



# BLOOMSBURG AREA YMCA

## FITNESS CLASS SCHEDULE Fall 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Bike & Boot-camp w/ Renee	Indoor Cycling w/ Jenn D.	STRENGTH w/ Jenn		Thank Goodness I'm Fit (T.G.I.F.) w/ Jenn		
6:00am		Indoor Cycling w/ Bonnie K.	Powermetrics (5:45) w/ Bonnie K.	Indoor Cycling w/ Bonnie K.			
7:00am							
8:00am	Walk 4 Wellness (Outside)	SilverSneakers Cardio Circuit w/ Andrea	Walk 4 Wellness	SilverSneakers Cardio Circuit w/ Andrea	Zumba Gold w/ Sue (Aerobics Room) Walk 4 Wellness (Outside)	Instructors Choice! <small>*Instructors switch every week</small>	
8:30am		Total Body Conditioning w/ Donelle (Gym)		Total Body Cond. w/ Amanda (Gym)			
9:00am	Burn & Firm w/ Noelle	SilverSneakers Classic w/ Andrea	Basics Flow w/ Sara B	SilverSneakers Classic w/ Andrea	SUPERHERO Fit w/ Donelle	Zumba w/ Steph	
10:00am	Competitive Adult Pickleball (10:00-11:30am)				Core Fusion w/ Sara/Jenn	Zumba Kids w/ Steph (Gymnasium) Power Flow w/ Jenn / Sara	
10:15am	Silver Sleek w/ Andrea	Zumba Gold w/ Sue		Drums Alive w/ Andrea	Comp. Adult Pickleball (10:15-11:45am)		
10:30am			Zumba Gold Toning w/ Sue	Geisinger Silver Circle Yoga \$2.00 (Gymnastics Room)			
11:00am					FLEX w/ Andrea		
11:45am			Gentle Hatha Chair Yoga w/ Maureen				
NOON	Basketball		Basketball		Basketball		Sunday Cycling w/ Amanda
1:00pm			Geisinger Silver Circle Qi Gong Aerobics Room (\$2)				
1:30pm					**All classes are in aerobics room unless specified otherwise on schedule.		
4:30pm	Heartcore Step w/ Robin	Heartcore Step w/ Karen	Heartcore Step w/ Robin	PILOXING w/ Karen		<b>Intensity Levels / Age Range For Classes</b>  <b>YOUTH</b> <b>SENIOR</b>  <b>LOW INTENSITY</b> <b>MEDIUM INTENSITY</b> <b>HIGH INTENSITY</b>  <b>CHILD WATCH AVAILABLE DURING THESE TIMES</b>	
5:15pm							
5:35pm	PILOXING w/ Missy	Cardio Kickboxing w/ Nadeen	Fitness Fusion w/ Missy	STRONG by Zumba w/ Steph			
5:45pm							
6:15pm		Zumba w/ Steph	Beginner's Pickleball (6:30pm-7:30pm)	Competitive Adult Pickleball (6:30pm-8:30pm)			
6:45pm	Indoor Cycling w/ Denise			Total Body Cond. w/ Donelle (6:35pm)			
7:15pm		Gentle Hatha Yoga w/ Maureen					