



HEALTHY LIVING PROGRAMS



**WINTER
SESSION**

January 7
to March 3



GREATER VALLEY YMCA, SUBURBAN NORTH BRANCH

gv-ymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SESSION
JAN 7 TO MAR 14

REGISTER ONLINE
OR AT THE
WELCOME CENTER!



Achieving and maintaining wellness is a task that's never finished. That's why a healthy lifestyle is so important. We're here to help you regardless of your starting point with a variety of classes and supports to keep you healthy in spirit, mind and body!



BARRE

Fun empowering class focusing on postural strength and alignment followed by a series of upper body exercises using light weights.

Monday 7 PM to 8 PM

BODY SCULPT

Use hand weights, body bars, resistance bands etc. to improve overall strength.

Thursday 8 AM to 8:45 AM

BUTTS & GUTTS

Legs and core focused. This workout will focus on the abs glutes and legs using light weights and body resistance.

Saturday 9 AM to 9:45 AM

ELITE WARRIORS

Get in touch with your inner Rocky! This class will help you become an expert in boxing combos. Cardio bursts with strength exercises, and boxing practices.

Wednesday 5 PM

HOUSE PARTY FITNESS*

A dance fitness/cardio hip hop program to get you moving and sweating!

Saturday 8 AM to 8:45 AM

INDOOR CYCLING

With no complicated moves to learn, a motivated group environment, and music that begs your legs to pedal, you'll. Have a blast as you pedal to a leaner stronger body.

Monday/Friday 7 AM to 7:45 AM
Tuesday/Thursday 7 PM to 7:45 PM

PIYO

Strength & Cardio class using Pilates and Yoga inspired moves. Reduces stress and tension.

Wednesday 6:45 PM to 7:15 AM

STRENGTH TRAIN TOGETHER

Blast your muscles with high—rep weight training workout. Using an adjustable barbell, weigh plates, and body weight. Dynamic music to get your heartrate up and make you sweat

Wednesday/Friday 7:45 AM to 8:45 AM
Tuesday/Thursday 6 PM to 8 PM

STRETCH & TONE

Relaxing Pilates style class designed to stretch and lengthen your muscles, increase strength, and flexibility, and improve posture and balance.

Monday/Friday 9 AM to 10 AM

TABATA BOOTCAMP

Increase cardiovascular and muscular strength with this intense and challenging class.

Monday 6:15 PM to 7 PM

YOGA

Perform postures that flow together to create a strong lean muscular body. Improve flexibility, strength, and posture.

Wednesday 9 AM to 10 AM

ZUMBA

This hot workout fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will really have you moving and Shaking.

Tuesday 7 PM to 7:45 PM

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY