



GROUP EX SCHEDULE

Lebanon Family YMCA
Effective: January 2026
*Subject to change for rentals/ events

All regular classes are included with your membership.

*Boot Camp and TRX will have a fee.

**Pre-registration required for Cycling due to limited space.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30AM		FITNESS WITH A SPLASH (POOL)			
8:30-9:30AM	AQUAFIT (POOL)		DEEP WATER AQUAFIT (POOL)		YOGA AQUAFIT (POOL)
8:00-9:00am	YOGA (KIDZONE)		YOGA (KIDZONE)		
10:00-11:00AM	SILVER SNEAKERS (GROUP EX STUDIO)	LINE DANCING (GROUP EX STUDIO)	SILVER SNEAKERS (GROUP EX STUDIO)	LINE DANCING (GROUP EX STUDIO)	SILVER SNEAKERS (GROUP EX STUDIO)
5:30-6:30PM	AMP'D STRENGTH (GROUP EX STUDIO)	LOWER BODY BURN (GROUP EX STUDIO)	ZUMBA (GROUP EX STUDIO)	DANCE FITNESS (GROUP EX STUDIO)	BOOT CAMP* (GROUP EX STUDIO)
6:30-7:30PM	CYCLING (GROUP EX STUDIO)	POUND (GROUP EX STUDIO)	AQUA ZUMBA (POOL)		

