



BLOOMSBURG AREA YMCA

Fitness Schedule – Group Fitness Room

Updated 11-9-20. Classes are subject to change. Visit bloomsburg.org/schedule for the most up-to-date info!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	OPEN	Strength Bootcamp w/ Amanda	OPEN	Strength & Stretch w/ Amanda	OPEN		
6AM							
7AM	Yoga w/ Michaela & Lauren	Indoor Cycling w/ Denise	Yoga w/ Michaela & Lauren	Indoor Cycling w/ Denise	Heartcore Step w/ Robin		
8AM		SilverSneakers Cardio Circuit w/ Andrea		SilverSneakers Cardio Circuit w/ Andrea		Cardio Strength w/ Steph	
9AM	Zumba w/ Nichole	SilverSneakers Classic w/ Andrea	Zumba w/ Nichole	SilverSneakers Classic w/ Andrea	Zumba w/ Nichole	Zumba w/ Steph	
10AM							
11AM	Gentle Hatha Chair Yoga w/ Maureen	Zumba Gold Toning w/ Elizabeth	Gentle Hatha Chair Yoga w/ Maureen	Adaptive Fitness w/ Denise	OPEN	Power Flow Yoga	All-Levels Yoga w/ Missy & Marcy
12PM							
1PM							
2PM							
3PM							
4PM							
5PM	Heartcore Step w/ Nadeen	Power Cycle Total Body 40/20 w/ Karen	Adaptive Fitness w/ Denise	Piloxing w/ Karen	OPEN		
6PM	Fitness Fusion w/ Missy	Zumba w/ Steph	Yoga Sculpt w/ Missy	STRONG 30/30 by Zumba w/ Steph	OPEN		
7PM							
8PM							
9PM							

Intensity Levels / Age Ranges

SENIOR

LOW INTENSITY

MEDIUM INTENSITY

HIGH INTENSITY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BLOOMSBURG AREA YMCA

Fitness Schedule – Gymnasium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM							
7AM							
8AM							
9AM							
10AM	Adult Pickleball				Adult Pickleball	Adult Pickleball	
11AM						Adult Pickleball	½ Court Pick-Up Basketball / ½ Court Adult Pickleball
12PM	Pick-Up Basketball		Pick-Up Basketball	Pick-Up Basketball			
1PM						Under 18 Basketball	
2PM							
3PM	Under 18 Basketball	Over 18 Basketball					
4PM	Under 18 Basketball						
5PM	Under 18 Basketball						
6PM	Over 18 Basketball	Adult Pickleball	Over 18 Basketball	Adult Pickleball	Over 18 Basketball		
7PM	Over 18 Basketball	Adult Pickleball	Over 18 Basketball	Adult Pickleball			
8PM	Over 18 Basketball	Adult Pickleball	Over 18 Basketball	Adult Pickleball			
9PM							

Intensity Levels / Age Ranges

MEDIUM INTENSITY
LOW INTENSITY

MEDIUM INTENSITY
HIGH INTENSITY

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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.

Adaptive Fitness – This class is a 45-minute fitness class designed to enhance stability, mobility, spatial awareness, and socialization. This class is open to young adults with special needs in high school who are transitioning to adult life in the community, and to adults with special needs in our community.

All-Levels Yoga – A Sunday Yoga class for all ages and skill levels.

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.

Bootcamp Fitness – This class is a challenging, whole-body workout with varied exercise techniques that builds strength and endurance with every class. Cardio and strengthening exercises will pump you up and leave you sweating.

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 Strength – A Cardio class that blends a variety of exercise techniques to increase power and speed by using exhilarating dance moves!

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 - 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 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 Training - This class is a high-intensity workout in an interval style.

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.

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.

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 Aislyn Wood 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