



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE YORK BRANCH

Fall 2019: Schedule effective October 1, 2019 and subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please register for classes at the Membership Desk each month.	5:45-6:30 a.m. Group Cycle B – Judy	5:45-6:45 a.m. BODYPUMP® A – Alisha	5:45-6:30 a.m. Group Cycle B – Judy	5:45-6:45 a.m. BODYPUMP® A – Alisha		
	9:15-10:00 a.m. Tabata A – Teleza	9:00-10:00 a.m. Mat Pilates B – Tara	9:00-10:00 a.m. R.I.P.P.E.D. B – Erika	9:00-10:00 a.m. Mat Pilates B – Tara	9:15-10:00 a.m. POUND® A – Lisa	8:30-9:30 a.m. BODYPUMP® A – Wellness Staff
Key to room usage: A – Studio A B – Studio B C – Studio C WC – Wellness Center	9:15-10:00 a.m. Group Cycle B – Heather	9:15-10:15 a.m. BODYPUMP® A – Allison	9:15-10:00 a.m. Group Cycle B – Cara	9:15-10:15 a.m. BODYPUMP® A – Allison	9:15-10:00 a.m. Group Cycle B – Heather	9:30-10:15 a.m. POUND® A – Wellness Staff POUND 1 st & 3 rd ZUMBA 2 nd & 4 th
	10:10-11:10 a.m. Enhance®Fitness A – Consuelo	10:15-11:15 a.m. Yoga Gentle Flow B – Ashlee	10:10-11:10 a.m. Enhance®Fitness A – Lisa	10:15-11:15 a.m. Yoga Gentle Flow B – Ashlee	10:10-11:10 a.m. Enhance®Fitness A – Lisa	
*All classes are for ages 11 and up. A 10-year-old may attend IF the parent takes the class with them.	11:15-12:00 p.m. SilverSneakers® Yoga B – Consuelo	10:30-11:00 a.m. BOOM®Move It A – Consuelo		10:30-11:00 a.m. BOOM®Mind A – Consuelo	11:15-12:00 p.m. SilverSneakers® Yoga B – Dolly	
		11:15-12:00 p.m. SilverSneakers® Circuit A – Heather	11:15-12:00 p.m. SilverSneakers® Yoga B – Pam	11:15-12:00 p.m. SilverSneakers® Circuit A – Consuelo		9:30-10:15 a.m. Yoga Gentle Flow B – Wellness Staff
Please follow safety guidelines for Wellness classes: *Bring a water bottle *Pass on class if you are more than 5 minutes late because warm-up is over *Don't leave class in the middle without giving the "thumbs up" to the instructor	12:10-12:50 pm *opt 1:00PM ext. class BODYPUMP®EXPRESS A – Paige	12:10-12:50 p.m. *opt 1:00PM ext. class Yoga Power Flow A – Cori	12:10-12:50 p.m. *opt 1:00PM ext. class BODYPUMP®EXPRESS A – Cori	12:10-12:50 p.m. *opt 1:00PM ext. class Yoga Power Flow A – Justin/Maggie	12:10-12:50 p.m. *opt 1:00PM ext. class BODYPUMP®EXPRESS A – Alisha	
	5:30-6:30 p.m. BODYPUMP® A – Allison	5:30-6:15 p.m. Group Cycle B – Jess	5:30-6:30 p.m. BODYPUMP® A – Paige	5:30-6:15 p.m. Group Cycle B – Jess		
	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Azka	5:30-6:30 p.m. Youth WC Program Ages 11-13 WC – Neal	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Azka	5:30-6:30 p.m. Youth WC Program Ages 11-13 WC – Neal	5:30-6:30 p.m. Fit Fun Kids Ages 5-10 B – Azka	
		6:30-7:30 pm Pilates B – Allison Begins 9/24		5:30-6:30 p.m. Zumba® A – Micah		
		6:30-9:00 p.m. Fencing A – Kim		6:30-7:30 p.m. Yoga Gentle Flow B – Amy	6:30-9:00 p.m. Fencing A – Kim	
		6:30-7:30 p.m. Youth FUNctional Fitness Ages 8-11 WC – Neal		6:30-7:30 p.m. Youth FUNctional Fitness Ages 8-11 WC – Neal		

9/30/19

BODYPUMP®

Challenge all of your major muscle groups while you squat, press, lift and curl. This barbell class, will sculpt, tone and strengthen your entire body, fast!

BOOM® MIND

Strength. Confidence. Flexibility. MIND takes the best from yoga and Pilates to strengthen core muscles and lower body and improve balance.

BOOM® MOVE IT

Break a sweat and have fun! The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences.

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

Fencing

Learn basic, intermediate and advanced fencing techniques.

Fit Fun Kids

Kids ages 5-10. Discover the joy of movement through games, foundational fitness moves, dance, and fun! Please check your child into Kid Watch before taking them to class.

Group Cycle

High intensity but low impact 45 minute stationary cycle workout. All fitness levels. Riders must bring water and towel and should register with membership services.

Mat Pilates

A series of exercises to improve posture. Pilates strengthens the core muscles of the pelvis, abdomen and back to improve balance, trunk strength and flexibility, and relieve chronic pain.

POUND®

Channel your inner rock star with this full-body cardio jam session, inspired by drumming. Using Ripstix, lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music.

R.I.P.P.E.D.®

Resistance. Interval. Power. Plyometrics. Endurance. Diet. This class offers high cardio, weight training and Mixed Martial Arts, forming a non-plateau, high intensity workout.

Tabata

Class format consists of high intensity interval training. It follows a specific format of 40 seconds active and 20 seconds rest, completing 4 rounds for a total of 4 minutes. Workouts offer more performance benefits in less time.

Youth FUNctional Fitness

Youth enjoy fun and challenging fitness activities by utilizing a variety of tools and completing bodyweight exercises. Ages 8-11.

Youth Wellness Center Program

11-13 year olds learn to use the YMCA Wellness Center upon completion of this 4-session course. A parent/guardian is required to attend all sessions and all subsequent workouts. Participants will learn how to exercise safely and effectively.

Yoga Gentle Flow

Increase balance, coordination and flexibility through breath-synchronized movement. A slower paced flow class that includes floor, standing, and balance poses. This is the perfect class to stretch sore muscles, increase range of motion and de-stress!

Yoga Power Flow

Coordinate movement with breath while flowing from one posture to the next. The class format includes Sun Salutations, balance, heart and hip openers, core strength and final relaxation. Participants will flow between standing and floor positions. This class is appropriate for beginners and experienced yoga practitioners.

Zumba®

Zumba® fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do!



SilverSneakers®
by Tivity Health

SilverSneakers® CIRCUIT

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support.

SilverSneakers® YOGA

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered. Restorative breathing exercises to end.