



# SEPTEMBER

## GROUP EXERCISE SCHEDULE HARRISBURG BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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### AM CLASSES

8:00-8:45am Bootcamp (MC) Outside the Y	5:30-6:15am Bootcamp (MC) Outside the Y	5:30am- Cycle (CM) Register on website	5:30am- Bootcamp (MC) outside the Y	8-8:45am Circuits (MC) Outside the Y	8-8:45am Yoga (AD) <a href="https://global.gotomeeting.com/join/688358277">https:// global.gotomeeting.com/ join/688358277</a>
9-9:45am Barre (GB) <a href="https://global.gotomeeting.com/join/897736437">https://global.gotomeeting.com/ join/897736437</a>	7:30-8:30am (EP) Outside the YMCA Sign up on Website	8-8:45am Box N Burn (AN) Outside the Y	8-8:45am Cardio/Strength (GB) <a href="https://global.gotomeeting.com/join/617154765">https://global.gotomeeting.com/ join/617154765</a>	9-9:45am Yoga (KN) outside the Y	9-9:45am Cardio/Strength Outside the Y Varies
10-10:45am Zumba Gold (MC2) Zoom Account  Check Facebook for link		9-9:45am Barre (GB) <a href="https://global.gotomeeting.com/join/871324541">https:// global.gotomeeting.com/ join/871324541</a>	10-10:45am Zumba Gold Toning (MC2)  Check Facebook for link		9-9:45am Cycle Varies Outside the Y Sign up on Website
11-11:45am Fit over 50 (HM) Harrisburg YMCA Community Live	10:30-11:15am Fit Over 50 (HM) Harrisburg YMCA Community Live	10-10:45am Fit over 50 (EO) Harrisburg YMCA Community Live	<a href="https://www.signupgenius.com/go/9040A45AEA728A1FC1-harrisburg1">https://www.signupgenius.com/go/9040A45AEA728A1FC1-harrisburg1</a> Use Link to register for Bikes		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:30pm Strong Nation (Lorena)  Check for link weekly on Facebook	5:30-6:15pm MIXXED Fit (SH) Facebook Live		5:30-6:15pm Yoga with Linda <a href="https://global.gotomeeting.com/join/950161709">https:// global.gotomeeting.com/ join/950161709</a>	5-6pm Zumba (LC2) Check Facebook Page for app
6pm Cycle (CD) Outside the YMCA Sign up on website	5:45-6:45pm Zumba (Maria) VIRTUAL <a href="https://us02web.zoom.us/j/2788758077">https://us02web.zoom.us/ j/2788758077</a> Meeting ID: 278 875 8077  PW 123456	6pm Zumba (LC2)  Check Facebook page for app	<b>MAKE SURE TO CHECK OUT THE BACK OF THE PAGE FOR MORE DETAILS</b>	

**CONTACT:**  
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## STAY HEALTHY STAY SAFE!

The Novel Coronavirus, COVID-19, is an extremely contagious virus that spreads easily through person-to-person contact.

Federal and state authorities recommend social distancing as a means to prevent the spread of the virus.

COVID-19 can lead to severe illness, personal injury, permanent disability, and death.

Participating in this organization's programs or accessing our facilities could increase the risk of contracting COVID-19.

This organization in no way warrants that COVID-19 infection will not occur through participation in our programs or accessing our facilities.

## INSTRUCTOR LIST

AD- Andrea Deese	LC- Lauren Combs
CM- Cyndi Moore	
EO- Elizabeth Onio	EP- Ed Payne
GB- Gigi Berg	HM- Helen Morse
SH- Sandra Howell	KN- Kristin Newnham
LC2- Lorena Cumminskey	LD- Linda Dunham
MC- Mandie Condie	MC2- Mirna Costa
SH- Sandra Howell	

## HOW TO RESERVE YOUR SPOT FOR CYCLE?

- To register for class, <https://www.signupgenius.com/go/9040A45AEA728A1FC1-harrisburg1>
- You are able to sign up 24 hours before class starts and up until 1 hour before the class starts.
- If you are unable to attend, make sure to cancel or email Mandie Condie.
- If any issues with logging in, you can contact the YMCA at 704.454.7800 or email Mandie Condie.

## GROUP EXERCISE UPDATES AND PROCEDURES

- **All participants will need to bring their own water bottle and mat for classes.**
- Restrooms will be accessible during class times at the YMCA.
- All members will be required to sign and update waiver prior to class.
- **NEW TIMES FOR A FEW CLASSES!**
- Want to teach a bootcamp class or strength class? Send an email to Mandie
- Virtual Classes links are through GoTo meetings these links stay the same through the week's.
- Zoom Classes & Zumba App Classes will change weekly so make sure you check the Harrisburg YMCA Community Page
- Classes listed in **Teal** are Live, outdoor classes.
- Classes Listed in **Orange** are virtual, -USE FB or schedule for the most current links to log on.
- **Inclement Weather:** If a class must be cancelled due to weather we will announce the cancellation 1 hour prior to class on multiple platforms. We will do our best to offer a virtual class via Facebook live on our Harrisburg YMCA Community page during this time. Information will be provided.
- Ages 13-15 require a parent or guardian to be present in the class.
- Cycle minimum age is 16.
- Contact Mandie Condie [mcondie@rocabymca.org](mailto:mcondie@rocabymca.org) for any questions