | Pilates Fusion Zach~ 1hr | | | | | |
| 1:00pm | Zumba Toning Debbie~ 1.25hr | | | | | | |
| 3:00pm | | | | | Zumba Toning Debbie~ 1.25hr | | |
| 5:15pm | HIIT AmyBeth~ .50hr | | HIIT AmyBeth~ .50hr | | HIIT AmyBeth~ .50hr | | |
| 6:00pm | Club AK Allison~ 1hr | Club AK Allison~ 1hr | Zumba (new!) Laura~ 1hr | Barre Carla~ 1hr | | | |
| 6:30pm | Spin Deb~ 1hr | | Spin Stacy~ 1hr | | | | |
| 7:05pm | | All levels Flow Yoga Steph~ 1.25hr | | All levels Flow Yoga Steph~ 1.25hr | | | |
| YWCA of Gettysburg and Adams County ~ 909 Fairfield Road ~ 717-334-9171 | | | | | | | |
| | Active Older Adult | Pilates/Yoga | Cycling | Zumba/Dance | Boot Camp | Core/Strength | High Intensity |