



CHAMBERSBURG YMCA GROUP FITNESS SCHEDULE

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 7:00AM Becky ** Edwards Gym	Yoga For Everyone 9:00AM Charna **New 1 Hour	Early Mornin' Boot Camp 7:00AM Becky ** Edwards Gym	Intro to Pilates 9:00AM Emily Zumba 10:00AM Charna	HIIT 9:15AM Becky	Learn to LOVE to RUN 8:00AM Chris
Cardio & Strength 9:00AM Angie	Zumba Gold **10:15 AM Charna	STRENGTH 9:00 AM Becky	Qigong 10:00AM LIZ	Line Dancing 10:15 AM Becky	Fitness Center- Main YMCA Registration Req.
Forever Fit 10:15AM Mary Ann	Silver Sneakers Classic 11:15AM Angie	Forever Fit 10:15AM Mary Ann	Silver Sneakers Classic 11:15AM Angie	**Will be held in Fitness Studio during cold weather	Yoga Flow 8:15 AM Adair
TAI CHI 4:00PM Class Full Tom C.	Mindful at Any Speed 11:00AM Mike H.	Cycle and Conditioning 12:00 PM Becky Cycle Room and Gym	Mindful at Any Speed 11:00AM Mike H.		SHiNE 9:00 AM Cortney
YOGA FLOW 5:30 PM Adair		POWER YOGA 6:00PM Tara or Kim	YOGA FLOW 5:30 PM Adair	CLASSES IN BOLD = 1 HOUR CLASSES NOT IN BOLD = 45 MIN.	
TOTAL BODY CONDITIONING 5:30 PM Jenny M.	Interval Training 5:30PM Jenny M.	Strong Nation 5:30PM Jennifer D.	SHiNE 5:30PM Cortney	New Time	
Cardio Dance 6:30PM Marianne	Muscle Pump 6:30PM Marianne	Zumba 6:30PM Jennifer D.	Muscle Pump 6:30PM Kelly	New Name only	
				New Class	
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					
Dynamic Aqua Aerobic Fitness 9:00 Jane	Dynamic Aqua Aerobic Fitness 9:00 Jane	Deep Water 9:00AM Pat	Dynamic Aqua Aerobic Fitness 9:00 Jane	Dynamic Aqua Aerobic Fitness 9:00 Jane	** Please Note: Dynamic Aquatics Aerobic Fitness classes will resemble both the Deep Water and SEA Fit classes previously taught by Jane S.
Aqua Forever Fit 10:00AM Jane	Twinges in Hinges 10:00AM Jane	Aqua Forever Fit 10:00AM Barb	Twinges in Hinges 10:00AM Jane	Aqua Forever Fit 10:00AM Jane	
Hydro Fit 6:30PM Pat	FOR CLASS UPDATES: TEXT the message @ygroupfit2 TO: 81010				
	ZOOM Virtual Log-In Information		Becky ID# 405 399 8700 Password: 6693		
Chambersburg Memorial YMCA 717-263-8505 570 E. McKinley Street *Aquatics & Cycle Classes held here*			Nitterhouse Family Program Center 717-446-0533 756 S. Coldbrook Avenue *Group Fitness Classes held here*		