



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schedule Changes City Center Group Exercise Classes May 1 – July 2

Monday

6:00pm Yoga with Liz – New Instructor

Wednesday

5:00pm Bike Buff & Abs with Rich – New Class

6:15-7:00pm Tai Chi with Janet – New Time

Thursday

5:30am Body Pump with Jen – New Class

6:45am Yoga with Maelis – New Time

12:00pm Zumba gold with Maria – New Instructor

Friday

4:45pm POUND. Rockout. Workout. In Gym with Andrea –
New Time and New Location

5:00pm Restorative Yoga in Aerobic Studio – New Location

Saturday

9:00am Yoga with Liz – New Instructor (temporary)

LANCASTER FAMILY YMCA

City Center Branch
265 Harrisburg Avenue
Lancaster, PA 17603
Phone: 717-393-9622
Fax: 717-283-1984
lancasterymca.org

Lampeter-Strasburg Branch
800 Village Road
Lancaster, PA 17602
Phone: 717-464-4000
Fax: 717-283-1988
lancasterymca.org

YMCA at New Holland
123 North Shirk Road
New Holland, PA 17557
Phone: 717-354-4747
Fax: 717-355-9943
lancasterymca.org

YMCA Camp Shand
20 Penryn Lane, PO Box 339
Cornwall, PA 17016
Phone: 717-272-8001
Fax: 717-272-2633
lancasterymca.org