

**Eastern Branch YMCA Group Exercise Schedule**

| <b>Monday</b>                                             | <b>Tuesday</b>                                              | <b>Wednesday</b>                                          | <b>Thursday</b>                                           | <b>Friday</b>                                                                                                                                                                                                           | <b>Saturday</b> |
|-----------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Yoga</b><br>7:00 – 8:00 am<br>Craig                    | <b>SilverSneakers Classic</b><br>8:00 – 9:00 am             | <b>Yoga</b><br>7:00 – 8:00 am<br>Craig                    | <b>SilverSneakers Classic</b><br>8:00 – 9:00 am<br>Justin | <b>Yoga</b><br>7:00 – 8:00 am<br>Craig                                                                                                                                                                                  |                 |
| <b>Full Body Challenge</b><br>9:45-10:45 am<br>Susan      | <b>Tia- Chi Fit</b><br>9:15 – 9:45 am<br>Justin             |                                                           | <b>BOOM Muscle</b><br>9:15 – 9:45 am<br>Susan             | <b>Full Body Challenge</b><br>9:45-10:45 am<br>Susan                                                                                                                                                                    |                 |
| <b>Enhance®Fitness</b><br>11:00 am – 12:00 pm<br>Karen M. | <b>Senior Strength Circuit</b><br>9:45 – 10:15 am<br>Justin | <b>Full Body Challenge</b><br>9:45-10:45 am<br>Susan      | <b>BOOM Mind</b><br>9:45 – 10:15 am<br>Susan              | <b>Enhance®Fitness</b><br>11:00 am – 12:00 pm                                                                                                                                                                           |                 |
| <b>SilverSneakers Yoga</b><br>12:15 – 1:00 pm<br>Karen M. |                                                             | <b>Enhance®Fitness</b><br>11:00 am – 12:00 pm<br>Consuelo |                                                           | <b>SilverSneakers Yoga</b><br>12:15 – 1:00 pm                                                                                                                                                                           |                 |
| <b>Boot Camp</b><br>5:30 – 6:15 pm<br>Maggie              | <b>Zumba</b><br>6:00 – 6:45 pm<br>Consuelo                  | <b>SilverSneakers Yoga</b><br>12:15 – 1:00 pm<br>Consuelo | <b>Walk 15®</b><br>5:30 – 6:00 pm<br>Amy                  | <b>Yoga</b><br>12:00 – 1:00 pm<br>Craig                                                                                                                                                                                 |                 |
| <b>Fit Family</b><br>6:15 – 7:00 pm<br>Maggie             |                                                             | <b>Cross Training</b><br>5:30 – 6:15 pm<br>Maggie         |                                                           |  <p>Branch Director<br/>Chris Yentzer<br/>cyentzer@yorkcoymca.org</p> <p>Eastern Branch<br/>4075 E. Market St<br/>717-650-1270</p> |                 |
| <b>Balance, Mind, Body</b><br>6:00 – 8:30 pm<br>Laura     | <b>Family Taekwondo</b><br>6:45 – 7:45<br>Safe Kids         | <b>HiIT Style</b><br>6:15 – 7:00 pm<br>Maggie             |                                                           |                                                                                                                                                                                                                         |                 |

## Eastern Branch YMCA Group Exercise Schedule

**BOOM@ MUSCLE** – You'll move through several groups of exercises that focus on different muscle groups to tone muscles and build overall strength.

**BOOM@ MIND** – Strength. Confidence. Flexibility. MIND takes the best from yoga and Pilates to strengthen core muscles and improve balance.

**Enhance@Fitness** – A full hour of fun, EnhanceFitness focuses on cardio, strength, balance, and flexibility — everything older adults need to maintain health and function as they age.

**Senior Strength Circuit** – Personal trainer led Class utilizing various equipment. Orientation to cardio equipment, selectorized weight machines and other strength training tools. Build your confidence to use exercise equipment safely and effectively so you can stay fit whenever & wherever it's convenient for you.

**SilverSneakers Classic** – Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**SilverSneakers Yoga** – This chair-based class includes a series of seated and standing yoga poses designed to increase flexibility, balance and range of movement followed by restorative breathing exercises and final relaxation.

**Walk 15@** – Taking the best features from low impact, aerobic style, group exercise, Walk 15@ group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! It's designed with "walking based" moves so that all fitness levels, all ages, all walks of life, can do it!

**Yoga** – Coordinate movement with breath. Class format includes Sun Salutations, balance, heart and hip openers, spine twists and final relaxation. Participants flow between standing and floor positions.

**Zumba**–Latin-inspired cardio dance workout that uses music and choreographed steps to form a fitness party atmosphere.

**Fullbody Challenge** – Complete workout mixed fresh for each class. Active Older Adults and those looking to regain or maintain love this class

**Fit Family** – Take the challenge. Get fit with the whole family in this cooperative, fun, partner style class. Recommended Ages 8+

**Cross Training** – A mash-up of strength and cardio conditioning that use fun training equipment like suspension trainers, tires, kettle bells, and medicine balls. Every day life movements build that strong, functional and durable body to takedown life's challenges.

**Boot Camp** – Get personal attention and be driven by drill sergeant like cueing while completing a variety of Calisthenics and Strength exercises

**HiIT Style** – A Cardio Class mixing elements of intense, maximum efforts followed by a limited rest recovery period. The results are, an extreme calorie burn and feeling very, very proud!

## Eastern Branch YMCA Group Exercise Schedule

**Tia-Chi Fit** - Improve health from the inside out. Learn to generate internal energy through controlled flowing movements that improve blood flow, mobility, and strength.