Spring Group Fitness/Training Schedule Apr. 4 - July 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 a.m. - 6:15 a.m. Early Morning Boot Camp Assembly Room	5:30 a.m. - 6:30 a.m. BodyPump Assembly Room	5:30 a.m. - 6:15 a.m. Early Morning Boot Camp Assembly Room	5:30 a.m. - 6:30 a.m. BodyPump Assembly Room	5:30 a.m. - 6:15 a.m. Early Morning Boot Camp Assembly Room	7:45 a.m. - 8:30 a.m. Pound Assembly Room	
5:30 a.m. - 6:00 a.m. Sprint Aerobics Room	9:00 a.m. - 10:00 a.m. Xtrain HIIT Gymnasium	5:30 a.m. - 6:15 a.m. Group Cycle Aerobics Room	9:00 a.m. - 9:45 a.m. Pound Gymnasium	5:30 a.m. - 6:00 a.m. Sprint Aerobics Room	8:15 a.m. - 9:15 a.m. Cycle Sculpt Aerobics Room	
9:00 a.m. - 10:00 a.m. Cycle Sculpt Aerobics Room	10:00 a.m. - 11:00 a.m. BodyPump Assembly Room	9:00 a.m. - 10:00 a.m. Cycle Sculpt Aerobics Room	10:00 a.m. - 11:00 a.m. BodyPump Assembly Room	9:00 a.m. - 9:55 a.m. BodyCombat Assembly Room	8:35 a.m. - 9:05 a.m. Xtrain HIIT Assembly Room	
9:00 a.m. - 9:55 a.m. BodyCombat Assembly Room	11:15 a.m. - 12:00 p.m. Gentle Yoga Assembly Room	9:00 a.m. - 10:00 a.m. Xtrain HIIT Assembly Room	11:15 a.m. - 12:00 p.m. Gentle Yoga Assembly Room		9:15 a.m. - 10:15 a.m. BodyPump Assembly Room	12:00 p.m. - 12:55 p.m. BodyCombat Assembly Room
12:00 p.m. - 1:00 p.m. Dance Gold Assembly Room	5:30 p.m. - 6:25 p.m. BodyCombat Assembly Room	5:30 p.m. - 6:15 p.m. Zumba Assembly Room	6:40 p.m. - 7:40 p.m. BodyPump Assembly Room		9:30 a.m. - 10:15 a.m. Zumba Spin Room	1:00 p.m. - 2:00p.m. BodyPump Assembly Room
5:30 p.m. - 6:15 p.m. Zumba Gymnasium	5:30 p.m. - 6:30 p.m. Yoga Ride Aerobics Room	5:45 p.m. - 6:30 p.m. Group Cycle Aerobics Room			10:30 a.m. - 11:30 a.m. Pilates Assembly Room	2:00 p.m. - 2:45 p.m. Group Cycle Aerobics Room
5:30 p.m. - 6:30 p.m. Tighten & Tone Assembly Room	6:30 p.m.– 7:30 p.m. Pilates Assembly Room	6:30 p.m. - 7:30 p.m. Evening Boot Camp Outdoors/Gym				
5:45 p.m. - 6:30 p.m. Group Cycle Aerobics Room	7:40 p.m. - 8:40 p.m. BodyPump Assembly Room	6:30 p.m. - 7:15 p.m. Hatha Yoga Assembly Room				
7:00 p.m. - 7:30 p.m. Sprint Aerobics Room						

All group fitness classes FREE for platinum members and Unlimited Aerobics participants. Boot camps require punch cards.

Aerobic Punch Cards Available 13 classes per card: $79 Non-Member, $59 Member.

Group Personal Training: Boot Camp Punch Cards Available 12 sessions per card: $82 Non-Member, $68 Member, $54 Platinum

Ephrata Rec Center 130 S. Academy Drive Ephrata 717-738-1167 www.ephratarec.com