



JANUARY

GROUP EXERCISE SCHEDULE HARRISBURG BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Cycle (LD) Register on Website	5:30-6:15am Bootcamp (MC) Studio A Register on Website	5:30-6:30am Cycle (CM) Studio B Register on website	5:30-6:15am Bootcamp (MC) Studio A Register on website	8:30-9:15am Tabata (MC) Studio A Register on Website or Facebook Live	8-8:45am Yoga (AD) https://global.gotomeeting.com/join/688358277
8:30-9:15am Bootcamp (MC) Studio A Register on Website Or Facebook Live	8:30-9:30am Cycle (EP) Studio B Register on Website	8:30-9:15am Bootcamp (MC) Studio A Register on Website Or Facebook Live	8:30-9:25am Strength (GB) Studio A Register on Website	10:00-11:00am Yoga (KN) outside the Y	9:15am Cardio/Strength Studio A Register on website
9:30-10:25am Barre (GB) Studio A register on website Or https://global.gotomeeting.com/join/897736437	10:30-11:15am Fit Over 50 (HM) Facebook Live or Zoom check community page	9:30-10:30 Barre (GB) Studio A Register on Website or https://global.gotomeeting.com/join/871324541	9:30-10:30am Cycle (GB) Studio B Register on website		9:15am Cycle (Varies) Studio B Register on Website
10:30-11:15am Zumba Gold (MC2) Zoom Account Or Studio A Sign up on Website	12:00-1:00pm Yoga (XD) Sign up on website	10:45-11:30am Easy Does it Cardio (EO) Studio A or Zoom Meeting Check Facebook for link	9:30am Barre/Yoga (XD) Sign up on Website	 https://www.signupgenius.com/go/9040A45AEA728A1FC1-harrisburg1 Use link to register for class	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:30-12:15pm Fit over 50 (HM) Facebook Live Or Zoom Check Community page	5:30-6:15pm MIXXED Fit (SH) Facebook Live	5-5:50pm Barre/Yoga (XD) Sign up on website	10:30am Zumba Gold Toning (MC2) Check Facebook for link or sign up for Studio A
6pm Cardio Blast (JR) Studio A Sign up on website or Facebook live	7:00-7:45pm- Cycle (CD) Studio B Sign up on the Website	6pm HIIT (AH) Sign up on Website Or Facebook Live	5:30-6:25pm Yoga (LD) https://global.gotomeeting.com/join/950161709
		6pm Zumba (LC2) Facebook Page for link	6:30pm Cycle (LD2) Studio B Sign up on Website

CONTACT:

Healthy Living Director:
Mandie Condie
mcondie@rocabymca.org
[704.454.7800](tel:704.454.7800) ext 323

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	JR- Jennifer Rausch
CM-Cyndi Moore	AH- Ally Hillegass
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 CLASS?

- 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.**
- **We have two new classes on Wednesday night!**
- All members will be required to sign and update waiver prior to class.
- **NEW TIMES FOR A FEW CLASSES!**
- 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.
- Classes listed in **Burgundy** are in-person, Studio B or Studio A Register on the website
- Classes listed in **BLUE** are in person and virtually
- Ages 13-15 require a parent or guardian to be present in the class.
- Cycle minimum age is 16.
- Contact Mandie Condie mcondie@roocabymca.org for any questions or concerns. Or if you are interested in teaching a group exercise class.
- **LOOK AT SCHEDULE MANY CHANGES!**