



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

GROUP EXERCISE SCHEDULE

March 2-April 26, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30A Cycling Lisa	5:30-6:30A Strength Train Together Morgan	5:45-6:30A Cycling Jenn	5:30-6:30A Strength Train Together Melanie	5:45-6:30A Cycling Jenn	
7:15-8:00A Tabata Melanie	7:15-8:00A Cycle & Sculpt Vanessa	7:15-8:00A CardioSculpt Vanessa		7:15-8:00A Fitness Challenge Jo-Elle	
8:15-9:00A Pump it Mandy		8:15-9:15A Strength Train Together Melanie		8:15-9:00a Pump it Mandy	8:15-9:00a Fitness Challenge Lisa
9:15-10:00A Zumba® Beth	9:30-9:55A Country Line Dance Lesson Krysta	9:30-10:15A Yoga Jess			9:15-10:00A Cycling Lisa
10:30-11:15A BOOM Muscle® Rich	10:00A-10:45A Country Fusion Krysta	10:30-11:15A AOA Wellness Jess	10:30-11:15A SilverSneakers® Yoga Angela	9:45-10:15A Cycle Express	10:15-10:45A Core Focus Together Sydney
5:20-5:50P HIIT Express Lisa	5:20-6:20P Strength Train Together Laura	5:20-5:50P Core Focus Together Sydney	5:20-6:20P Strength Train Together Laura		
6:00-6:30P Core Focus Together Lisa	6:30-7:15P Stretch & Tone Debbie	6:00-6:45P Country Fusion™ Krysta	6:30-7:00P Cycle Express Laura		
6:40-7:25P Cycling Lisa		6:50-7:50P Strength Train Together Morgan			
					Denotes Child Watch Unavailable

GREATER VALLEY YMCA, SLATE BELT BRANCH

315 West Pennsylvania Avenue, Pen Argyl, PA 18072

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2/27/20



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GROUP EXERCISE CLASS DESCRIPTIONS

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- AOA WELLNESS** – Active Older Adult Wellness is a 45 minute class consisting of 30 minutes of low impact aerobic and strength exercise, followed by 15 minutes of mindful stretching and yoga. This class is suitable for aging population that wants to keep active well into their golden years.
- BOOM MUSCLE®** – BOOM Muscle is a new type of SilverSneakers class! Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. A typical BOOM Muscle class is only 30 minutes, we've extended it to 45!
- CARDIOSCULPT – LOW IMPACT** – Great class for beginners looking for a low impact class focused on muscular strength training along with low impact cardiovascular training.
- CORE FOCUS TOGETHER** – Core Focus Together gives you 3-dimensional training in 30 action-packed minutes. A stronger core improves athletic performance, enhances movement health, and helps prevent back pain. Expert coaching and motivating music will push you through integrated exercises that use your body weight and weight plates.
- COUNTRY FUSION®** – Line Dancing meets fitness. Participants will increase their cardiovascular fitness and muscular endurance while learning country line dance and fused with four other types of dance and music.
- COUNTRY LINE DANCE LESSON** – Break down the steps and practice just a few dances to learn new line dance routines. Great for beginners or those that want to try their hand and Country Fusion® but don't know where to begin.
- CYCLING** – With no complicated moves to learn, a motivated group environment, top-notch instructors and music that begs your legs to pedal, you'll find you're having a blast as you pedal your way to a leaner, stronger body!
- CYCLING EXPRESS** – Everything you love about cycling packed into a 30 minute express workout.
- CYCLE & SCULPT** – Challenge your whole body with this 45 minute class. Get your heart pumping with indoor cycling and then mix in some strengthening and toning exercises to build your muscles.
- FITNESS CHALLENGE** – Join us in a class that will keep changing, moving, and challenging you by using an array of fitness philosophies and timing sequences.
- HIIT EXPRESS** – 30 minutes of High Intensity Interval Training. Move through a variety of moves to challenge your total body.
- PUMP IT** – Designed for toning and defining muscles using low weight and higher repetitions. Each block of music will concentrate on a specific muscle group. Work the total body.
- SILVERSNEAKERS® CLASSIC** – 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 a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing 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** – Maximize your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.
- STRETCH & TONE** – Relaxing Pilates-style class designed to stretch and lengthen your muscles, increase strength, and flexibility, and improve posture and balance.
- TABATA** – Designed to increase cardiovascular efficiency and increase muscular strength. This program is as intense and challenging as you would like to make it. Classic tabata intervals are 20 seconds of work and 10 seconds of rest for 8 rounds.
- YOGA** – Balance your body, mind, and spirit with yoga. Use a series of postures to increase strength, stability, and flexibility. Fuse the mind and body with restorative breathing and meditation. Yoga is suitable for all ages and ability levels. You should be able to move from the floor to standing with reasonable ease.
- ZUMBA®** – This hot workout fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will really have you movin' and shakin'. All levels welcome, AOA friendly.

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