



MAY

GROUP EXERCISE SCHEDULE HARRISBURG BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Cycle (LD) Studio B Sign up on website	5:30-6:15am Bootcamp (MC) Studio A Sign up on website	5:15-6:15am Cycle (CM) Studio B Sign up on website	5:30-6:15am Bootcamp (MC) Studio A Sign up on website	8:30-9:15am Tabata (MC) Studio A Sign up on website or	8-8:45am Yoga (AD) https://global.gotomeeting.com/join/688358277
8:30-9:15am Bootcamp (MC) Studio A Sign up on website	8:30-9:30am Cycle (EP) Studio B Sign up on website	8:30-9:15am Bootcamp (MC) Studio A Register on website	8:30-9:25am Strength (GB) Studio A Sign up on website	9:30-10:30am Yoga (KN) Studio A Sign up on website	9:15-10:15am Cardio/Strength Studio A Sign up on website
9:30-10:25am Barre (GB) Studio A Sign up on website	10:30-11:30am Fit Over 50 (HM) Studio A Sign up on website	9:30-10:30 Barre (GB) Studio A Sign up on website	9:30-10:30am Cycle (GB) Studio B Sign up on website		9:15-10:15am Cycle (Varies) Studio B Sign up on website
10:30-11:30am Zumba Gold (MC2) Zoom Account Or Studio A Sign up on website	12:00-1:00pm Yoga (XD) Studio A Sign up on website	10:45-11:30am Light N Lively (HM) Studio A Sign up on website	9:30-10:20am Barre/Yoga (XD) Studio A Sign up on website		11-12pm Zumba (LC) May 8 & 22 Check Facebook Community Page for code

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6-7pm Cardio Blast (JR) Studio A Sign up on website	5:30-6:15pm MIXXED Fit (SH) Facebook Live	5-5:50pm Barre/Yoga (XD) Sign up on website or https://global.gotomeeting.com/join/909316589	10:30-11:30am Zumba Gold Toning (MC2) Studio A or Zoom Sign up on website or check community page
	7:00-7:45pm Cycle (CD) Studio B Sign up on website	6-7pm HIIT (AH) Studio A Sign up on website	5:30-6:25pm Yoga (LD) Studio A & https://global.gotomeeting.com/
			6:30-7:15pm Cycle (LD2) Studio B Sign up on website

<https://www.signupgenius.com/go/9040A45AEA728A1FC1-harrisburg1>

Use link to register for class

CONTACT

Healthy Living Director: Mandie Condie

mcondie@rocabymca.org

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
EP- Ed Payne	XD- Xia Dehaven
GB- Gigi Berg	HM- Helen Morse
SH- Sandra Howell	KN- Kristin Newnham
LC2- Lorena Cumminskey	LD- Linda Dunham
MC- Mandie Condie	MC2- Mirna Costa

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.**
- All members will be required to sign and update waiver prior to class.
- 14th Annual Harrisburg 5k –Saturday May 15th, 2021 Sign up today at the front desk.
- Are you member? Want to know the links to classes? Sign up on our Harrisburg YMCA Community Page for more information.
- Classes listed in **Teal** are Studio A in person register on website
- 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
Register on the website
- 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 for any questions or concerns.
- Changes may happen during the middle of the month, please keep checking the mobile app as well as the facebook page.

THANK YOU FOR ALL YOU ARE DOING AND STICKING WITH US THROUGH THESE CRAZY TIMES! ——Mandie Condie