



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING

## GROUP EXERCISE SCHEDULE

January 2020  
Winter

Group exercise is a great way to incorporate more physical activity into your routine. Join certified instructors as they guide you through a safe and effective workout program. There is a class for everyone!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00-9:00 am Core Strength		8:00-9:00 am Core Strength			
8:30 – 9:30 am Fitness Fusion	9:00 – 9:45 am Zumba Gold®	8:30-9-30 am Fitness Fusion	9:00-9:45 Cycling (Ct.#4)	8:30 -9:30 am Fitness Fusion	8:45 – 9:30 am Boot Camp FIT	
9:30 -10:30 am Tai Chi (Ct. #1)				9:30-10:15 am Core Focus**		
	9:45-10:30 am SS Yoga Stretch®			9:30-10:15 am SS Yoga Stretch®	9:30-10:30 am Strength Train Together®/Muscle Max (classes will alternate every other week)	
10:45-11:30 am Silver Sneakers Classic®	10:45-11:30 am Silver Sneakers Classic®	10:45-11:30 am Silver Sneakers Boom Muscle®	10:45-11:30 am Silver Sneakers Classic®	10:15-11:00 am Zumba Gold®		
	12:00-12:45 pm Cycling (Ct #4)		12:00-12:45 pm Cycling (Ct. #4)			
	5:30-6:15 pm Core Focus**	6:00-6:45 pm Cardio Interval Training				
	6:15-7:15 pm Zumba®	6:00-6:45 pm Cycling (Ct.#4)	6:00-7:00 pm Zumba®			
6:00-6:45 pm Cycling (Ct.#4)	6:30-7:15 pm Yoga (Ct.#4)					

All classes are held in the Auxiliary Gym unless noted  
Classes with low attendance may be removed from the schedule.  
\*\*Core Focus – Please bring a 3 foot towel to class\*\*

**GREATER VALLEY YMCA**  
**Bethlehem Branch**

430 E. Broad St. Bethlehem, Pa. 18018  
P 610.867.7588 W gv-ymca.org



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**B - BEGINNER    I – INTERMEDIATE    A - ADVANCED**

# HEALTHY LIVING

## GROUP EXERCISE CLASS DESCRIPTIONS

January 2020



**FITNESS FUSION (B, I)** – A cardio class which includes a variety of formats from weight training, toning, stretching and more. A great class for all levels of fitness.

**CORE FOCUS (B, I, A)** – Train your core like an athlete. Motivating music with functional and integrated exercises using your body weight, weight plates, a towel and platform.

**CORE STRENGTH (B, I)** – strengthen deep core muscles, increase flexibility and balance (non-impact)

**TABATA (I, A)** – A high-intensity interval training. Each four-minute workout consists of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest.

**BOOTCAMP FIT (I, A)** –An interval type of training through cardio activity including strength training, body weight exercises and speed and agility training designed for the whole body. Each week is unique.

**CARDIO INTERVAL TRAINING (I, A)** – This class offers different types of interval training such as circuits, tabata, plyometrics and more all designed to increase your heart rate and burn more fat in less time.

**CYCLING (B, I, A)** - a motivated indoor cycling class that begs your legs to pedal to improve cardiovascular endurance through a series of sprints, hill climbs, jumps and intervals for a stronger and leaner body.

**MUSCLE MAX (B,I)** - a total body strength workout that will incorporate every major muscle group and use various equipment.

**SILVERSNEAKERS®BOOM – (B, I)** – a class that incorporates athletic based exercises that improve upper body conditioning. You will work through blocks which are groups of exercises that focus on different muscle groups.

**SILVERSNEAKERS® CLASSIC** - move your way through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing with handles and a SS ball are offered for resistance. Chair is available for support.

**SILVERSNEAKERS® YOGA** - move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**STRENGTH TRAIN TOGETHER (B, I)** - Blast all your muscles with a high rep weight training workout. You will use an adjustable barbell, weight plates and body weight to perform functional integrated exercises.

**Tai Chi (B, I)** – a series of movements performed in a slow, focused manner accompanied by deep breathing.

**YOGA (B, I)** - perform postures that flow together to create a strong lean muscular body; improve your flexibility, strength, posture, and balance.

**ZUMBA® (B, I, A)** - hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will have you moving.

**ZUMBA GOLD® (B, I)** - easy to follow choreography that focuses on balance, range of motion, and coordination. Great for active older adults who are looking for a modified Zumba class at a lower intensity.



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