



# BLOOMSBURG AREA YMCA

## FITNESS CLASS SCHEDULE Spring 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Bike & Bootcamp w/ Renee	Indoor Cycling w/ Amanda		Indoor Cycling w/ Bonnie K.			
6:00am		Indoor Cycling w/ Bonnie K.	Powermetrics (5:45) w/ Bonnie K.	Indoor Cycling w/ Bonnie K.			
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! (8 AM) <small>*Instructors switch every week</small>	
9:00am	Burn & Firm w/ Donelle	Total Body Conditioning w/ Donelle (Gym) SilverSneakers Classic w/ Andrea	Basics Flow w/ Sara B	Total Body Cond. w/ Amanda (Gym) SilverSneakers Classic w/ Andrea	SUPERHERO Fit w/ Donelle	Zumba w/ Steph	
10:00am	Drop-in Adult Pickleball (10:00-11:30am)				Core Fusion w/ Sara/Jenn	Alternating Power Flow w/ Jenn / Barefoot Bootcamp w/ Sara	
10:15am	Silver Sleek w/ Andrea	Zumba Gold w/ Sue		Drums Alive w/ Andrea	Drop-in 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 Yoga w/Maureen		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		All-Levels Yoga w/ Missy & Marcy (1:15 PM)
4:30pm	Heartcore Step w/ Robin	Power Cycling Total Body 40/20 w/ Karen	Heartcore Step w/ Robin	PILOXING w/ Karen		<b>Intensity Levels / Age Range For Classes</b> YOUTH SENIOR LOW INTENSITY MEDIUM INTENSITY HIGH INTENSITY CHILD WATCH AVAILABLE DURING THESE TIMES	
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		Indoor Cycling w/ Denise	Total Body Cond. w/ Donelle (6:35pm)			
7:15pm		Gentle Hatha Yoga w/Jade					