



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# GROUP EX. SCHEDULE

Effective Dates October 1st - 31st  
 LEBANON FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 am		Fitness with a Splash Pool			
8:30-9:30 am	AQUAFIT Pool	YOGA (9-10am) Kids Zone Upstairs	DEEP WATER AQUAFIT Pool	YOGA (9-10am) Kids Zone Upstairs	YOGA AQUAFIT Pool
10-11:00 am	SILVER SNEAKERS CLASSIC Group Ex Studio	LINE DANCING Group Ex Studio	SILVER SNEAKERS CLASSIC Group Ex Studio	LINE DANCING Group Ex Studio	SILVER SNEAKERS CLASSIC Group Ex Studio
5:30-6:30 pm	AMP'D STRENGTH Group Ex Studio	POUND Group Ex Studio	AMP'D KICKBOXING Group Ex Studio	POUND Group Ex Studio	
6:30-7:30 pm	MOVE IT DANCE Group Ex Studio	TAE KWON DO Group Ex Studio		TAE KWON DO Group Ex Studio	

**KIDS ZONE HOURS: MON-THU 5:00PM-7:30PM**  
 CHILDCARE WHILE YOU WORKOUT IS INCLUDED WITH A FAMILY MEMBERSHIP, OR \$2 TO DROP-IN.



@LEBANONFAMILYYMCA

FOLLOW US ON FACEBOOK FOR UPDATES ABOUT CLASS CHANGES, CANCELLATIONS AND INFORMATION!