

MONDAY

TUESDAY

WEDNESDAY

GROUP FITNESS



Effective Sun., July 1 thru Tues., July 31

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

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

BODYPUMP S1
5:15-6:15AM Claudia

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 S1
11:00-11:30AM Lien

BODYCOMBAT S2
9:15-10:15AM Teddy

Forever Young S2
10:30-11:30AM Rotation

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 S2
1:00-1:30 PM 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 or
contact Michaline Blase at
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 S2
11:00-11:30AM 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 (7/14 & 7/28) 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

GROUP FITNESS LAUCH

BODYFLOW S2
10:15-11:15AM Rotation

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

Week of July 23-29
Join us for new
workouts & encourage
friends to buy
punch cards!

RPM S3
10:30-11:15AM Dave

BODYFLOW S2
5:15-6:15PM Shamatee

Low
Impact
Class

New
Class
or New
Day

New
Time
or
Room

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

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

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. *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.

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 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.

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!

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.

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	



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