



GROUP FITNESS SCHEDULE

SINKING SPRING FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30 AM Spin w/ Kristi Spin Studio	5:30 AM BodyPump w/ Kristi Group Fitness		
8:30 AM Step Intervals w/ Janet Group Fitness	8:00 AM Silver Sneakers 1 w/ Kathy Youth Gym	8:30 AM Bike & Boot Camp w/ Janet Spin Studio	8:00 AM Silver Sneakers Cardio Circuit w/ Kathy Youth Gym	8:30 AM HIIT Step Training w/ Janet Group Fitness	8:30 AM Bike & Boot Camp w/ Janet Spin Studio
9:30 AM Sunrise Yoga w/ Renee ONLINE ONLY	9:00 AM Strong w/ Amanda Group Fitness	9:30 AM Drums Alive w/ Ruthie Group Fitness	9:00 AM Zumba w/ Amanda Group Fitness		9:30 AM BodyPump w/ Various Group Fitness
	9:00 AM YFIT XT HIIT w/ Janelle Turf Field	10:30 AM BodyPump w/ Ruthie Group Fitness	9:00 AM YFIT XT HIIT w/ Janelle Turf Field		
	9:15 AM Silver Sneakers Yoga Stretch w/ Kathy Youth Gym	11:30 AM Yoga Express w/ Ruthie Group Fitness	9:30 AM BodyPump w/ Renee ONLINE ONLY		
	5:45 PM Core & More w/ Kristi Group Fitness				
6:00 PM Zumba w/ Joi Upper Studio	6:00 PM POUND FIT w/ Heather ONLINE ONLY		6:00 PM HIIT w/ Amanda Group Fitness	6:00 PM Zumba w/ Joi ONLINE ONLY	
6:00 PM Pump Express w/ Ruthie Group Fitness		6:30 PM YFIT XT HIIT w/ Janelle Turf Field	<div data-bbox="824 1514 1544 1906" data-label="Complex-Block"> <p>YWellness 24/7</p> <p>Y Wellness 24/7, a new virtual membership platform which offers 160+ live online classes and 1,000+ on-demand classes, is now included with your Y Membership.</p> <p>Learn more at ymcarbc.org/ywellness24-7</p> </div>		
6:30 PM YFIT XT HIIT w/ Janelle Turf Field					
6:45 PM Yoga Express w/ Ruthie Group Fitness					

*Group fitness classes do not require reservations, but all members must check in at the Welcome Center before participating.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

TRI VALLEY YMCA & RICHMOND PROGRAM CENTER | PHASE 3

MONDAY

10:45 AM | Active Older Adults w/ Ruby*

TUESDAY

9:00 AM | Cardio Pilates w/ Ruby

WEDNESDAY

10:45 AM | Active Older Adults w/ Ruby*

THURSDAY

6:00 PM | Yoga w/ Ruby

FRIDAY

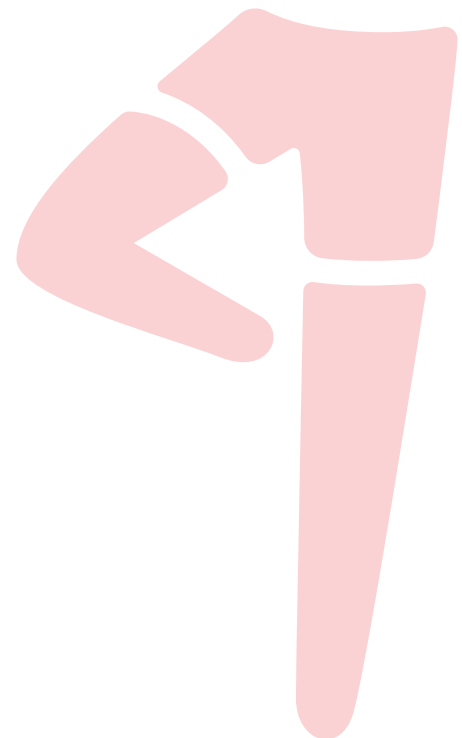
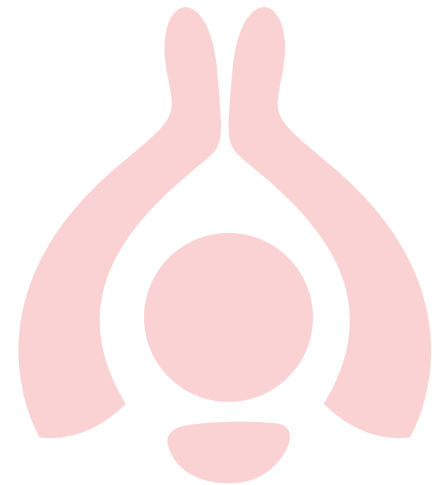
10:45 AM | Active Older Adults w/ Ruby*

SATURDAY

9:00 AM | Pound w/ Heather

*Denotes class held at Richmond Program Center

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GROUP FITNESS SCHEDULE

MIFFLIN AREA YMCA | PHASE 3

MONDAY

9:00–9:45 AM | Zumba

TUESDAY

7:45–8:30 AM | Silver Sneakers

8:30–9:00 AM | Core & More

9:10–10:00 AM | Silver Sneakers

WEDNESDAY

8:00–8:45 AM | Cardio, Strength,
& More

THURSDAY

7:45–8:30 AM | Silver Sneakers

8:30–9:00 AM | Core & More

9:10–10:00 AM | Silver Sneakers

FRIDAY

9:00–9:45 AM | Zumba



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GROUP FITNESS SCHEDULE

ADAMSTOWN YMCA | PHASE 3

MONDAY

8:45–9:30 AM | Total Body Tune Up

9:00–9:45 AM | Zumba

5:10–6:00 PM | Pound

TUESDAY

7:45–8:30 AM | Silver Sneakers

8:30–9:00 AM | Core & More

9:10–10:00 AM | Silver Sneakers

9:30–10:15 AM | Silver Sneakers

5:45–6:30 PM | Force 3 / Strength,
Cardio, Core

WEDNESDAY

8:00–8:45 AM | Cardio, Strength,
& More

THURSDAY

9:30–10:15 AM | Silver Sneakers

FRIDAY

9:00–9:45 AM | Zumba

SATURDAY

9:00–10:00 AM | Yoga



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but all members must check in at the
Welcome Center before participating.