



# Group Fitness

effective Mon, July 3<sup>rd</sup> thru Sun, July 30<sup>th</sup>

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

New Class      New Day / Time      Low Impact Class      Special Event!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LES MILLS SPRINT S3 6:00-6:30AM Dave	Cycle 45 Heather S3 5:30-6:15AM	NRG Step Interval Maria S2 6-7AM	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	RPM Kelly S3 7:00-7:45AM	BODYPUMP* Teddy S1 8:00-9:00AM	Cycle 45 Linda S3 8:15-9:00AM
Coach by Color Cycle S3 Allison 8:30-9:15AM	Yoga 8-9 AM thru 7/11 Stacy Begin 7/18 9:15-10:15AM S2	BODYCOMBAT Teddy S2 9:15-10:15AM	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	BODYFLOW Kelly S1 9:30-10:30AM	Cardio Step & Core S2 Kelly 9:15-10:30AM	RPM Kelly S3 9:15-10:00AM
PiYo Susannah S2 9:30-10:30 AM	Power Step S2 Marianne 9:15-10:15AM (last class 7/11)	Cycle 45 Linda S3 9:15-10:00AM	Better Balance Judy S2 11:00-11:30AM	Zumba Susannah S2 9:30-10:30AM
BODYCOMBAT XPRESS S1 10:30-11AM Meghan	CIZE Susannah S2 10:30-11:30AM	CXWORX Teddy S1 10:30-11:00AM	SilverSneakers Classic* Judy S1 11:30AM-12:30PM	Chair Yoga Stacy S1 10:30-11:30AM
CXWORX Meghan S1 11:00-11:30AM	Better Balance Judy S1 11:00-11:30AM	Forever Young Kat S2 10:30-11:30AM	Tai Chi Chih Jack S1 12:30-1:30PM	CXWORX Michaline / Meg S2 10:30-11:00AM
Forever Young Judy S2 10:30-11:30AM	SilverSneakers Classic* Judy S1 11:30AM-12:30PM	Silver & Fit Judy S1 11:00AM-12:00PM	Gentle Yoga Vanessa S2 2:00-3:00PM	Yoga Balance Stacy S1 11:45AM-12:15PM
Better Balance Chris S2 1:30-2:00PM	Tai Chi Chih Jack S1 12:30-1:30PM	BOOM-Move It Vontina S2 12-12:30PM (no 7/5 or 7/26)	Core Focus Heather S2 6:00-6:30PM	BODYFLOW Rotation S2 12:00-1:00PM
SilverSneakers Classic S1 2:00-3:00PM Chris	Gentle Yoga Lien S2 2:00-3:00PM	BOOM-Muscle Vontina S2 12:30-1PM (no 7/5 or 7/26)	BODYCOMBAT Claudia S2 6:30-7:30PM	Friday Night Fights S1 5:00-6:00PM Heather
Tune-Up Heather S2 5:15-6:15PM	BODYCOMBAT Michaline S2 5:00-6:00PM	BODYCOMBAT Marianne S1 5:15-6PM (last class 7/12)	Hatha Yoga Gabi S1 6:30-7:30PM	
RPM Dave S3 5:30-6:15PM	BODYFLOW Rotation S1 5:15-6:15PM	Tune-Up Heather S2 5:15-6:15PM		
BODYPUMP* Michaline S1 6:15-7:15PM	CXWORX Michaline S1 6:15-6:45PM	BODYPUMP* Ryan S1 6:15-7:15PM		
INSANITY LIVE Liz S2 6:30-7:30PM	Core Focus Heather S2 6:00-6:30PM	Pilates Fusion Denise S2 6:15-7:15PM	BODYFLOW Rotation S2 8:00-9:00AM	High/Lo Circuit Heather S2 9:15-10:15AM
Alignment Yoga S2 7:30-8:30PM Vanessa	Zumba Heather S2 6:30-7:30PM	Tai Chi Dustin S2 7:30-8:30PM	BODYCOMBAT Teddy S2 9:15-10:15AM	RPM Chris S3 9:15-10:00AM
	Cycle 45 Vontina / Mike S3 6:30-7:15PM		BODYPUMP* Rotation S1 10:15-11:15AM	Yoga Rotation S2 10:30-11:30AM
	Cardio Step Intervals Heather S2 7:30-8:30PM		RPM Dave S3 10:30-11:15AM	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



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.

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

## SATURDAY

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

CXWORX Rotation S1  
9:15-9:45AM

**SUNDAY**  
Special Event 7/9  
No Classes

High/Lo Circuit Heather S2  
9:15-10:15AM

RPM Chris S3  
9:15-10:00AM

Yoga Rotation S2  
10:30-11:30AM

BOOTCAMP Heather 10:30AM  
7/8 & 7/15 in the Gym

**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](http://www.yorkjcc.org) or contact Kelly Block at [kblock@yorkjcc.org](mailto: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