



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Group Exercise Schedule Allentown Branch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO PROGRAMMING						
	9:00a-10:00a Adult Fitness Studio A	9:00a-10:00a Stretch and Tone Studio A	9:00a-10:00a Adult Fitness Studio A	9:00a-10:00a Stretch and Tone Studio A	9:00a-10:00a Adult Fitness Studio A	8:00a-9:00a Boot Camp Studio B
	9:15a-10:15a STEP I Studio B	9:15a-10:15a Muscle Max Studio B	9:15a-10:15a Zumba Studio B	9:15a-10:15a Zumba Studio B	9:15a-10:15a STEP I Studio B	
	10:30a-11:30a Silver Sneaker Classic Studio A	10:30a-11:30a Silver Sneaker Classic Studio A	10:30a-11:30a Zumba Gold Studio B		10:30a-11:30a Silver Sneaker Classic Studio A	10:30A-11:00A Studio B STRENGTH TRAIN TOGETHER INTRO
		11:45a-12:45p Beginner Spin Studio C	12:00p-12:45p Muscle Max Studio B	11:45a-12:30p Spin Studio C		
		1:30p-2:30p Silver Sneakers Classic Studio B	1:30p-2:30p Silver Sneakers Yoga Studio B	1:30p-2:30p Silver Sneakers Classic Studio B		
	5:00P-6:00P Total Body Conditioning Studio B	5:00P-6:00P Bellydancing Studio B	5:00P-6:00P Total Body Conditioning Studio B	5:00p-6:00p Pilates Studio B		
	6:05P-7:05P Yoga Studio B	6:00p-7:00p Zumba Toning Studio B	6:15P-7:15P Yoga Studio B	6:15P-7:15P Spin Studio C	6:00p-7:00p Zumba Studio B	
		6:16p-7:15p Beginner Spin Studio C	7:30P-8:00P Studio B STRENGTH TRAIN TOGETHER INTRO		7:30P-8:00P Studio B STRENGTH TRAIN TOGETHER INTRO	
		7:15p-8:15p Boot Camp Studio B				

SCHEDULE IS SUBJECT TO CHANGE

THIS SCHEDULE IS EFFECTIVE January 4, 2019