



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 7:00AM Drew ** Edwards Gym	Yoga For Everyone 9:00AM Charna **New 1 Hour	Early Mornin' Boot Camp 7:00AM Drew ** Edwards Gym	 Intro to Pilates  9:00 AM Emily	HIIT 9:15AM Becky	Yoga Flow 8:15AM Adair
Cardio & Strength 9:00AM Angie	Zumba Gold **10:15 AM Charna	Total Body Conditioning 9:00 AM Erica 	Qigong 10:00 Liz Zumba 10:00 Charna	Line Dancing 10:15 AM Becky ** Outdoor Pavilion weather permitting or Fitness Studio	SHiNE 9:00AM Cortney
Forever Fit 10:15 Mary Ann	Silver Sneakers Classic 11:15AM Angie	Forever Fit 10:15AM Mary Ann	Silver Sneakers Classic 11:15AM Angie		Muscle Pump 10:15AM Marianne
Praisemoves GOLD 11:15AM JK	Mindful at Any Speed 11:15AM Mike H.	Cycle and Conditioning 12:00 PM Becky Cycle Room and Gym	Mindful at Any Speed 11:15AM Mike H.	CLASSES IN BOLD = 1 HOUR CLASSES NOT IN BOLD = 45 MIN.	
Erica 				 New this Month  Intro to Pilates 	
YOGA FLOW 5:30 PM Adair			Yoga Flow 5:30PM Adair		
TOTAL BODY CONDITIONING 5:30PM Jenny M.			Interval Training 5:30PM Jenny M.	Strong Nation 5:30PM Jennifer D.	SHiNE 5:30PM Cortney
Cardio Dance 6:30PM Marianne	Muscle Pump 6:30PM Marianne	Zumba 6:30PM Jennifer D.	Muscle Pump 6:30PM Marianne	FOR CLASS UPDATES: TEXT @ygroupfit2 to 81010 OR EMAIL rmd.at/ygroupfit2	




Cycle-Cycle Room at Main YMCA



Indoor Cycle 9:00AM zoom Becky In person & Online	Indoor Cycle 7:00AM zoom Becky In person & Online	Cycle & Conditioning 12:00PM Becky Cycle Room & Gym	Indoor Cycle 9:00AM zoom Becky In person & Online	Indoor Cycle 8:00AM zoom Becky In person & Online	Indoor Cycle 7:00AM zoom Becky In person & Online
	Indoor Cycle 5:30 PM Kelly	Indoor Cycle 6:30PM Marianne			Indoor Cycle 9:00AM Kelly

Aquatic Fitness-Huber & Walker Pool at Main YMCA

Deep Water 9:00AM Jane	Sea Fit 9:00AM Jane	Deep Water 9:00AM Pat	Sea Fit 9:00AM Jane	Deep Water 9:00AM Jane	
Forever Fit 10:00AM Jane	Twinges in Hinges 10:00AM Jane	Forever Fit 10:00AM Barb	Twinges in Hinges 10:00AM Jane	Forever Fit 10:00AM Jane	
Hydro Fit 6:30PM Pat	THE YMCA PROGRAM CENTER WILL BE CLOSED DECEMBER 25TH THROUGH JANUARY 1, 2024. Group Fitness Classes will resume on Tuesday, January 2, 2024.				



ZOOM Virtual Log-In Information

Becky ID# 405 399 8700 Password: 6693



Ywellness Virtual Log-In Information

<https://fit.burnalong.com/ywellness/>[This Photo](#)

BY-NC

Chambersburg Memorial YMCA
717-263-8508

570 E. McKinley Street

Aquatic and Cycle Classes held here

Nitterhouse Family Program Center
717-446-0533

756 S. Coldbrook Avenue

Group Fitness Classes held here