



# FEBRUARY

## GROUP EXERCISE SCHEDULE HARRISBURG BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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### AM CLASSES

	Boot Camp 5:15-6:15am (MC)	<b>Cycle</b> 5:15-6:15am (CM)	Boot Camp 5:15-6:15am (JW)	Boot Camp 5:15-6:15am (JW)	
Yoga 8:30-9:30am (JC)	Super Circuit 8:30-9:25am (LC)	Barre 8:30-9:25am (LC)	Fit for 50 8:30-9:25am (LC)	Barre Pilates 8:30-9:30am (LC)	Power Yoga 8:15-9:15am (AD)
<b>Cycle</b> 8:30-9:30am (DJ)	Hard Core Yoga 9:30-10:25am (LC)	Yoga 9:30-10:30am (KN)	<b>Cycle</b> 8:30-9:30am (DJ)	Tabata 9:30-10:30am (SH)	Cardio Sculpt 9:30-10:30am (R)
<b>Tai Chi</b> 9:30-10:15am (JC)	<b>Cycle</b> 9:30-10:30am (EP)	<b>Box 'N Burn</b> 9:30-10:30am	Step & Sculpt 9:30-10:30am (LC)	Abs 10:30-11:00am (SH)	<b>Cycle</b> 9:30-10:30am (R)
Total Body 9:30-10:25am (MC)	Essentrics 10:30-11:30am (LB)	SilverSneakers Classic 10:30-11:30am (KN)	Zumba Gold Toning 10:30-11:30am (MC2)	Zumba Gold (Feb 1 & 15) 11:00-12:00 (MC2)	
Zumba Gold 10:30-11:30am (MC2)	Essentrics (AOA) 11:30-12:00pm (LB)	Chair Yoga 11:30-12:30am (JC)			
Zumba Gold 11:30-12:00pm (MC2)					

### PM CLASSES

SilverSneakers® Classic 12:15-1:00pm (KN)			
Box 'N Burn 5:45-6:45pm (SJ)	Deep Stretch Yoga 5:45-6:45pm (AD)	Body Blast 5:45-6:45pm	HIIT 5:45-6:45pm (AP)
Zumba 6:50-7:50pm (MC2)	<b>Cycle</b> 7:00-8:00pm (CD)	Zumba 6:50-7:50pm (LC2)	<b>Cycle</b> 7:00-8:00pm (LD)
			Yoga 6:50-7:50pm (LD)

Questions? Contact:  
 Mandie Condie  
 Health & Wellness Coordinator  
 704.454.7800 x323  
 mcondie@cannonymca.org

### LOCATION KEY

GRAY – Studio A

RED – Studio B

BLUE – Character Room

## INSTRUCTOR LIST

AD - Andrea Deese	LB - Laura Bagen
AP - Angela Parker	LC - Lauren Combs
CD - Corey Dixon	LC2 - Lorena Cummiskey
CM - Cyndi Moore	LD - Lynette Deem
DJ - Danyale Jacobs	MC - Mandie Condie
DN-Darren Nichols	MC2 - Mirna Costa
EO - Elizabeth Onia	MC3 - Maria Craig
EP-Ed Payne	MD- Meredith Davis
HM - Helen Morse	R - Rotation
JC - Jim Curtin	SH - Shelley Hull
JW - Julia Whitcomb	SJ- Sandra Jackson
KN - Kristin Newnham	SM - Stephanie Morris

## CLASS DESCRIPTIONS

Found in three locations:

1. Bulletin Boards outside of the Group Exercise Studios.
2. On the Cannon Memorial YMCA website under Schedules: [cannonymca.org](http://cannonymca.org).
3. On the Cannon Memorial App, under Harrisburg Schedules.

## CHANGES THIS MONTH

- Please Join me on Welcoming Ed Payne as a cycle instructor.
- Jessica Ash is taking over the 5:45pm Body Blast class starting on Feb 13th
- Monday 5:15am Cycle class has been cancelled
- Feb 1st and Feb 15th- Zumba Gold class at 11:00-12:00pm

## ANNOUNCEMENTS THIS MONTH

- **WEAR RED** on Friday February 1st to support the Healthy Heart Month
- Know your #s, have you always wanted to know your body fat, resting heart rate, and any fitness assessment statistics, then sign up at the front desk for our Know your Numbers Program on Friday February 1st.
- Partner Up! Join us on Saturday February 16 9:30-11:00am for a fun partner workout. Bring a friend and join in on the fun! This class is free to member and non members.
- Football Frenzy is still underway! Make sure you keep filling out the cards and placing in the basket to win a prize! Grand prize winner will be announced on Friday February 8th.
- Harrisburg 5K & 10K | Saturday, April 13 | Starting at 8am. Sign up today and save money!

### QUESTIONS? CONTACT:

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[mcondie@cannonymca.org](mailto:mcondie@cannonymca.org)