



# SPECIAL CLASS SCHEDULE

June 11 - June 17

Lansdowne YMCA



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www.cyedc.org



610.259.1661

## CLASSES FOR ADULTS 13+

### Monday

Pound	8:30-9:15am
Cardio Kickboxing	9:05-10am
Les Mills BODYPUMP	9:30-10:30am
Silver Sneakers Classic	10:05-11am
Cardio Combo	11-11:45am
Functional Fitness	5:05-6pm
30/30 Cardio/Strength	6:05-7pm
TRX	6:30-7:15pm
Cardio Dance & More	7:05-8pm
Les Mills BODYPUMP Exp.	7:15-8pm
Latin/Hip Hop Fusion	8:05-9pm

### Tuesday

Cycle 45	9-9:45am
Cardio Dance & More	9:05-10am
Absolute Abs	10-10:30am
Strength Basics	10:05-11am
Silver Sneakers Yoga	11:15am-12pm
Total Body Tone	6:05-7pm
Cycle 45	6:15-7pm
Mat Pilates	7:05-8pm
Boot Camp	7:15-8pm
TRX	8-8:45pm
Les Mills BODYPUMP	8:05-9:05pm
Zumba	8:05-9pm

### Wednesday

Zumba Gold	9:05-10am
Cycle 30 + Core	9:15-10am
TRX Circuit	10:05-10:50am
Silver Sneakers Cardio	10:05-11am
Cardio Combo	11-11:45am
Barre Fusion	5:05-6pm
Interval Training	6:05-7pm
Zumba	7:05-8pm
Yoga	7:10-8:05pm
Pound	8:10-9pm

### Thursday

Cardio Dance and More	9:05-10am
Cycle 30	9:15-9:45am
Absolute Abs	10-10:30am
Cardio Strength Circuit	10:05-11am
Mat Pilates	11:15am-12pm
Pound	5:05-5:50pm
Zumba	6:05-7pm
Les Mills BODYPUMP	6:05-7:05pm
Cycle 45	7:05-7:50pm
Mat Pilates	7:05-8pm
Insanity	7:15-8pm
Red Hot Dance Fitness	8:05-9pm
Yoga	8:05-9pm

### Friday

Cardio Kickboxing	9:05-10am
Les Mills BODYPUMP	9:30-10:30am
Senior Fitness & Balance	10:05-11am
Barre Fusion	11:15am-12pm
Zumba	6-6:45pm
Yoga	6:50-7:45pm

### Saturday

Les Mills BODYPUMP	8-9am
Barre Fusion	8:30-9:15am
Cycle 45	9-9:45am
Insanity	9:15-10:10am

### Sunday

Cardio Combo	10:30-11:25am
Yoga	11:30am-12:25pm

• Classes subject to change without notice.

## Water Fitness Classes

### Water Walking

Deep water class.	
Mon/Wed	9-9:45am
Mon/Wed	8-8:30pm
Tues/Thurs	9-9:45am
Tues/Thurs	9:45-10:30am

### Water Aerobics

Shallow water class.	
Mon/Wed	8-8:45pm
Tues/Thurs	9:15-10am

### Silver Sneakers Splash

Shallow water, aquatic exercise class using splash kick boards and choreography	
progressions to increase agility, range of motion and cardiovascular conditioning.	
Tues/Thurs	10:15-11am

## SUMMER PROGRAMS & CLASSES

Summer 1  
June 18-July 22

Summer 2  
July 23-August 26

Join us for one or more of these exciting classes!



TRY IT TODAY!



Summer Registration 6/3 & 6/6