



Williamsport
April 28th - May 4th

641 Walnut Street
Williamsport, PA 17701
5703237134

	MON 28	TUE 29	WED 30	THU 1	FRI 2	SAT 3	SUN 4
6am	Cycling Group Exercise 2nd Floor Geoff Ayers 6am - 6:45am	Boot Camp Group Exercise 2nd Floor Lisa Lytle 6am - 6:45am	Cycling Group Exercise 2nd Floor Geoff Ayers 6am - 6:45am		Cycling Group Exercise 2nd Floor Geoff Ayers 6am - 6:45am		
8am		Cycle and Core Group Exercise 2nd Floor Cindy Rice 8am - 8:45am	Kettlebell Fitness Group Exercise 2nd Floor Carey Stiller 8am - 8:45am	Bike Bootcamp Group Exercise 2nd Floor Betsy Bjorkman 8am - 8:45am		Boot Camp Group Exercise 2nd Floor Lisa Lytle 8:30am - 9:20am	
9am	SilverSneakers Circuit Group Exercise Gymnasium Cindy Rice 9am - 9:45am	Box and Burn Group Exercise 2nd Floor Beth Moorhouse 9am - 10am	PowerPump Group Exercise 2nd Floor Rebecca Hall 9:15am - 10:15am	Boomer FIT Group Exercise Gymnasium Carey Stiller 9:15am - 10am	SilverSneakers Circuit Group Exercise Gymnasium Cindy Rice 9am - 9:45am		
	Lower Body Blast Group Exercise 2nd Floor Libbie Boyer 9:15am - 10am	Boomer FIT Group Exercise Gymnasium Carey Stiller 9:15am - 10am		Total Body Tone Group Exercise 2nd Floor Libbie Boyer 9:15am - 10am	Cardio Strength Tabata Group Exercise 2nd Floor Lorna Zajack 9:15am - 10am		
10am	Zumba Group Exercise 2nd Floor Paula Hedrick 10:15am - 11:15am			Flex n' Function Group Exercise 2nd Floor Melanie Wittrock 10:25am - 11:15am		Zumba Group Exercise 2nd Floor Multiple Instructors 10:30am - 11:30am	Zumba Group Exercise 2nd Floor Denise Snyder 10:15am - 11:15am
11am		Upper Body Lift-Wellness Floor Group Exercise 2nd Floor Libbie Boyer 11am - 12pm			Total Body Lift-Wellness Floor Group Exercise 2nd Floor Libbie Boyer 11am - 11:45am		
12pm	Butts and Guts Group Exercise 2nd Floor Rachael Lepley 12:10pm - 12:50pm		Cardio Strength Mash-up Group Exercise 2nd Floor Rachael Lepley 12:10pm - 12:50pm		Cardio Strength Mash-up Group Exercise 2nd Floor Rachael Lepley 12:10pm - 12:50pm		
4pm				Kettlebell Fitness Group Exercise 2nd Floor Carey Stiller 4:15pm - 5pm			
5pm	Boot Camp Group Exercise 2nd Floor Rob Chambers 5:30pm - 6:25pm	Zumba Group Exercise 2nd Floor Faith Dunkleberger 5:15pm - 6:15pm	PowerPump Group Exercise 2nd Floor Lisa Lytle 5:30pm - 6:25pm		Zumba Group Exercise 2nd Floor Denise Snyder 5:15pm - 6:15pm		
6pm	Zumba Group Exercise 2nd Floor Josie Castillo 6:35pm - 7:35pm	Party Power Cycle Group Exercise 2nd Floor Jennifer Golden 6:25pm - 7:10pm	Zumba Group Exercise 2nd Floor Irina Plotnikova 6:35pm - 7:35pm	Zumba Group Exercise 2nd Floor Irina or Denise 6:35pm - 7:35pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.