

1. Yoga
Free Locations: **Bridge Yoga (1705 Lincoln Highway East, Lancaster PA)**
YMCA, LA Fitness, Unique Physique
2. Sparta Class (total body circuit)
Location: emPower Training Systems, 276 Granite Run, Lancaster PA
FREE!
3. Outdoor Walking, **minimum of :30 minutes**
Location: Anywhere you'd like! ☺
4. Spin Class
Free Locations: (use passes for YMCA, Gold's Gym, LA Fitness, Unique Physique)
5. Swim
Use passes at YMCA, LA Fitness
6. Shawn's class!
Location: Turkey Hill!
FREE!
7. Zumba
Free Locations: YMCA, Gold's Gym, LA Fitness, Unique Physique
8. Boxing (or other kickboxing/martial arts fitness class)
Free Locations: LA Fitness, Unique Physique
9. BodyPump
Free Locations: (Nook, YMCA, Gold's Gym, Unique Physique)
10. Outdoor Fitness Circuit
Locations:
 - Greenfield Park, Lancaster PA
 - Lancaster County Park, Lancaster PA
 - Longs Park, Lancaster PA
 - Rocky Ridge Park, York PAFREE!
11. Home Video