

**SPRING II | LANSDALE GROUP EXERCISE | ADULT APRIL 22, 2019 – JUNE 16, 2019** REVISED: 4.10.19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BOOT CAMP</b> 5:30-6:25am Impact Zone	<b>BODYPUMP™</b> 5:45-6:45am Clemens Studio	<b>BOOT CAMP</b> 5:30-6:25am Impact Zone	<b>BODYPUMP™</b> 5:45-6:45am Clemens Studio	<b>BOOT CAMP</b> 5:30-6:25am Impact Zone	<b>CYCLING</b> 7:30-8:25am Moffa Studio	<b>ZUMBA</b> 9:15-10:10am Impact Zone
<b>20/20/20</b> 8:30-9:25am Clemens Studio	<b>ZUMBA GOLD TONING</b> 8:30-9:15am Impact Zone	<b>CYCLING</b> 5:45-6:45am Moffa Studio	<b>YOGALATES</b> 8:30-9:25am Impact Zone	<b>CYCLING</b> 5:45-6:45am Moffa Studio	<b>BODYPUMP™</b> 8:30-9:25am Clemens Studio	<b>CYCLING</b> 9:30-10:25am Moffa Studio
<b>PILATES</b> 8:30-9:25am Impact Zone	<b>YOGALATES</b> 8:30-9:25am Clemens Studio	<b>STEP</b> 8:30-9:25am Impact Zone	<b>TRX*</b> 8:30-9:15am The Arena	<b>ZUMBA TONING</b> 8:30-9:25am Impact Zone	<b>CARDIO INTERVAL</b> 8:30-9:25am Impact Zone	<b>BODYPUMP™</b> 9:30-10:30am Clemens Studio
<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>BALLET BARRE BURN</b> 9:30-10:20am Clemens Studio	<b>PILATES</b> 8:30-9:25am Clemens Studio	<b>STRONG</b> 9:30-10:30am The Arena	<b>20/20/20</b> 8:30-9:25am Clemens Studio	<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>FITNESS YOGA</b> 10:15-11:10am Impact Zone
<b>ZUMBA</b> 9:30-10:25am Impact Zone	<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>PURE STRENGTH</b> 9:30-10:30am Clemens Studio	<b>PILATES</b> 9:30-10:25am Clemens Studio	<b>PILATES – NEW!</b> 10:45-11:30am Clemens Studio
<b>BODYPUMP™</b> 9:30-10:30am Clemens Studio	<b>POP PILATES</b> 9:30-10:30am The Arena	<b>BODYPUMP™</b> 9:30-10:30am Clemens Studio	<b>ZUMBA</b> 9:30-10:25am Impact Zone	<b>CARDIO BLAST</b> 9:30-10:30am Impact Zone	<b>ZUMBA</b> 9:30-10:25am Impact Zone	<b>TAI CHI</b> 11:15-12:00pm Impact Zone
<b>CARDIO KICKBOXING</b> 9:30-10:25am The Arena	<b>AOA BODY TONING</b> 9:30-10:25am Impact Zone	<b>TABATA</b> 9:30-10:25am The Arena	<b>SILVER SNEAKERS</b> 9:30-10:15am Clemens Studio	<b>CARDIO CORE</b> 9:30-10:30am The Arena	<b>FAST N FURIOUS</b> 10:30-11:25am Impact Zone	
<b>FITNESS YOGA</b> 10:30-11:25am Impact Zone	<b>AOA CYCLING – NEW!</b> 10:30-11:15am Impact Zone	<b>GENTLE YOGA</b> 9:30-10:15am Impact Zone	<b>SHOCK</b> 10:30-11:30am The Arena	<b>CYCLING</b> 9:30-10:25am Moffa Studio	<b>YOGA</b> 10:30-11:25am Clemens Studio	
<b>AOA BODY TONING</b> 10:45-11:40am Clemens Studio	<b>ZUMBA</b> 10:30-11:25am Impact Zone	<b>DESTRESS/MEDITATE</b> 10:30-11:00am Impact Zone	<b>ZUMBA GOLD TONING</b> 10:30-11:25am Impact Zone	<b>AOA BODY TONING</b> 10:45-11:40am Impact Zone	<b>DESTRESS/MEDITATE</b> 11:30-12:00 pm Clemens Studio	
<b>TAI CHI</b> 11:45-12:30pm Clemens Studio	<b>FITNESS YOGA</b> 10:30 am-11:15am Clemens Studio	<b>SS BOOM!</b> 10:30-11:00am The Arena	<b>SILVER SNEAKERS</b> 10:45 am-11:30am Clemens Studio	<b>Pilates Ball</b> 10:45-11:40am Clemens Studio	<b>BOXING*</b> 11:00-12:00PM The Arena	
<b>AOA YOGA</b> 11:45-12:40pm Impact Zone	<b>AOA Beginner Ball</b> 11:30 am-12:25pm Impact Zone	<b>AOA BODY TONING</b> 11:00-11:45am Impact Zone	<b>AOA BODY TONING</b> 11:30-12:25pm Impact Zone	<b>YOGA</b> 11:45-12:40pm Clemens Studio		
<b>PILATES</b> 5:00-5:45pm Clemens Studio	<b>SILVER SNEAKERS</b> 11:30 am-12:15pm Clemens Studio	<b>SSNEAKERS YOGA</b> 11:15-12:00pm Clemens Studio	<b>STRONG</b> 5:00-6:00pm Clemens Studio	<b>BOXING*</b> 5:30-6:30pm The Arena		
<b>STRONG</b> 5:00-6:00pm The Arena	<b>BODYPUMP™</b> 5:00 -6:00pm Clemens Studio	<b>ZUMBA GOLD</b> 11:45-12:30pm Impact Zone	<b>BODY SHAPING</b> 5:30-6:25pm Impact Zone	<b>POP PILATES</b> 5:00-5:45pm Impact Zone		
<b>ZUMBA</b> 5:15-6:10pm Impact Zone	<b>BODY SHAPING</b> 5:30-6:25pm Impact Zone	<b>GLUTES, GUNS n' GUTS</b> 5:00-5:45pm Clemens Studio	<b>CYCLING</b> 5:30-6:25pm Moffa Studio	<b>ZUMBA</b> 6:00-6:55pm Impact Zone		
<b>CYCLING</b> 5:30-6:25pm Moffa Studio	<b>BOXING*</b> 5:30-6:30pm The Arena	<b>ZUMBA</b> 5:15-6:10pm Impact Zone	<b>PILATES</b> 6:00- 6:55pm Clemens Studio			
<b>FITNESS YOGA</b> 6:15-7:10pm Impact Zone	<b>CYCLING</b> 5:30-6:25pm Moffa Studio	<b>BODYPUMP™</b> 6:00-7:00pm Clemens Studio	<b>CARDIO INTERVAL</b> 6:30-7:25pm Impact Zone			
<b>BODYPUMP™</b> 6:00-7:00pm Clemens Studio	<b>FITNESS YOGA</b> 6:05-7:00pm Clemens Studio	<b>TRX*</b> 6:30-7:15pm The Arena				
<b>TRX*/BOXING FUSION</b> 6:15-7:00pm The Arena	<b>CARDIO INTERVAL</b> 6:30-7:25pm Impact Zone	<b>FITNESS YOGA</b> 6:15-7:10pm Impact Zone				<b>*TRX, BOXING and TRX/BOXING FUSION*</b>
<b>TABATA</b> 7:15-8:10pm Impact Zone		<b>CYCLING</b> 6:30-7:25pm Moffa Studio				<b>CLASSES ARE FEE BASED</b>
		<b>TABATA</b> 7:15-8:10pm Impact Zone				

Check our website [NorthPennYMCA.org](http://NorthPennYMCA.org) or download our North Penn YMCA app for the most up-to-date schedules.

Please see the Welcome Desk for paper schedules.