



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



HEALTHY LIVING SPRING 1

GROUP EXERCISE SCHEDULE

March 2 – April 26

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. From Strength Train Together to Yoga, Cycling to Zumba®, there is a class for everyone. All levels are welcome.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pickleball 7:00 -8:45 Gym		Pickleball 7:00 – 8:45 Gym	Pickleball 7:00 – 8:45 Gym	Indoor Cycling 7:00 – 7:45 Julio PS2		
Indoor Cycling 8:00- 8:45 Julio PS2	Body Sculpt 8:15 – 9:00 Susan Gym	Step 8:00 -8:45 Julio PS1	Body Sculpt 8:15 – 9:00 Susan PS1	Boot Camp 8:00 – 8:45 Phil Gym	HOUSE PARTY 8:00 – 8:45 Chad Gym	
SS Circuit 9:00 -10:00 Diane Gym	Zumba 9:00 – 10:00 Susan Gym	SS Classic 9:00 – 10:00 Diane Gym	AOA Circuit 9:00 – 10:00 Diane Gym	AOA Circuit 9:00 – 10:00 Phil Gym	Indoor Cycling 9:00– 9:45 Chad ICR	
Stretch & Tone 9:00 – 10:00 Jes PS1			Yoga 9:00 – 10:00 Jessica PS1	Stretch & Tone 9:00 -9:45 Jewel PS1	Barre 9:00 – 9:45 Stacey Gym	
SS Classic 10:00 – 11:00 Diane Gym	AOA Balance 10:00 – 11:00 Diane Gym	Indoor Cycling 10:15 -11:00 Julio PS2	Chair AOA Yoga 10:15 -11:00 Jessica Gym	AOA Classic 10:00 – 11:00 Phil Gym	Sports Sampler Jewel 10:00 – 10:45 Gym 4 week session Ends March 28	
	SS Classic 11:00 – 12:00 Diane Gym	SS Circuit 10:00 – 11:00 Diane Gym		Pickleball 12:00 – 2:00 Gym		Family Rec 11:00 – 12:00 Gym
Super Shining Stars 1:00- 1:45 Ashley Gym			Zumba 11:00 -11:45 Susan Gym			
	Yoga 5:30 – 6:30 Jessica PS1	Iron Teens 5:00 – 5:45 Jewel Gym Ends March 28	Zumba 6:00 – 7:00 Rhonda Gym	Core Focus 5:30 -6:00 Amelia Gym		
Barre 6:00 – 6:45 Stacey Gym	STT 6:00 – 7:00 Amelia GYM	Teen Cycling 6:00 -6:45 Julio PS2		Power Cycle 6:00 – 6:30 Amelia PS2		
Acro 1 6:00 – 6:45 Tiff PS1	Indoor Cycling 7:15 – 8:00 Amelia PS2	Barre 6:00- 6:45 Stacey PS1	Princess Ballet 6:00 – 6:45 Tiff PS1	Tumbling Tots 6:00- 6:45 Tiff PS1		
Tabata 7:00 -8:00 Andrea Gym		VOLLEYBALL (Co-ed) 6:30 -9:30 GYM CLOSED				
Tang Soo Do 7:00 – 8:00 Alex PS1	Acro 2 6:45 – 7:45 Tiff PS1	Tang Soo Do 7:00 – 8:00 Alex PS1	Adult Karate 7:15 – 8:30 Sensei Charlie PS1			
		Indoor Cycling 7:15 – 8:00 Julio PS2	Indoor Cycling 7:15 – 8:00 Julio PS2			

Classes with low attendance may be removed from the schedule. * Schedule subject to change. Check back for updates.

GREATER VALLEY YMCA, SUBURBAN NORTH BRANCH

880 Walnut Street, Catasauqua, PA 18032

(P) 610 264 5221 (W) gv-ymca.org

as of Feb 20, 2020



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GROUP EXERCISE CLASS DESCRIPTIONS

March 2 – April 26

ADULT KARATE – Learn the foundations of Karate. This class emphasizes the benefits of martial arts, including stress reduction, confidence building, and self-defense all while getting into shape. (Paid Program)

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

BODY SCULPT – Use of hand weights, body bars, resistance bands etc. to improve overall strength.

BOOTCAMP – You can expect calisthenics such as push-ups, lunges, and crunches, as well as interval training drills, this class is guaranteed to make you sweat!

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

CARDIO KICKBOXING – Get in touch with your inner Rocky! This class will help you become an expert in boxing combos! Cardio bursts with or without jump ropes, strength exercises with medicine balls and boxing practices. Great for beginners!

CARDIO SCULPT – Great class focused on muscular strength training and cardiovascular training.

Core Focus Together – 30 minute action packed class ,get a strong core from shoulders to hips. Help prevent back pain and strengthen your abs! 15 minute additional class time for warm up and cool down.

HOUSE PARTY FITNESS – A dance fitness/cardio hip hop program to get you moving and sweating!

INDOOR CYCLING – With no complicated moves to learn, a motivated group environment, top-notch instructors and music that begs your legs to pedal.

MFBB – Moving For Better Balance. Feel stronger, have better balance ,flexibility and confidence. This is a 12 week Tai Chi program for older adults who have fallen or are afraid of falling.

SILVERSNEAKERS® CIRCUIT – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

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 – A complete series of seated and standing yoga poses. Chair support is offered to safely perform a series of seated and standing postures. Promote stress reduction and mental clarity.

STEP – Energizing work out using a height adjustable step and simple movements, add cardio and upbeat music to push yourself to your work out limits! This is a beginner class.

STRENGTH TRAIN TOGETHER – Blast your muscles with high – rep weight training workout. Using an adjustable barbell ,weight plates, and body weight. Dynamic music, to get your heart rate up and make you sweat

STRETCH & TONE – Relaxing Pilates-style class designed to stretch and lengthen your muscles, increase strength, and flexibility, and improve posture and balance.

SUPER SHINING STARS – A safe fun fitness class for individuals with disabilities to make friends and improve their overall wellbeing.

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

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'.

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