



# GROUP FITNESS CLASSES

**BARRE:** An intense, calorie-burning, muscle-sculpting workout designed to trim, tighten and tone your entire body using small, controlled movements and high repetition. Elements of pilates, dance, yoga, and strength combine to create a strong and lean physique.

**BODYATTACK BY LES MILLS:** A sports-inspired cardio workout for building strength and stamina. This high-energy, interval training class combines athletic aerobic movements like running, lunging, and jumping with strength and stabilization exercises such as push-ups and squats. All moves are catered for beginners to seasoned, experienced members.

**BODYCOMBAT BY LES MILLS:** Is a high-energy martial arts inspired, endurance-focused workout that is totally non-contact. Punch and kick your way to fitness, and unleash the strength you never knew you had! All levels welcome!

**BODYPUMP BY LES MILLS:** A barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts, and curls.

**CHAIR YOGA:** Chair Yoga is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support. This gentle, peaceful class is for anyone in need of a good stretch with some added support.

**CYCLE (30 OR 45):** A 30 (or 45) minute non-impact, dynamic class. It offers motivation, driving music, changing speeds and inclines for a full course workout.

**FIERCE 45:** A combination of heart-pumping strength and lots of variety all set to fun and fierce music. This class is suitable for all abilities.

**FOREVER YOUNGER:** This low-impact aerobic conditioning class combines muscle strengthening/toning, some elements of dance, core balance training, and finishes with a cool-down and stretching exercises. Designed for active adults and anyone wanting to move to the beat and stay forever young!

**FRIDAY NIGHT FIGHTS:** This is your time to train like a fighter using non-contact sparring for cardio and interval training. Join in the fight!

**GENTLE YOGA:** A Yoga class designed for aging adults or anyone looking for an easy-to-follow yoga class. We will guide you through a series of yoga poses that will strengthen your balance, core, and flexibility.

**HEALTHY4LIFE:** Are you ready to get fit or maintain your fitness for all ages in life? This low-impact class is suitable for all fitness levels and will provide a well-balanced variety of cardio, strength and balance-building exercises. Participants may use a chair or stand in class.

**HI/LO CIRCUIT:** Consists of multiple stations using a variety of equipment where you alternate with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

**MOMENTUM:** A science-based movement class for those with neuro-cognitive conditions, including Parkinson's, Alzheimer's, Huntington's, Multiple Sclerosis, stroke, brain trauma, and more. Register at the Front Desk to schedule an intake assessment with one of our Momentum specialists. Group classes run daily Mondays through Fridays. Small group trainings are also offered for specialized fine motor or speed and agility skills.

**PILATES FUSION:** Pilates Fusion improves balance, muscle tone, flexibility, core strength, and mind/body wellness by including mat Pilates techniques (spinal alignment, flexibility, core strength), with Yoga Asana principles (postures, poses, breathing), and myofascial conditioning (using a foam roller).

**POWER YOGA:** Want options for a more powerful yoga practice? Power Yoga offers greater focus on strength development and intensity.

**LES MILLS DANCE:** Each 45-minute class is vibrant, unique and varied, featuring 12 tracks of chart-topping popular hits and simple but seriously hot dance moves. Les Mills Dance is the perfect way to shape up and let out your inner star — even if you're dance challenged!

**SILVER SNEAKERS:** This is your time to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity. A chair is used for seated and/or standing support.

**SOUL FUSION:** This class is a creative blend of all the best parts of Piyo and Soul Fusion! It includes yoga-inspired flows, short cardio bursts, balance sequences, and bodyweight strength training exercises to maintain flexibility and provide your mind and body with an energetic workout!

**SPRINT BY LES MILLS:** A 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This short duration of a SPRINT workout will motivate you to push your physical and mental limits.

**T'AI CHI:** Activating one's health and vitality through the practice of slow, gentle, upright movements which incorporate relaxation and mindfulness. These practices benefit balance, strength, agility, relaxation, coordination, flexibility, and enhance the mind-body connection and promote brain health.

**TUNE UP:** A combination class of high/low aerobic and dance moves, plus total body strength training.

**YOGA:** Improve your health, relaxation, and happiness with breathing techniques, exercise, and meditation with this yoga class designed for everyone!

**ZUMBA GOLD®:** Zumba Gold is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Focus on balance, range of motion, and coordination.

## JCC FITNESS NEWS FEED

### SUMMER DEADLIFT PARTY

**YORK JCC DEADLIFT COMPETITION**  
**SATURDAY, JULY 20 • 9 AM - 2 PM**  
**M \$25 • NN \$35**

Join us for the first annual York JCC Deadlift Competition and test your strength! This is a competition for anyone ages 8+. It will consist of three age categories. Winners for each category will be determined by the IPF GL points system and scores will be age-adjusted (when possible). **Register at [bit.ly/SummerDeadliftPartyYorkJCC](http://bit.ly/SummerDeadliftPartyYorkJCC)**

### KAYAKING THE SUSQUEHANNA RIVER

**AUGUST J ADVENTURE**  
**SATURDAY, AUGUST 17 • 10 AM - 12 PM**  
**FREE FOR MEMBERS & NON-MEMBERS**

Join us for a kayaking adventure on the Susquehanna with Chiques Rock Outfitters! You can choose from kayaks or paddle boards to rent (\$45/2 hours rental fee with Outfitters), or you can bring your own. Enjoy a day on the river as the summer winds down. **Register at [bit.ly/KayakingSusquehanna](http://bit.ly/KayakingSusquehanna)**

### NUTRITION COACHING

**NUTRITION COACHING - FIRST PHASE PACKAGE**  
**MICHALINE BLASE • M \$149 • NM \$175**

Our program is 2 one-hour meetings. In the first meeting we ask questions about your eating, activity, lifestyle, and past history. This information is used to design an eating plan with specific calorie and macro goals for a day, not a specific meal plan telling you exactly what to eat. The second meeting is to go over the numbers we have, and we usually have options because everyone is different. We also give you helpful information and handouts that will keep you successful.