

## MONDAY

## TUESDAY

## WEDNESDAY

# GROUP FITNESS

Effective Wed., Aug. 1 thru Fri., Aug. 31



**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

**SPRINT** S3  
6:00-6:30AM Dave

**BODYPUMP** S1  
8:00-9:00AM Teddy

**NRG Step Interval** S2  
6:00-7:00AM Maria

**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  
9:15-10:15AM Kelly B

**Yoga 75** S1  
9:15-10:30AM Stacy

**BODYFLOW** Auditorium  
9:15-10:15AM Kelly B

**PiYo** S2  
9:30-10:30 AM Susannah

**CIZE** S2  
10:30-11:30AM Susannah

**BODYPUMP** S1  
9:15-10:15AM Michaline

**BODYCOMBAT 30** S1  
10:30-11AM Michaline/Meg

**Better Balance 45** S1  
10:45-11:30AM Lien

**BODYCOMBAT** S2  
9:15-10:15AM Teddy

**Zumba Gold 45** S2  
10:45-11:30AM Renee

**SilverSneakers Classic** S1  
11:30AM-12:30PM Susannah

**CXWORX** S1  
10:15-10:45AM Teddy

**CXWORX** S1  
11:00-11:30AM Michaline/Meg

**Tai Chi Chih** S1  
12:30-1:30PM Jack

**Forever Young** S2  
10:30-11:30AM Kat

**Chair Yoga** S1  
11:45AM-12:45PM Chris B

**Gentle Yoga** S2  
2:00-3:00PM Vanessa

**Silver & Fit** S1  
11:00AM-12:00PM Chris B

**Better Balance 45** S2  
1:00-1:45PM Chris B

**SilverSneakers Classic** S1  
3:00-4:00PM Chris B

**Chair Yoga** S1  
12:15-1:15PM Chris B

**Tune-Up** S2  
5:15-6:15PM Heather

**BODYFLOW** S1  
5:15-6:15PM Kelly B

**Tune-Up** S2  
5:15-6:15PM Heather

**RPM** S3  
5:30-6:15PM Dave

**CXWORX** S2  
5:15-5:45PM Michaline

**BODYATTACK 45** S2  
6:15-7:00PM Claudia

**BODYPUMP 45** S1  
6:15-7:00PM Paula

**BODYCOMBAT 45** S2  
5:45-6:30PM Michaline

**BODYPUMP** S1  
6:15-7:15PM Ryan

**BODYATTACK 30** S2  
6:30-7:00PM Claudia

**Core Focus** S2  
6:30-7:00PM Heather

**Power Yoga** S2  
7:00-8:00PM Ashley

**CXWORX** S2  
7:00-7:30PM Claudia

**SPRINT** S3  
6:30-7:00PM Mike R

**Tai Chi** S1  
7:30-8:30PM Dustin

**Alignment Yoga** S2  
7:35-8:35PM Vanessa

**Zumba** S2  
7:00-7:45PM Heather

Group Fitness Questions?  
Visit [www.yorkjcc.org](http://www.yorkjcc.org) or  
contact Michaline Blase at  
[mblase@yorkjcc.org](mailto:mblase@yorkjcc.org)

**Cardio Step Intervals** S2  
7:45-8:30PM Heather

## THURSDAY

## FRIDAY

## SATURDAY

**Cycle 45** S3  
5:30-6:15AM Heather

**SPRINT** S3  
6:00-6:30AM Dave

**BODYATTACK** S2  
8:00-9:00AM Rotation

**BODYPUMP** S1  
8:00-9:00AM Teddy

**Coach By Color** S3  
8:15-9:00AM Allison

**SPRINT** S3  
8:15-8:45 AM Chris G

**PiYo** S2  
8:00-9:00AM Susannah

**BODYPUMP 45** S1  
9:15-10:00AM Ryan

**BODYPUMP** S1  
9:00-10:00AM Rotation

**Cardio Step & Core** S2  
9:15-10:30AM Kelly B

**RPM** S3  
9:15-10:00AM Kelly B

**High/Low Circuit** S2  
9:15-10:15AM Heather

**Better Balance 45** S2  
10:45-11:30AM Lien

**Zumba** S2  
9:30-10:30AM Susannah

**Power Yoga** S2  
10:30-11:30AM Rotation

**SilverSneakers Classic** S1  
11:30AM-12:30PM Susannah

**CXWORX** S1  
10:00-10:30AM Michaline

**BOOTCAMP** 8/11 & 8/25 S1  
10:45-11:45 AM Heather

**SPRINT** S3  
12:00-12:30PM Kelly B

**Chair Yoga** S1  
10:45-11:45AM Stacy

## SUNDAY

**Tai Chi Chih** S1  
12:30-1:30PM Jack

**BODYFLOW** S2  
12:00-1:00PM Michaline

**BODYCOMBAT** S2  
9:00-10:00AM Rotation

**Gentle Yoga** S2  
2:00-3:00PM Vanessa

**Friday Night Fights** S1  
5:00-6:00PM Heather

**BODYPUMP** S1  
10:15-11:15AM Vee

**SilverSneakers Classic** S1  
3:00-4:00PM Chris B

**remind**  
To receive group fitness  
messages via text, text  
'@yorkj' to 717-409-6086  
or via email, email  
[yorkj@mail.remind.com](mailto:yorkj@mail.remind.com)

**BODYFLOW** S2  
10:15-11:15AM Rotation

**BODYPUMP 45** S1  
5:15-6:00PM Paula

**RPM** S3  
10:30-11:15AM Dave

**BODYFLOW** S2  
5:15-6:15PM Shamatee

**Kindred Yoga** 8/12 Only S2  
2:00-3:00 PM Helena

**Core Focus** S1  
6:00-6:30PM Heather

**Studio 2 CLOSED Aug 20-27**  
watch for relocations

**Hatha Yoga** S1  
6:30-7:30PM Gabi

**Low Impact Class**

**New Class or New Day**

**New Time or Room**

**BODYCOMBAT** S2  
6:30-7:30PM Claudia

**S1 = Studio 1**  
Studio 1 is limited  
to 25 participants

**S2 = Studio 2**

**S3 = Studio 3**  
Maximum bikes - 24

**Key:** ●Beginner ■Intermediate ▲Advanced

## CLASS DESCRIPTION

Classes are 60 minutes unless otherwise noted with a 30 or 45 or 75

**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 ●■** Class will focus on improving balance through body awareness, yoga poses, gait training, fall prevention, and progressive challenges to balance and strengthen the body for better movement. *45 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.

**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!**

**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 & 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.

**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 Wattate), 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.

**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!

**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

**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!

**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!

**Kindred Yoga ●■** A compassionate, moderately-paced, all levels class with emphasis on grace, breath and balance. Accompanied by live music.

**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 the option to use a chair. Come prepared to have fun with equipment and lively music!

**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.

**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 Gold® ●■** Active older adults who are looking for a modified **Zumba®** class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow **Zumba®** choreography that focuses on balance, range of motion and coordination.

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.

### Non-Member Punch Cards Group Fitness/Aquatics:

\$45/5 classes	\$165/20 classes
\$88/10 classes	\$200/25 classes
\$128/15 classes	