

BLOOMSBURG AREA YMCA

GROUP EXERCISE SCHEDULE

Senior-Level, Low Intensity, Moderate Intensity, High Intensity

Adaptive Fitness w/ Denise

W 4:30pm - 5:30pm

Th 11am - 12pm

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 w/ Missy & Marcy

Su 11:15am - 12:15am

60 minute class that incorporates energetic movement through a series of yoga postures. Focus is on connecting breath with movement. Since variations and modifications will be offered, this class is suitable for beginners and will be challenging for the advanced yogi as well. Namaste for all!

Cardio Strength w/ Steph

MWF 8am - 9am

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

Cardio, Strength & Stretch w/ Missy

M 6pm - 7pm

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

Fit & Flex w/ Andrea

Th 10am - 11am

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 w/ Maureen

MW 11am - 12pm

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 used 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 w/ Robin

F 7am - 8am

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 & body workout that torches calories, increases coordination, and challenges each class member to be his or her best.

HIIT w/ Collin

F 5:30pm - 6:30pm

High Intensity Interval Training (HIIT) is a class of short-to-moderate length, high-effort exercises ranging from biking, rowing & jump rope, to squats, crunches & wall push-ups, followed by intervals of rest. Although this class is high-intensity, it is suitable, and can be modified for just about anyone.

HIIT w/ Tianna

M 7pm - 8pm

Hybrid High Intensity Interval Training (HIIT) with Pilates influences and weights -- specifically designed to tone and create strong and lean muscles while enhancing mobility, balance & endurance.

Indoor Cycling w/ Denise

TTh 6:30am - 7:30am

45 to 60 minutes of indoor cycling that involves movements and positions such as: hill climbs, sprints & interval training.

Latin Dance w/ Larisa

F 4pm - 5pm

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! NO PARTNER REQUIRED! Waltz & Tango offered also!

Piloxing w/ Karen

Th 4:30pm - 5:30pm

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 w/ Karen

T 4:30pm - 5:30pm

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

SilverSneakers Cardio Circuit w/ Andrea

TTh 8am - 9am

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.

SilverSneakers Classic w/ Andrea

TTh 9am - 10am

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, and Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or for standing support.

Step & Sculpt w/ Karen

W 6am - 7am

A heart-pumping step aerobics routine combined with strength training intervals to give you a complete cardio and weight workout. This is an excellent cross training class for all skill and fitness levels.

Step & Strength w/ Nadeen

M 4:30pm - 5:30pm

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!

Strength Through Length w/ Collin

TF 11am - 12pm

Previously titled, "Overcoming Knee & Low Back Pain," *Strength Through Length* (STL) is a class dedicated to re-teaching our bodies how to FULLY move in a pain-free manner. STL brings each of our joints through their largest range of motion in a slow, controlled, and intentional manner in pursuit of getting us strong through ALL ranges that life can take us through.

Stretch & Recover w/ Michaela

T 7pm - 8pm

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

STRONG 30/30 by Zumba w/ Steph

Th 6pm - 7pm

A non-dance inspired workout using high-intensity interval training that is synced to the music.

Walks of Wisdom w/ Misti

W 10am - 11am

Join our Membership Director, Misti, for weekly walks around town in which we can talk about healthy living, current events, popular beliefs and how we can move our Y forward in the community!

Yoga Sculpt w/ Missy

W 6pm - 7pm

This 45min class is designed to sculpt every major muscle group by combining yoga postures with weights, resistance bands or blocks & a burst of cardio to leave you feeling stronger, refreshed and uplifted. A fun compliment to your regular yoga practice. Options and modifications make it your time to explore your inner strength. Roll out your mat with me!

Zumba Gold Toning w/ Elizabeth

T 10am - 11am

Adding weights with a Zumba flare to increase muscular and joint strength, available to all ages, and fitness levels.

Zumba w/ Nichole & Steph

MW 9am - 10am

T 6pm - 7pm

Sa 9am - 10am

Latin-inspired, easy to follow, calorie-burning, feel-it-to-the-core fitness party!