

Littlestown YMCA Class Schedules
September 7th - October 30th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Rise-n-Shine Cycle/Bish		Rise-n-Shine Cycle/Bish		
8:00 AM						Power Ride/Bish
8:25 AM						
9:00 AM	Keep Steppin /Kawecki	Feelin' Good /Depines	Zumba/Bell	Feelin' Good /Depines	Zumba/Bell	Washboard Abs /Megonnell
9:30 AM						Legs & Buns /Megonnell
9:50 AM	Fit Body/Kawecki					
10:00 AM		Versa Training /Kawecki		Versa Training /Kawecki		Step Challenge/ Boyd
10:05 AM			Pilates Sculpt /Kawecki		Yoga/Essed 10:10AM	
10:55 AM			Yoga Plus/Keil			
5:15 PM		Zumba/ Lonai				
5:25 PM	Youth Yoga/ Keil		Youth Yoga/ Keil			
5:25 PM	Super Sculpt /Gouker		Super Sculpt /Gouker			
5:30 PM				Step Challenge/ Boyd		
6:15 PM	Keep Steppin/ Gouker		Keep Steppin/ Gouker			
6:30 PM		Pilates Sculpt /Kawecki		Pilates Sculpt /Kawecki		
7:05 PM	Zumba/ Casas		Zumba/ Casas			
7:15 PM		30 Minute Workout/Leib		Washboard Abs /Kawecki 7:10PM		
8:00 PM		Power Yoga		Power Yoga		
8:10 PM	PowerRide/Baran		PowerRide/Baran			

*Red denotes new class or time