



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

ADAMSTOWN YMCA | PHASE 2

MONDAY

8:45–9:30 AM | Total Body Tune Up

5:10–6:00 PM | Pound

TUESDAY

10:30–11:15 AM | Silver Sneakers

5:45–6:30 PM | Force 3 / Strength,
Cardio, Core

THURSDAY

10:30–11:15 AM | Silver Sneakers

SATURDAY

9:00–10:00 AM | Yoga



*Group fitness classes do not require reservations, but all members must check in at the Welcome Center before participating.

**Classes are outside and subject to change in the event of inclement weather. Please check Facebook and email for cancellations or updates.