



BLOOMSBURG AREA YMCA

FITNESS CLASS SCHEDULE Summer 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	Bike & Bootcamp w/ Renee	Indoor Cycling w/ Amanda	Strength & Stretch w/ Renee	Indoor Cycling w/ Bonnie K.			
6:00am	Cardio & Toning Bootcamp w/ Emily	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	Total Body Conditioning w/ Nadeen	Total Body Conditioning w/ Steph (Gym) SilverSneakers Classic w/ Andrea	Basics Flow w/ Sara B Drop-in Adult Pickleball (9:00-11:00am)	Total Body Cond. w/ Amanda (Gym) SilverSneakers Classic w/ Andrea	SUPERHERO Fit w/ Amanda	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			Drop-in Adult Pickleball (10:15-11:45am)		
10:30am			Zumba Gold Toning w/ Sue	Geisinger Silver Circle Yoga \$2.00 (Aerobics Room)			
11:00am					Drums Alive/ FLEX* w/ Andrea		All-Levels Yoga* w/ Missy & Marcy
11:45am	Gentle Hatha Yoga w/Maureen	Adaptive Yoga w/Jade (11:30)	Gentle Hatha Chair Yoga w/Maureen				
NOON	Basketball		Basketball		Basketball		Sunday Cycling w/ Amanda
1:00pm			Geisinger Silver Circle Qi Gong Aerobics Room (\$2)				
2:00pm					**All classes are in aerobics room unless specified otherwise on schedule		
4:30pm	Heartcore Step w/ Robin	Power Cycling Total Body 40/20 w/ Karen	Heartcore Step w/ Robin	PILOXING w/ Karen		Intensity Levels / Age Range For Classes 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						
7:15pm							

Your Class Descriptions....

Adaptive Yoga – This class allows seniors, those with physical restrictions, and anyone interested, to practice yoga in a safe and supportive environment. You will be given individual attention and modifications to meet your physical needs. This class will help you to improve your flexibility, joint mobility, balance, and strength.

Barefoot Bootcamp - Strengthen, sweat, breathe, and release. This no-impact fusion class is a combination of body-weight exercises and yoga-inspired movement designed to tone every muscle in your body with a strong focus on core engagement, breathing, alignment, and mental focus.-

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

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.

Cardio & Toning Bootcamp - This class is a fresh spin on full body training. It mixes strength training and cardio in a 10 circuit workout using medium weights and body weight training to sculpt and build muscle, while keeping up your heart rate. Grab a towel, water, and come get ready to sweat!

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.

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 Cycling Total Body 40/20 - 40 minutes of Power Cycling followed by a 20-minute mix of free weights, body weight exercise, and core!

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 & STRETCH - This class will be a combination of total body strengthening exercises and yoga poses to promote balance and flexibility.

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.

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 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*