



# GREATER PITTSTON YMCA SPRING 2017 GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING CLASSES	<b>CYCLING</b> 5:45-6:30 AM Lori/Ralph (ICR)	<b>CYCLING</b> 5:45-6:30 AM Lori/Ralph (ICR)	<b>CYCLING</b> 5:45-6:30 AM Lori/Ralph (ICR)	<b>CYCLING</b> 5:45-6:30 AM Lori/Ralph (ICR)	<b>CYCLING</b> 5:45-6:30 AM Lori/Ralph (ICR)	<b>CYCLING</b> 6:00-6:45 AM Lori/Ralph (ICR)	<b>P90X LIVE</b> 8:00 - 9:00A Candy (AR)	
	<b>TOTAL BODY CONDITIONING</b> 8:00-9:00 AM Ellie (AR)	<b>TRX</b> 9:15A - 10:00A Meghan (AR)	<b>CYCLING</b> 8:15A - 9:00A Tina (ICR)	<b>CYCLING</b> 8:15A - 9:00A Tina (ICR)	<b>TRX</b> 9:15A - 10:00A Meghan (AR)	<b>CYCLING</b> 8:15A - 9:00A Tina (ICR)	<b>STEP &amp; SCULPT</b> 9:00 - 10:00A Michel/Lois (AR)	
	<b>CYCLING</b> 8:15A - 9:00A Tina (ICR)	<b>CYCLING</b> 9:15A - 10:00A Peter (ICR)	<b>GROOVE &amp; TONE</b> 9:00-10:00 AM Summer (AR)		<b>CYCLING</b> 9:15A - 10:00A Peter (ICR)	<b>CYCLING</b> 9:00- 9:45A Candy (ICR)		
	<b>GROOVE &amp; TONE</b> 9:00-10:00 AM Summer (AR)	<b>Z-BOXING/CIRCUIT</b> 10:00A -11:00A Summer (AR)		<b>Z-BOXING/CIRCUIT</b> 10:00A -11:00A Summer (AR)		<b>YOGA</b> 10:00 - 11:00A Rita (AR)		
	<b>SUBTLE YOGA</b> 11:00A - 12:00P Geeta (AR)							
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY	
EVENING CLASSES	<b>TNT EXPRESS</b> 4:30P - 5:00P Michel (AR)	<b>TONE EXPRESS</b> 4:30 - 5:00P Michaelene (AR)	<b>ZUMBA</b> 4:30 - 5:30P Michaelene (AR)	<b>CYCLING</b> 5:15 - 6:00P Michaelene (ICR)	<b>CYCLING</b> 5:00 - 5:45P Michel (ICR)	<b>METAFIT</b> 10:00 - 10:30A w/ Candy (AR)		
	<b>ZUMBA STRONG</b> 5:00 - 6:00P Michaelene (AR)	<b>METAFIT</b> 5:00 - 5:30P Candy (AR)	<b>CYCLING</b> 5:15 - 6:00P Lori (ICR)	<b>BODY TONE</b> 5:15 - 6:00P Michel (AR)	<b>PIYO</b> 5:00P-5:45P w/ Candy (AR)	<b>CYCLING</b> 10:15 - 11:00A Michel (ICR)		
	<b>CYCLING</b> 5:15 - 6:00P Michel (ICR)	<b>CYCLING</b> 5:15 - 6:00P Michaelene (ICR)	<b>INSANITY LIVE</b> 5:30 - 6:00P Candy (AR)	<b>KARDIO KICKBOXING</b> 6:00 - 7:00P Lois (AR)			<b>PLEASE NOTE:</b> - Classes, locations, and instructors are subject to last minute changes.  - Classes with 10 or less regular attendees may be removed from the schedule  - Class location indicated after instructors name:  <b>AR-Aerobics Rm</b> <b>ICR-Cycling Room</b> <b>GYM &amp; POOL</b>	
	<b>STEP &amp; SCULPT</b> 6:00 - 7:00P Lois (AR)	<b>P90-X STRENGTH</b> 5:30 - 6:00P Candy (AR)	<b>POWER 60</b> 6:00 - 7:00P Michel (AR)	<b>YOGA</b> 7:00 - 8:00P Diane (AR)				
	<b>YOGA</b> 7:00 - 8:00P Rita (AR)	<b>Y-PUMP</b> 6:00 - 7:00P Lois (AR)	<b>YOGA</b> 7:00 - 8:00P Sue (AR)	<b>FUNCTIONAL FITNESS</b> 7:00-8:00P Brandon (GYM)				
	<b>AQUACISE</b> 7:00 - 7:45P Diane or Felicia (POOL)	<b>FUNCTIONAL FITNESS</b> 7:00-8:00P Brandon (GYM)	<b>AQUACISE</b> 7:00 - 7:45P Diane or Felicia (POOL)					
SEE BACK FOR CLASS DESCRIPTIONS								



# GREATER PITTSTON YMCA SPRING 2017

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## GROUP EXERCISE SCHEDULE

### 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.

#### CYCLING

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.

#### FUNCTIONAL FITNESS

This class is for ages 16 and up. A High Intensity group circuit-style workout that will increase your cardiovascular endurance, burn unwanted bodyfat, and help strengthen you against any chronic condition. This class is a perfect balance of weight training and high intensity cardio training. Registration is required, see front desk for details.

#### 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.

#### PILOXING™

Mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape using dance, boxing and Pilates moves

#### POUND

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

#### POWER 60

Cardio, core work, weights, all rolled into one 60 minute work out!

#### 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!

#### STONE EXPRESS

Looking to tone your body? This 30 minute class is perfect for you! Join our instructor for a short, effective class that will have you looking "beach ready" right away.

#### 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.

#### TNT EXPRESS

A quick 30 minute tightening and toning of most major muscle groups Power 60- Cardio, core work, weights, all rolled into one 60 minute work out!

#### TRX™

Build muscle and support a healthy body with this essential TRX strength workout. We begin with basic exercise and show you how to scale them to make them as challenging as you can handle.

#### YOGA

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

#### Y-PUMP

Take a break from the weight room and get into this class. It is a muscle endurance class focusing on primary upper and lower body muscle groups using a variety of equipment such as dumbbells, body bars, and resistance bands. A great addition to any fitness routine.

#### Z-BOXING/CIRCUIT

This high-energy class brings a fusion of dance fitness and boxing with weights followed by lower body strength training alternating with dance cardio and strength training circuit.

#### ZUMBA™

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

### AQUATIC CLASS DESCRIPTIONS

#### DEEP WATER EXERCISING

Clip on the water walking belt and head to the deep end for a stroll in the pool. Walk, run or jog! As you enjoy a stroll in the pool you will feel the resistance the water provides. Class is suitable for those of all abilities.

#### 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.

GREATER PITTSTON YMCA

10 N. Main Street, Pittston, PA 18640 570.655.2255



# GROUP WELLNESS