

Your Class Descriptions....

Basics Flow - Vinyasa style yoga sessions incorporating foundational lessons in breath-work, postures, transitions, and other tools to strengthen and open the body, while calming the nervous system

Build n' Burn - This 60 minute high-intensity class is full of surprises. It is a fast paced calorie burning workout that will help you get stronger. It will certainly build up your endurance and leave you wanting more.

Bike & Bootcamp - This class offers both a blast of Cardio and Group Strength Training in a 60 minute class. This is an excellent way to burn calories while increasing your muscular and joint strength.

Burn & Firm - Slow pace, low impact, BUT still high intensity! This workout combines pilates moves with strength moves, using your own body weight. This workout is built to improve strength, balance, and endurance.

Cardio Kickboxing - An amazing aerobic experience, utilizing martial arts based kickboxing techniques to increase muscular strength, cardiovascular conditioning, coordination, and balance. No prior martial arts experience necessary.

Core Fusion - 60 minute Total Body workout blending Yoga, Pilates and Barre exercises. This mat class will incorporate light hand-held weights (1-3 lbs), resistance bands, core balls, and chairs (as individual ballet barres). This all-levels class can be easily modified/amplified to meet individual needs within the group setting.

Drums Alive Gold - This unique class captures the essence of movement and rhythm utilizing drum sticks and resist-a-balls. The choreographies are designed to burn calories, improve physical/ fitness, broaden your mind, and don't forget, fun! This class can be modified for any fitness level.

Fitness Fusion - A calorie "Blitz" that offers a mix of cardio variations (Hi/Low/Interval) combined with fun use of equipment including weights, discs, medicine balls, stability balls, body bars, tubes, bands, or free weights all geared to condition, strengthen, sculpt and get lean!....and have fun while you are at it!

FLEX - A cardio and weight resistance class for active older adults seeking to increase cardiovascular endurance and learn the fundamentals of working out.

Gentle Hatha Yoga - Appropriate for beginners. Participants should be able to get up and down from the floor with ease. There is a meditative atmosphere to the class which can relieve and balance the stresses of the day.

Gentle Hatha Chair Yoga - This class offers a gentle, slower paced approach for those with health issues or limited mobility, the majority of poses performed are in a chair or incorporate the chair for stability. Optional floor work may be offered. This class can as well be useful for those who are "deskbound" or have a lack of flexibility. You can learn chair yoga poses for those few minutes during the day when you need to unwind and focus on YOU.

HeartCore Step - The layering technique for choreography and an adjustable bench are used in this fast-paced workout. Beginner, intermediate, and advanced participants can benefit from this energized mind and body workout that torches calories, increases coordination, and challenges each class member to be his or her best.

HIIT Power - This workout is an intense session of dynamic cardio & power moves. You will do multiple rounds containing 4 moves, each move lasting 30 seconds. The key is to push through those 30 seconds for optimal results. HIIT workouts will TORCH calories and keep you burning even after the workout is over.

Indoor Cycling - 45 to 60 minutes of indoor cycling that involves movements and positions such as: hill climbs, sprints and interval training.

Piloxing - This program combines a unique combination of boxing and pilates to improve cardiovascular fitness while also focusing on flexibility, strength, power, and agility.

Powermetrics - A unique class that blends a variety of exercise techniques to increase power and speed while also focusing on increasing flexibility by using exhilarating dance moves!

Power Flow - 60 minute Vinyasa Flow practice incorporating breath work, sun salutations, standing and balance postures, seat work, inversions, and relaxation/meditation. Participants will build strength and flexibility in this challenging all-levels class.

Silver Sleek - One hour cardio based class for active older individuals seeking to challenge themselves while increasing cardiovascular and muscular endurance.

SUPERHERO FIT - Feel powerful, invigorated, build muscle, and increase joint strength with this superpower fueled workout. Guaranteed to make you feel ten years younger. Heavier weights and proper form are encouraged to generate successful results!

Silver Sneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.

Silver Sneakers Cardio Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

STRENGTH! – Come out of your comfort zone with Jenn DiFebo! This class will include heavier weight training along with some leg exercises to give you a full body workout every time. If you're looking to build some muscle and STRENGTH, this class is for you!

T.G.I.F (Thank Goodness I'm Fit) - A powerhouse of non-stop action is sure to occur when you attend the one and only Jenn DiFebo's class!

Total Body Conditioning - This class is an interval style workout combining strength, cardio, and core moves that will work the entire body. Circuits are structured to burn fat and build muscle. Class format changes continuously to keep things new and fun.

**Modifications are offered for all fitness levels from beginner to advanced.

Urban Kick – High level cardio kickboxing class that involves different punching and kicking sequences to a set beat. In between the sequences, there are some HIIT intervals for strength. Each sequence starts simple & slow and then builds up with more moves while increasing speed. It's a great full body workout!

Walk for Wellness - 45 minute class for active older individuals seeking cardiovascular endurance through walking both indoors and out! The program will incorporate weights for a more challenging experience if desired.

Zumba - Latin-inspired, easy to follow, calorie-burning feel it to the core fitness party!

Zumba Kids - Latin-inspired, easy to follow, calorie-burning feel is back and geared towards a new audience, Kids!

Zumba Gold - is the low impact version of Zumba fitness with the same international music and party atmosphere. It is perfect for beginners, boomers, and all adults.

Zumba Gold Toning - adding weights with a Zumba flare to increase muscular and joint strength, available to all ages, and fitness levels

STRONG by Zumba – A non-dance inspired workout using high-intensity interval training that is synced to the music.

Geisinger Silver Circle Classes!.....

Geisinger Silver Circle Qi Gong –

Join instructor Michael LaBant for the gentle, rhythmic movements of qi gong. The practice focuses on physical postures, breathing techniques and focused attention to help heal your body and calm your spirit. Sessions are \$2 each. Wear comfortable clothing.

Geisinger Silver Circle Yoga -

Join yoga instructor John Miller for a low-impact yet rejuvenating workout with your peers. Sessions are \$2 each. Please provide your own yoga mat. All Silver Circle member are invited to attend.

*** All YMCA fitness classes are subject to change*