

## MONDAY

## TUESDAY

## WEDNESDAY

# GROUP FITNESS

## THURSDAY

Effective Mon, March 5<sup>th</sup>  
thru Sun, April 1<sup>st</sup>



**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

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

## FRIDAY

## SATURDAY

No Classes 3/31

**Coach by Color Cycle** S3  
8:30-9:15AM Allison

**BODYATTACK** S1  
9:15-10:00AM Michaline

**SPRINT** (last class 3/7) S3  
6:30-7:00AM Kelly B

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

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

**BODY ATTACK** S2  
8:00-9:00AM Kelly/Susannah

**BODYPUMP\*** S1  
9:15-10:15AM Laurie

**Yoga** S2  
9:15-10:15AM Stacy

**RPM** (begins 3/14) S3  
7:15-8:00AM Kelly

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

**Cycle 45** (last class 3/9) S3  
8:15-9:00AM Linda

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

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

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

**Cycle 45** (last class 3/7) S3  
8:15-9:00AM Linda

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

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

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

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

**Better Balance** S1  
11:00-11:30AM Judy

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

**Better Balance** S2  
11:00-11:30AM Judy

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

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

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

**SilverSneakers Classic\*** S1  
11:30AM-12:30PM Judy

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

**SilverSneakers Classic\*** S1  
11:30AM-12:30PM Judy

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

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

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

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

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

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

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

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

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

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

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

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

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

## SUNDAY

No Classes 4/1

**Better Balance** S1  
12:45-1:15PM Chris B

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

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

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

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

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

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

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

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

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

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

**BODYPUMP\* 45** S1  
10:15-11:00AM Abbey

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

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

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

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

**Zumba Party** (last class 3/23) S2  
5:15-6:15PM Princess

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

**BODYPUMP\* 45** S1  
6:15-7:00PM Claudia

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

**Pilates Fusion** S2  
6:15-7:15PM Denise

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

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.

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

**BODYATTACK** S2  
6:30-7:30PM Liz

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

**BODYPUMP\* 45** S1  
6:15-7:00PM Ryan

**RPM** S3  
5:30-6:15PM Chris G

**Pilates Fusion** S2  
4:00-5:00PM Sally

**CXWORX** S1  
7:00-7:30PM Claudia

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

**CXWORX** S1  
7:00-7:30PM Ryan

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

**SPECIAL EVENT GF LAUNCH – APRIL 15<sup>TH</sup>**

Studio 1 will be closed from 3/30-04/6. Class relocations will be posted.

**Alignment Yoga** S2  
7:30-8:30PM Vanessa

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

**BODYATTACK 45** S2  
7:15-8:00PM Claudia

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

Low Impact Class

New Class or New Day

New Time or Room

S1 = Studio 1  
S2 = Studio 2  
S3 = Studio 3

\*Class size is limited, see class description on reverse.

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

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

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

**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.

**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.**

**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 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.

**CXWORX™ - LESMILLS ■▲** is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slugs, 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!

**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 ●■** 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. \*Class 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 ●■▲** 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.

GROUP FITNESS QUESTIONS? Visit [www.yorkjcc.org](http://www.yorkjcc.org) or contact Kelly Block at [kblock@yorkjcc.org](mailto:kblock@yorkjcc.org)



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)