



Group Fitness

effective Mon, July 3rd thru Sun, July 30th

S1 = Studio 1
S2 = Studio 2
S3 = Studio 3
A = Auditorium
G = Gymnasium

New Class	New Day / Time	Low Impact Class	Special Event!
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LES MILLS SPRINT S3 6:00-6:30AM Dave	Cycle 45 Heather 5:30-6:15AM S3	NRG Step Interval Maria 6-7AM S2	Cycle 45 Heather 5:30-6:15AM S3	LES MILLS SPRINT S3 6:00-6:30AM Dave		
NRG Step Interval S2 6:00-7:00AM Maria	BODYPUMP* Teddy 8:00-9:00AM S1	RPM Kelly 7:00-7:45AM S3	BODYPUMP* Teddy 8:00-9:00AM S1	Cycle 45 Linda 8:15-9:00AM S3		
Coach by Color Cycle 8:30-9:15AM S3 Allison	Yoga 8-9 AM thru 7/11 Stacy Begin 7/18 9:15-10:15AM S2	BODYCOMBAT Teddy 9:15-10:15AM S2	PiYo Susannah 8:00-9:00AM S2	BODYPUMP* Meghan 9:15-10:15AM S1		
BODYPUMP* Ryan 9:15-10:15AM S1	BODYPUMP* Kelly 9:15-10:15AM S1	BODYFLOW Kelly 9:30-10:30AM S1	Cardio Step & Core S2 9:15-10:30AM Kelly	RPM Kelly 9:15-10:00AM S3		
PiYo Susannah 9:30-10:30 AM S2	Power Step S2 Marianne 9:15-10:15AM (last class 7/11)	Cycle 45 Linda 9:15-10:00AM S3	Better Balance Judy 11:00-11:30AM S2	Zumba Susannah 9:30-10:30AM S2		
BODYCOMBAT XPRESS 10:30-11AM Meghan S1	CIZE Susannah 10:30-11:30AM S2	CXWORX Teddy 10:30-11:00AM S1	SilverSneakers Classic* 11:30AM-12:30PM Judy S1	Chair Yoga Stacy 10:30-11:30AM S1		
CXWORX Meghan 11:00-11:30AM S1	Better Balance Judy 11:00-11:30AM S1	Forever Young Kat 10:30-11:30AM S2	Tai Chi Chih Jack 12:30-1:30PM S1	CXWORX Michaline / Meg 10:30-11:00AM S2		
Forever Young Judy 10:30-11:30AM S2	SilverSneakers Classic* 11:30AM-12:30PM Judy S1	Silver & Fit Judy 11:00AM-12:00PM S1	Gentle Yoga Vanessa 2:00-3:00PM S2	Yoga Balance Stacy 11:45AM-12:15PM S1		
Better Balance Chris 1:30-2:00PM S2	Tai Chi Chih Jack 12:30-1:30PM S1	BOOM-Move It Vontina 12:00-12:30PM S2	Core Focus Heather 6:00-6:30PM S2	BODYFLOW Rotation 12:00-1:00PM S2		
SilverSneakers Classic 2:00-3:00PM Chris S1	Gentle Yoga Lien 2:00-3:00PM S2	BOOM-Muscle Vontina 12:30-1:00PM S2	BODYCOMBAT Claudia 6:30-7:30PM S2	Friday Night Fights S1 5:00-6:00PM Heather		
Tune-Up Heather 5:15-6:15PM S2	BODYCOMBAT Michaline 5:00-6:00PM S2	Tune-Up Heather 5:15-6:15PM S2	Hatha Yoga Gabi 6:30-7:30PM S1	SATURDAY		
RPM Dave 5:30-6:15PM S3	BODYFLOW Rotation 5:15-6:15PM S1	BODYPUMP* Ryan 6:15-7:15PM S1	SUNDAY Special Event 7/9 No Classes			
BODYPUMP* Michaline 6:15-7:15PM S1	CXWORX Michaline 6:15-6:45PM S1	Pilates Fusion Denise 6:15-7:15PM S2			BODYPUMP* Teddy 8:00-9:00AM S1	
INSANITY LIVE Liz 6:30-7:30PM S2	Core Focus Heather 6:00-6:30PM S2	Tai Chi Dustin 7:30-8:30PM S2	BODYFLOW Rotation 8:00-9:00AM S2	CXWORX Rotation 9:15-9:45AM S1		
Alignment Yoga S2 7:30-8:30PM Vanessa	Zumba Heather 6:30-7:30PM S2	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.				
Cycle 45 Vontina / Mike 6:30-7:15PM S3	Cardio Step Intervals 7:30-8:30PM Heather S2				BODYCOMBAT Teddy 9:15-10:15AM S2	RPM Chris 9:15-10:00AM S3
					BODYPUMP* Rotation 10:15-11:15AM S1	Yoga Rotation 10:30-11:30AM S2
		RPM Dave 10:30-11:15AM S3	BOOTCAMP Heather 10:30AM 7/8 & 7/15 in the Gym			



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



SPECIAL GROUP FITNESS EVENT!
Sunday 7/9 ~ 8-11AM
See Fitness Center for Details!

Key: ● Beginner ■ Intermediate ▲ Advanced

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*

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.

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! *Class size is limited to 22 participants.**

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.

BOOM – Move It ■ ▲ A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

BOOM – Muscle ■ ▲ There's never a dull moment in this action-packed workout featuring athletic moves taken from your favorite sports like golf and tennis. 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 fitness

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.

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. **Great for newbies!**

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

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!

CLASS DESCRIPTIONS

Coach by Color Cycle ● ■ ▲ Using your predetermined FTW (Functional Threshold Wattrate), 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.

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

Cycle 45/60 ● ■ ▲ This 45 or 60 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

High/Low Circuit ● ■ ▲ A cross-training workout combining stations of exercises using all equipment with high/low aerobics. Burns fat to the max!

INSANITY® LIVE ● ■ ▲ A challenging, group-focused athletic training, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the workout WILL challenge you, change you, and get you in the best shape of your life.

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

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!

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.

GROUP FITNESS QUESTIONS? Visit www.yorkjcc.org or contact Kelly Block at kblock@yorkjcc.org

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 / Circuit ● ■ 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. ***Please note that the Circuit class incorporates intervals of strength training and is not a seated class. *Classic size is limited to 30 participants.**

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 ● ■ ▲ Combines low impact aerobics and weight training with free weights, power bars and bands. *Such a great class!*

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.

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.

See Program Guide for Babysitting Room Hours