



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Schedule Changes – Lampeter-Strasburg Group Exercise Classes May 1 – July 2

Monday

5:30am Bike-N-Buff with Liz – New Class
4:30pm Step – Canceled

Tuesday

8:50am High Fitness - Canceled
7:00pm Yoga with Karen – New Time

Wednesday

9:30am Yoga with Amber – New Time
7:15pm POUND – Canceled

Thursday

5:30pm ZUMBA – Canceled

Saturday

10:15am BODYPUMP – New Time and New Location
10:45am Zumba – New Time and New Location

Sunday

2:00pm Power Hour - Canceled

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