



BLOOMSBURG AREA YMCA

Fitness Schedule – Group Fitness Room

Updated 8-16-21. Classes are subject to change. Visit bloomsburg.org/schedule for the most up-to-date info!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM							
6AM							
7AM		Indoor Cycling w/ Denise		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/ Steph	
10AM		Zumba Gold Toning w/ Elizabeth		Fit & Flex w/ Andrea			
11AM	Gentle Hatha Chair Yoga w/ Maureen		Gentle Hatha Chair Yoga w/ Maureen	Adaptive Fitness w/ Denise			All-Levels Yoga w/ Missy & Marcy
12PM							
1PM							
2PM							
3PM							
4PM							
5PM	Step & Strength w/ Nadeen	Power Cycle Total Body 40/20 w/ Karen	Adaptive Fitness w/ Denise	Piloxing w/ Karen			
6PM	Cardio, Strength, & Stretch w/ Missy	Zumba w/ Steph	Yoga Sculpt w/ Missy	STRONG 30/30 by Zumba w/ Steph			
7PM		Stretch & Recover w/ Michaela					
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			Parent & Me Gymnastics			Parent & Me Gymnastics	
10AM	Adult Pickleball		Preschool Gymnastics		Adult Pickleball	Preschool Gymnastics	
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						Over 18 Basketball	
3PM	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball		
4PM	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball		
5PM	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball	Under 18 Basketball		
6PM	Over 18 Basketball	Beginner Gymnastics	Over 18 Basketball	Intermediate Gymnastics	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**

SENIOR
LOW INTENSITY
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**FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
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CLASS DESCRIPTIONS

All-Levels Yoga – An inclusive yoga class for all ages and skill levels with variations to challenge and modifications to simplify offered as needed.

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.

Fit & Flex – A low impact cardio and weight resistance class for beginners and intermediate participants 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. 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 – A layered choreography technique 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 their best.

Indoor Cycling – 45-60 minutes of indoor cycling that involve classic cycling 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.

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

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

Zumba® Gold – The low impact version of Zumba fitness with the same international music and dance party atmosphere. It is perfect for beginners, intermediates, and all adults.

Zumba® Gold Toning – Building onto Zumba Gold by adding weights to increase muscular strength and joint stability for all ages, and fitness levels

STRONG 30/30 by Zumba® – A non-dance inspired workout using high-intensity interval training that is synced to the music with 30 minutes of strength training.

Step & Strength - A layered choreography technique, adjustable bench, and free weights are used in this fast-paced workout. Beginner, intermediate, and advanced participants can benefit from this energized step workout that torches calories, increases coordination, and challenges each class member to be their best!

Cardio, Strength & Stretch - This class will be a combination of cardio, total body strengthening exercises, and yoga poses to promote balance and flexibility.

Yoga Sculpt - A combination of yoga poses, free weights, and total body strengthening exercises to promote flexibility and strength.

Latina Dance - A Latin-inspired, easy to follow, dance lesson for single dancers of all skill levels aimed toward learning new steps, having fun, and burning calories!

Stretch and Recover - This class is appropriate for all ages and skill levels, and is the perfect way to finish a workout or end your day. This class will place an emphasis on mindful movement, incorporating asana (yoga stretches/poses), breath work, and various helpful tools to keep you mindfully aware for the rest of your week providing the perfect opportunity to slow down and listen to what your body needs.

Geisinger Silver Circle Classes!.....

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 aerobics choreography. A chair is offered for support, stretching, and relaxation exercises.

** All YMCA fitness classes are subject to change