



# CHAMBERSBURG YMCA GROUP FITNESS SCHEDULE JANUARY 2023

Classes begin Monday, January 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Mornin' Boot Camp 7:00AM Drew **Edwards Gym	<b>Yoga For Everyone 9:00AM Charna **New 1 Hour</b>	Early Mornin' Boot Camp 7:00AM Drew ** Edwards Gym	<b>Qigong 10:00AM Liz</b>	HIIT 9:15AM Becky	<b>Yoga Flow 8:15AM Adair</b>
<b>Cardio &amp; Strength 9:00AM</b> Angie	Zumba Gold **10:15AM Charna	Total Body Conditioning 9:00AM Erica	<b>Zumba 10:00AM Charna</b>	<b>PraiseMoves Gold Seated Stretching 10:15AM JK * Begins Jan. 13</b>	<b>SHiNE 9:00AM Melissa</b>
<b>Forever Fit 10:15AM Mary Ann</b>	<b>Silver Sneakers Classic 11:15AM Drew</b>	<b>Forever Fit 10:15AM Mary Ann</b>	<b>Silver Sneakers Classic 11:15AM Angie</b>		<b>Muscle Pump 10:15AM Marianne</b>
<b>HIIT 12:00PM Erica - Online Only</b>	<b>Mindful at Any Speed 11:15AM Mike H.</b>	<b>Tai Chi 11:00AM 10 Week Series * Pre- Registraion Required ** Limitd Space Tom</b>	<b>Mindful at Any Speed 11:15AM Mike H.</b>	<b>CLASSES IN BOLD = 1 HOUR</b> <b>CLASSES NOT BOLD = 40-50 MIN</b> <b>*Special Notification</b> <b>* NEW IN JANUARY 2023</b> <b>** NEW TIME - January 2023</b> <b>*** Pre Registration Required</b> <b>Free to CHBG Y Members \$40 for Non-Mem.</b> <b>For Class Updates</b> TEXT @ygroupfit to 81010 <b>OR Email</b> <a href="mailto:ygroupfit@mail.remind.com">ygroupfit@mail.remind.com</a>	
		<b>Cycle and Conditioning 12:00PM Becky Cycle Room &amp; Gym</b>			
<b>Yoga Flow 5:30PM Adair</b>		Strong Nation 5:30PM Jennifer	<b>Yoga Flow 5:30PM Adair</b>		
Total Body Conditioning 5:30PM Jenny M.	<b>Interval Training 5:30PM Jenny M.</b>	<b>Power Yoga 6:00PM Tara</b>	<b>Interval Training 5:30PM Jenny M.</b>		
<b>Cardio Dance 6:30PM Marianne</b>	<b>Muscle Pump 6:30PM Marianne</b>	<b>Zumba 6:30PM Jennifer</b>	<b>Muscle Pump 6:30PM Kelly</b>		

**Cycle-Cycle Room at Main YMCA**

<b>Indoor Cycle 9:00AM  Becky In person &amp; Online</b>	<b>Indoor Cycle 7:00AM  Becky In person &amp; Online</b>	<b>Cycle &amp; Conditioning 12:00PM Becky Cycle Room &amp; Gym</b>	<b>Indoor Cycle 9:00AM  Becky In person &amp; Online</b>	<b>Indoor Cycle 8:00AM  Becky In person &amp; Online</b>	<b>Indoor Cycle 7:00AM  Becky In person &amp; Online</b>
	<b>Indoor Cycle 5:30PM Becky or Mike C.</b>	<b>Indoor Cycle 6:30PM Marianne or Kelly</b>			<b>Indoor Cycle 9:00AM Kelly</b>

**Aquatic Fitness-Huber & Walker Pool at Main YMCA**

<b>Deep Water 9:00AM Jane</b>	<b>Sea Fit 9:00AM Jane</b>	<b>Deep Water 9:00AM Pat</b>	<b>Sea Fit 9:00AM Jane</b>	<b>Deep Water 9:00AM Jane</b>	<b>*No Aquatic Classes Week of JAN 2-9 EXCEPT Mon-Wed-Fri 10:00am Forever Fit</b>
<b>Forever Fit 10:00AM Jane</b>	<b>Twinges in Hinges 10:00AM Jane</b>	<b>Forever Fit 10:00AM Barb</b>	<b>Twinges in Hinges 10:00AM Jane</b>	<b>Forever Fit 10:00AM Jane</b>	
<b>Hydro Fit 6:45PM Pat</b>					

	ZOOM Virtual Log-In Informaton Becky ID# 405 399 8700 Password: 6693		Ywellness Virtual Log-In Informaton <a href="https://fit.burnalong.com/ywellness/">https://fit.burnalong.com/ywellness/</a>
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