



Group Fitness

effective Mon, Nov 6th thru Sun, Dec 3rd

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

New Class	New Time / Location	Low Impact Class	Special Event!	Great Combo!	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LES MILLS SPRINT S3 6:00-6:30AM Dave	Cycle 45 Heather S3 5:30-6:15AM	BODYPUMP* Kelli K S1 5:15-6:15AM	Cycle 45 Heather S3 5:30-6:15AM	LES MILLS SPRINT S3 6:00-6:30AM Dave	
NRG Step Interval S2 6:00-7:00AM Maria	BODYPUMP* Teddy S1 8:00-9:00AM	NRG Step Interval Maria S2 6-7AM	BODYPUMP* Teddy S1 8:00-9:00AM	Cycle 45 Linda S3 8:15-9:00AM	
Coach by Color Cycle S3 8:30-9:15AM Allison	Yoga Stacy S2 9:15-10:15AM	RPM Kelly S3 7:00-7:45AM	PiYo Susannah S2 8:00-9:00AM	BODYPUMP* Meghan S1 9:15-10:15AM	
BODYPUMP* Ryan S1 9:15-10:15AM	BODYPUMP* Kelly S1 9:15-10:15AM	BODYCOMBAT Teddy S2 9:15-10:15AM	Cardio Step & Core S2 9:15-10:30AM Kelly	RPM Kelly S3 9:15-10:00AM	
PiYo Susannah S2 9:30-10:30 AM	CIZE Susannah S2 10:30-11:30AM	BODYFLOW Kelly A 9:15-10:15AM	Better Balance Judy S2 11:00-11:30AM	Zumba Susannah S2 9:30-10:30AM	
BODYCOMBAT EXPRESS 30 10:30-11AM Meghan S1	Better Balance Judy S1 11:00-11:30AM	Cycle 45 Linda S3 9:15-10:00AM	SilverSneakers Classic* 11:30AM-12:30PM Judy S1	CXWORX Michaline / Meg S2 10:30-11:00AM	
CXWORX Meghan S1 11:00-11:30AM	SilverSneakers Classic* 11:30AM-12:30PM Judy S1	CXWORX Teddy S1 10:30-11:00AM	Tai Chi Chih Jack S1 12:30-1:30PM	Chair Yoga Stacy S1 10:30-11:30AM	
Forever Young Judy S2 10:30-11:30AM	Tai Chi Chih S1 Jack 12:30-1:30PM (no class 11/7)	Forever Young Kat S2 10:30-11:30AM	Gentle Yoga Vanessa S2 2:00-3:00PM	Yoga Balance Stacy S1 11:45AM-12:15PM	
Chair Yoga Chris B S1 11:45AM-12:45PM	Gentle Yoga Lien S2 2:00-3:00PM	Silver & Fit Judy S1 11:00AM-12:00PM	Core Focus Heather S2 6:00-6:30PM	BODYFLOW Rotation S2 12:00-1:00PM	
Better Balance Chris B S2 1:30-2:00PM	BODYCOMBAT Express 45 5:15-6:00PM Michaline S2	Tune-Up Heather S2 5:15-6:15PM	BODYCOMBAT Claudia S2 6:30-7:30PM	Friday Night Fights S1 5:00-6:00PM Heather	
SilverSneakers Classic 2:00-3:00PM Chris B S1	BODYFLOW Kelly S1 5:15-6:15PM	BODYPUMP* Ryan S1 6:15-7:15PM	Hatha Yoga Gabi S1 6:30-7:30PM	Zumba Party S2 5:15-6:15PM Princess	
Tune-Up Heather S2 5:15-6:15PM	CXWORX Michaline S1 6:15-6:45PM	Pilates Fusion Denise S2 6:15-7:15PM	SATURDAY		
RPM Dave S3 5:30-6:15PM	Core Focus Heather S2 6:00-6:30PM	Tai Chi Dustin S2 7:30-8:30PM			SUNDAY
INSANITY LIVE Liz S2 6:30-7:30PM	Zumba Heather S2 6:30-7:30PM	HOLIDAY SHOWCASE Sunday, Nov 26 th Join us for a special Group Fitness line up			BODYPUMP* Rotation S1 8:00-9:00AM
BODYPUMP* Express 45 6:15-7:00PM Michaline S1	RPM Mike S3 6:30-7:15PM				CXWORX Rotation S1 9:15-9:45AM
CXWORX S1 7:00-7:30PM Michaline	Cardio Step Intervals 7:30-8:30PM Heather S2				High/Lo Circuit Heather S2 9:15-10:15AM
Alignment Yoga S2 7:30-8:30PM Vanessa	SAVE THE DATE Group Fitness Launch Sunday, Jan 14 th			RPM Chris S3 9:15-10:00AM	
LIKE US ON facebook				Yoga Rotation S2 10:30-11:30AM	
				BOOTCAMP Heather 10:30AM 11/11 & 11/25 in the Gym	
		Pilates Fusion Sally S2 4:30-5:30PM			
		To receive group fitness messages via text, text '@yorkj' to 717-409-6086 or via email, email yorkj@mail.remind.com			



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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.

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 23 participants.**

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!

Coach by Color Cycle ●■▲ Using your predetermined 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 45/60 ●■▲ 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.

CLASS DESCRIPTIONS

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.

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!

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.

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.**

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.

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.

Babysitting Room Hours

Monday - Friday	8 AM - 1:30 PM
Monday - Thursday	4 PM - 8 PM
Saturday	8 AM - 1 PM
Sunday	9 AM - 12 PM

To ensure proper staffing, registration is required by noon the day before service is needed. There is a 2 consecutive hour maximum care limit. Photo I.D. may be required.