

MONDAY

No Classes 5/28

TUESDAY

WEDNESDAY

GROUP FITNESS



THURSDAY

Effective Mon, April 30
thru Thurs, May 31

FRIDAY

SATURDAY

NRG Step Interval S2 6:00-7:00AM Maria	Cycle 45 S3 5:30-6:15AM Heather	BODYPUMP* S1 5:15-6:15AM Kelli K/Claudia			
SPRINT S3 6:00-6:30AM Dave	BODYPUMP* S1 8:00-9:00AM Teddy	NRG Step Interval S2 6:00-7:00AM Maria	Cycle 45 S3 5:30-6:15AM Heather		
Coach by Color Cycle S3 8:30-9:15AM Allison	BODYATTACK 45 S2 9:15-10:00AM Michaline	RPM S3 7:15-8:00AM Kelly B	BODYPUMP* S1 8:00-9:00AM Teddy		
BODYPUMP* S1 9:15-10:15AM Laurie	Yoga S1 9:15-10:15 AM Stacy	BODYFLOW Auditorium 9:15-10:15AM Kelly B	PiYo S2 8:00-9:00AM Susannah	Coach By Color S3 8:15-9:00AM Allison	BODYATTACK S2 8:00-9:00AM Kelly B/Susannah
PiYo S2 9:30-10:30 AM Susannah	CIZE S2 10:30-11:30AM Susannah	BODYPUMP* S1 9:15-10:15AM Michaline	Cardio Step & Core S2 9:15-10:30AM Kelly B	BODYPUMP* 45 S1 9:15-10:00AM Ryan	SPRINT S3 8:15-8:45 AM Chris G
BODYCOMBAT 30 S1 10:30-11AM Michaline	Better Balance S1 11:00-11:30AM Lien	BODYCOMBAT S2 9:15-10:15AM Teddy	Better Balance S2 11:00-11:30AM Lien	RPM S3 9:15-10:00AM Kelly B	BODYPUMP* S1 9:00-10:00AM Rotation
Forever Young S2 10:30-11:30AM Rotation	SilverSneakers Classic* S1 11:30AM-12:30PM Susannah	CXWORX S1 10:15-10:45AM Teddy	SilverSneakers Classic* S1 11:30AM-12:30PM Susannah	Zumba S2 9:30-10:30AM Susannah	High/Low Circuit S2 9:15-10:15AM Heather
CXWORX S1 11:00-11:30AM Michaline	Tai Chi Chih (no class 5/15) S1 12:30-1:30PM Jack	Forever Young S2 10:30-11:30AM Kat	SPRINT S3 12:00-12:30PM Kelly B	CXWORX S1 10:00-10:30AM Michaline	CXWORX S1 10:00-10:30AM Rotation
Chair Yoga S1 11:45AM-12:45PM Chris B	Gentle Yoga S2 2:00-3:00PM Becky	Silver & Fit S1 11:00AM-12:00PM Chris B	Tai Chi Chih S1 12:30-1:30PM Jack	Chair Yoga S1 10:45-11:45AM Stacy	Power Yoga S2 10:30-11:30AM Rotation
Better Balance S2 1:00-1:30 PM Chris B	SilverSneakers Classic* S1 3:00-4:00PM Chris B	Chair Yoga S1 12:15-1:15 PM Chris B	Gentle Yoga S2 2:00-3:00PM Vanessa	BODYFLOW S2 12:00-1:00PM Michaline	BOOTCAMP (5/5 & 5/19 only) S1 10:45-11:45 AM Heather
Tune-Up S2 5:15-6:15PM Heather	BODYFLOW S1 5:15-6:15PM Kelly B	Tune-Up S2 5:15-6:15PM Heather	SilverSneakers Classic* S1 3:00-4:00PM Chris B	Friday Night Fights S1 5:00-6:00PM Heather	SUNDAY No Classes 5/20
Better Balance Adult Lounge 5:15-5:45PM Stacy	CXWORX S2 5:15-5:45PM Michaline	BODYPUMP* S1 6:15-7:15PM Ryan	BODYPUMP* 45 S1 5:15-6:00PM Paula	Zumba Party S2 5:15-6:15PM Princess	BODYCOMBAT S2 9:00-10:00AM Rotation
RPM S3 5:30-6:15PM Dave	BODYCOMBAT 45 S2 5:45-6:30PM Michaline	Pilates Fusion S2 6:20-7:20PM Denise	BODYFLOW S2 5:15-6:15PM Shamatee	<p>S1 = Studio 1 S2 = Studio 2 S3 = Studio 3</p> <p>Studio 1 is limited to 25 participants.</p>	BODYPUMP* S1 10:15-11:15AM Vee
BODYPUMP* 45 S1 6:15-7:00PM Claudia	Core Focus S2 6:30-7:00PM Heather	BODYATTACK 45 S2 7:30-8:15PM Claudia	RPM S3 5:30-6:15PM Chris G		BODYFLOW S2 10:15-11:15AM Rotation
BODYATTACK S2 6:30-7:30PM Rotation	SPRINT S3 6:30-7:00PM Mike R	Tai Chi S1 7:30-8:30PM Dustin	Core Focus S1 6:00-6:30PM Heather		RPM S3 10:30-11:15AM Dave
CXWORX S1 7:00-7:30PM Claudia	Zumba S2 7:00-7:45PM Heather	<p>Group Fitness Questions? Visit www.yorkjcc.org or contact Meghan Hayes at mhayes@yorkjcc.org</p>	Hatha Yoga S1 6:30-7:30PM Gabi		Pilates Fusion (last class 5/6) S2 4:00-5:00PM Sally
Alignment Yoga S2 7:35-8:35PM Vanessa	Cardio Step Intervals S2 7:45-8:30PM Heather		BODYCOMBAT S2 6:30-7:30PM Claudia	<p>Low Impact Class</p> <p>New Class or New Day</p> <p>New Time or Room</p>	* Class size is limited, see class description on reverse.

Key: ●Beginner ■Intermediate ▲Advanced

CLASS DESCRIPTIONS

Classes are 60 minutes unless otherwise noted with a 30 or 45

Alignment Yoga ●■▲ Cultivate strength, flexibility and focus with alignment-based cuing to create both stability and freedom in each pose, linking movement to breath.

Better Balance ● The class will focus on improving balance through body awareness, gait training, and progressive challenges to the "balance" systems. *30 minutes*

BODYATTACK™- LESMILLS ■▲ is a sports-inspired cardio workout program for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT- LESMILLS ●■▲ A fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had.

Average burn = 740 cal/hour! Great for Teens!

BODYFLOW® - LESMILLS ●■▲ A Yoga, Tai Chi and Pilates inspired workout leaving you long, strong, calm, centered and feeling balanced.

BOOTCAMP ■▲ This fun HITT training style class will leave you feeling great and your body looking lean and strong. Interval training, running, jumping and a motivating drill sergeant.

BODYPUMP™- LESMILLS ■▲ The original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. **Average burn = 560 cal/hour!**

Cardio Step & Core ●■▲ This fun cardio step class mixes easy-to-follow cardio step intervals with strength training using a variety of equipment. The class ends with an extra 15 min of core strengthening exercises. (75 min class)

Cardio Step Intervals ●■▲ This fun freestyle class consists of high energy step with intervals of weight, resistance and toning exercises. Easy to follow step moves.

Chair Yoga ●■▲ Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support.

Core Focus ●■▲ Class focuses on core strengthening and toning for the abdominal and back areas.

CIZE ●■▲ This class is so much fun you'll forget you are working out! This workout will teach you fun dance choreography that any ability level can follow! If you love Zumba you'll love CIZE! The end of exerCIZE is here!

Coach by Color Cycle ●■▲ Using your FTW (Functional Threshold Wattage), this class optimizes the use of the Matrix Coach by Color technology to give you a unique, self-driven workout. New riders should come 15 minutes early to get assistance with bike set up.

CXWORX™ - LESMILLS ■▲ is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. It's not exactly weight-lifting, and it's not exactly cardio.

Cycle 45 ●■▲ This 45 minute non-impact dynamic class offers motivation, driving music, changing speeds and inclines for a full course workout on stationary bikes.

Forever Young ●■ This low-impact standing cardio interval class is formatted to get you moving with friends and having some fun on your feet. You will improve your balance, strengthen your body, and increase your endurance.

Friday Night Fights ■▲ Train like an athlete then spar like a fighter with this awesome cardio box-interval workout. What better way to start your weekend than to let Heather help you "jab" out the frustrations of the past week!

Gentle Yoga ●■ This gentle yoga class is designed for older adults or anyone who wishes for an easy to follow yoga workout. We will guide you through a series of yoga poses that will strengthen your balance, core muscles and flexibility. Great for beginners!

Hatha Yoga ●■▲ A mix of vinyasa style flow along with holding traditional yoga poses. Class will create heat, increase flexibility, strength and bring relaxation to participants

NRG Step Interval ●■ Start your day with this interval step workout with weights.

High/Low Circuit ●■▲ This workout consists of different stations using all types of equipment alternating with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

Pilates Fusion ●■▲ Perfect to tone and elongate muscles; balance strength with flexibility; release stress and tension; and improve posture and alignment. Denise is a certified Balance Body Advanced Pilates trainer.

PiYo ■▲ PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch!

Power Yoga ■▲ Learn to develop your breath, understand alignment, and step outside your comfort zone. Embark on a journey of personal growth full of empowerment and inspiration. Find joy in the connection of breath and movement, and discover the unlimited possibilities that yoga can offer you.

RPM™- LESMILLS ●■▲ RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. (45 minutes)

Silver & Fit® ■ This class is for older adults looking for an intermediate-level, well-balanced exercise routine. All exercises are performed in the standing position, with minimal to no use of chairs. Come prepared to have fun with lively music and lots of fun equipment!

SilverSneakers® Classic ●■ Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity. A chair is used for seated and/or standing support.

SPRINT™- LESMILLS ■▲ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The short duration of a SPRINT workout will motivate you to push your physical and mental limits

Tai Chi ●■▲ Based on Chinese martial arts, Tai Chi is a set of low-impact, continuous movements designed to nurture balance and harmony in mind and body. Step by step instruction leads the participant into a way of moving that is natural, fun to learn, and can be adapted to each individual's needs.

Tai Chi Chih ● Consisting of a series of 19 movements and one pose, Tai Chi Chih circulates and balances the Vital Force or Chi bringing improvements in health, creativity, performance and intuition.

Tune-Up ●■▲ A combination class of hi/lo aerobic and dance moves plus half hour of total body strength training.

Yoga Balance ●■▲ Learn gentle Yoga poses that help strengthen your standing muscle and challenge your balance for fall prevention and better movement.

Zumba® ●■▲ This high-energy class combines a variety of Latin dance moves with a fusion of Latin and international music to sculpt the body and get the heart racing.

Zumba® Party ■▲ Take the "work" out of workout, by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Mention physical limitations to instructor prior to the start of class. The purpose of a warm up is to prevent injury, please do not enter a class if you are more than 10 minutes late.



To receive group fitness messages via text, text '@yorkj' to 717-409-6086 or via email, email yorkj@mail.remind.com