



GREATER PITTSTON YMCA
2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

ALL CLASSES ARE FREE FOR MEMBERS AND OPEN TO NON-MEMBERS OF THE YMCA FOR ONLY \$5

MORNING CLASSES

WEEKEND CLASSES

EVENING CLAS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SPINNING 5:45-6:30 A Lori/Ralph (ICR)	SPINNING 5:45-6:30 A Lori/Ralph (ICR)	SPINNING 5:45-6:30 A Lori/Ralph (ICR)	SPINNING 5:45-6:30 A Lori/Ralph (ICR)	SPINNING 5:45A-6:45 A Lori/Ralph (ICR)	P90X LIVE 8:00 - 9:00 A Candy (AR)
	TOTAL BODY CONDITIONING 8:00-9:00 A Michaelene (AR)	CARDIO STRIKE 9:00-10:00 A Summer (AR)	SPINNING 8:15A - 9:00 A Tina (ICR)	BODY BLAST 9:00 -10:00 A Summer (AR)	SPINNING 8:15- 9:00 A Tina (ICR)	STEP & SCULPT 9:00 - 10:00A Michel/Lois (AR)
	SPINNING 8:15- 9:00 A Tina (ICR)	SPINNING 9:15 - 10:00 A Peter ICR)	GROOVE & TONE 9:00-10:00 A Summer (AR)	SPINNING 9:15- 10:00 A Peter ICR)	TOTAL BODY CONDITIONING 9:00-10:00 A MichaeleneAR)	SPINNING 9:00- 9:45 A Candy (ICR)
	GROOVE & TONE 9:00-10:00 A Summer (AR)	SUBTLE YOGA 10:00- 11:00 A Geeta (AR)	AQUACISE 11:15-12:00 P Corrine/Derek/Susan (POOL)	YOGA 10:00-11:00 A Geeta (AR)	AQUACISE 11:15-12:00 P Corrine/Derek/Susan (POOL)	INFERNO 9: 15—10:00 A Lucas and Michaelene (GYM)
	AQUACISE 11:15-12:00 P Corrine/Derek/ Susan (POOL)					YOGA 10:00-11:00 A Rita (AR)
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
	6 PACK 4:30-5:00 P Michel (AR)	METAFIT 5:00 - 5:30 P Candy (AR)	ZUMBA 5:00-6:00 P Michaelene (AR)	BODY TONE 5:00—5:45 P Michel (AR)	SPINING 5:00 - 5:45 P Michel (ICR)	INSANITY LIVE 10:00 - 10:45 A Candy (AR)
	STRONG 5:00-6:00 P Michaelene (AR)	SPINNING 5:15 - 6:15 P Michaelene (ICR)	SPINNING 5:15 - 6:00 P Lori (ICR)	SPINNING 5:15 - 6:00P Michaelene (ICR)		SPINNING 10:15 - 11:00 A Michel (ICR)
	SPINNING 5:15-6:00 P Michel (ICR)	AQUACISE 5:15-6:00 P Larri (POOL)	Core De Force 6:00-7:00 P Candy (AR)	AQUACISE 5:15-6:00 P Larri (POOL)		
	STEP & SCULPT 6:00-7:00 P Lois (AR)	P90X STRENGTH 5:30-6:00 P Candy (AR)	YOGA 7:00—8:00 P Sue (AR)	KARDIO KICKBOXING 6:00-7:00 P Lois (AR)		PLEASE NOTE: - Classes, locations, and instructors are subject to last minute changes.
	YOGA 7:00-8:00 P Rita (AR)	DANCE FABULOUS 6:15-7:00 P Alicia (AR)	AQUACISE 7:00—7:45 P Diane/ Felicia (POOL)	INFERNO 6:00-6:50 P Lucas and Michaelene (GYM)		- Class location indi- cated after instruc- tors name:
	AQUACISE 7:00-7:45 P Diane/ Felicia			YOGA 7:00-8:00 P		



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CLASS DESCRIPTIONS

BODY TONE

Develops every major muscle group in an efficiently paced, hour-long workout. This is a total body strengthening and toning class that uses a variety of resistance options.

SPINNING

Bring your outdoor cycling training indoors with our high intensity group cycling class that includes challenging hill climbs, sprints, and interval training for all fitness abilities. Take your aerobic conditioning to the next level with this fun, energy packed workout! Please bring a towel and water bottle to class.

GROOVE & TONE

Get your groove on as we dance our way to fitness in the high-energy cardio portion of this class. Then sculpt and tone those muscles with upper and lower-body strength training, abdominal mat work and deep stretches.

INSANITY LIVE™

Are you up for the Challenge? Insanity is based on max interval training. It involves short intense periods of exercise designed to bring your heart rate to its max separated by short periods of rest. Burn more calories and fat in less time. Gain muscle, power, and strength using your own body weight.

KARDIO KICKBOXING

This class is for the raging kickboxer deep inside us all! There will be bag power- punching, leg- burning kicking, awesome AB intervals and combinations that will get your heart pumping, sweat pouring, aggressions released, and butt kicked! Beginners as well as advanced levels of fitness will benefit from this class.

METAFIT™

Metafit is a bodyweight training system that aims to boost metabolism and burn fat. It is a style of HIIT that gets results in the shortest time possible.

P90-X STRENGTH™

P90X Live is a full body, strength training format, featuring 4 unique blocks of work; cardio, lower strength, upper strength and core. This class is suitable for all fitness levels and is fully modifiable for beginners.

STEP & SCULPT

This fast-paced, choreographed step class is designed for people ready for an intermediate or advanced challenge. The routine will combine weights with step.

STRONG BY ZUMBA™

Strong by Zumba is a high intensity interval training workout driving intensity in a challenging progression that provides a total body workout for all fitness levels!

6 PACK

An abdominal workout that targets core muscles with the goal to tone, strengthen, and define.

CARDIO STRIKE

Punch, kick, and block your way through this fun and challenging workout!

Dance Fabulous

A cardio workout where you are free to enjoy the sensation of dance. The latest dance moves and hottest new sounds will put the emphasis on as much as having fun as breaking a sweat. Come feel like your fabulous self!

BODY BLAST

A circuit-style workout that combines cardio and strength.

INFERNO

This circuit-style boot camp is designed to focus on every muscle group while combining strength and cardio to give you a hardcore, full body workout. It will be sure to push you to your limits!

TOTAL BODY CONDITIONING

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment in a small circuit training format. This class is suitable for all fitness levels and can be formatted to accommodate previous or current ailments or injuries.

YOGA

Relax, strengthen, and soothe your body and mind. It will increase your flexibility and strength through various poses and breathing techniques.

ZUMBA™

Zumba combines dance moves that help the body burn calories and improve muscle tone.

AQUACISE

This water workout includes cardio and resistance training to help tone and sculpt without impact to bones and joints. Resistance tools may include buoyant water weights and noodles. Suitable for every fitness level - from beginning exercisers through elite athletes. Music may be incorporated into this class.

Core De Force

Core De Force classes represent the mixed martial arts-inspired training right from the start, with a Shadow Boxing Warm-Up. After the Warm-Up, the work portion of class falls into three blocks: MMA, Fight Conditioning, and MMA Plus. Each block features 3-minute Rounds of high-energy, calorie-burning, core-strengthening work while challenging the mind with combinations and coordination efforts. A series of flexibility stretches in the Cooldown rounds out the total-body experience.

➤ GREATER PITTSTON YMCA



GROUP