



Shenango Valley YMCA Group Exercise Schedule

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Cycling Susan (H-S)	6:00 am Sunrise Pickup Basket Ball (G)	5:30 am Cycling Susan (H-S)	6:00 am Sunrise Pickup Basket Ball (G)	5:30 am Cycling Susan (H-S)	8:00 am Cycling Pat (H-S)	9:00 am Boot camp Lisa (H-A)
7:15am Darnamics Darlene (M/H-G)	7:15am Darnamics Darlene (M/H-G)	7:15am Darnamics Darlene (M/H-G)	7:15am Darnamics Darlene (M/H-G)			
6:00 am Boot Camp Susan (H-A)	6:00 am Pilates Karen (L-U)	6:00 am Boot Camp Susan (H-A)		6:00 am Boot Camp Susan (H-A)	9:00 am Super Saturday Lisa (H-A)	9:00 am Cycling Mindy(H-S)
8:00 am Cycling Darlene (H-S)	8:00 am Cycling Darlene (H-S)	8:00 am Cycling Lori (H-S)	8:00 am Cycling Darlene (H-S)			
8:30 am Beg .Line Dance Karen (L-A)	8:30 am Beg. Line Dance Karen (L-A)	8:30 am Beg. Line Dance Karen (L-A)	8:30 am Beg .Line Dance Karen (L-A)			
9:00 am Phyllis (L-G) 		9:00 am Phyllis (L-G) 		9:00am Lynn (M-G) 		
9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	9:00 am Line Dance Karen (M-A)	10:00 am Lynn (M-A) 		
10:00 am Karen (M/H-A) 	10:00 am Move and Groove Carmen(M-A)	10:00 am Karen (M/H-A) 	10:00 am Total Conditioning Carmen (M-A)			
10:15 am Balance Phyllis (L-G)	11:15 am Low Intensity Yoga Carmen (L-G)	10:15 am Balance Phyllis (L-G)	11:15 am Low Intensity Yoga Carmen (L-G)			

Abbreviation Key:

Intensity Level:

- H- High
- M- Medium
- L- Low

Class Location:

- A- Aerobic Room
- S- Spinning Room
- U- Upstairs
- G- Gymnasium



Evening Schedule

60+ Classes FREE With Membership!

	12:15 am Low-Intensity Yoga Carmen (L-G)		12:15 pm Low-Intensity Yoga Carmen (L-G)
	4:15 pm Body Sculpt Fitness Lori (M-A)	4:15 pm Lynn (M-A) 	5:15 pm Strength Circuit Nate (M-H-A)
5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-U)	5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-U)
5:30 pm Power Pump Lisa (H-G)	5:30 pm Cycling Pat (H-S)		5:45 pm Cycling Mindy (H-S)
5:30 pm Cycling Lori (H-S)	6:15 pm Healthier Life Yoga Carmen (L-U)	6:15 pm Boot Camp Susan (H-A)	6:15 pm Healthier Life Yoga Carmen (L-U)
6:15 pm Boot Camp Susan (H-A)	6:15 pm Power Step Heather (H-A)	6:15 PM Pilates Jenny (L-U)	6:15 pm Power Step Heather (H-A)
	7:15 pm Tone 10 Heather (H-A)		7:15 pm Tone 10 Heather (H-A)

**The gymnasium
is open to
members except
when
classes/events
are scheduled!**



SHENANGO VALLEY YMCA SCHEDULE DESCRIPTIONS

Balance – Feel invigorated; walk with confidence because stability starts here! Reduce injuries, increase flexibility, strengthen muscles and improve posture. This class will help you develop muscles that are vital for balance and to protect against falls.

Body Sculpt Fitness – This unique class will rejuvenate you! Make music, have a ball, twist, turn, and bend. You name it and this class uses it... drum sticks, balls, hula hoops, and resistance bands.

Boot camp – Fire up your fitness! This class is designed to keep you on your toes! Innovative workouts range from obstacle courses to running to kickboxing and more. Push your physical ability to a new level!

Cycling – Cycling helps build strength, flexibility, and stamina. Also, you will burn approximately 420 to 622 calories per hour working at a moderate pace. Some of the classes also use hand weight and resistance bands. Arrive early to get a bike!

Darnamics – This class will get you motivated to reach your goals and help you turn exercise into a lifetime habit, while targeting your abs and booty! This total body workout uses weights, kettlebells, callisthenic exercise, and more!

Healthier Life Yoga – Feel better on a daily basis. This class weaves a series of yoga postures together while you focus on breathing and alignment while building strength, flexibility, balance, and concentration.

Line Dance/Beg. Line – Learn the moves in “Beg. Line” for beginners then stay for “Line Dance” and dance your way to better health. Enjoy a fabulous mind-body workout. You’ll boost your brain power by improving your memory skills, strengthen your bones without hurting your joints, develop better balance, release stress and feel great.

Low-Intensity Yoga – Stretch your way to a better day! Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of motion. Promotes relaxation and reduces stress.

Move and Groove – Come ready to sweat, and prepare to leave empowered and feeling strong. The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

Pilates – Sculpt and stretch your body and to feel increased agility in your everyday movements. Each **class** will work to balance all muscle groups' while you gain more strength, and flexibility.

Power Pump – Turn up the music and have some fun! This strength training metabolism busting class utilizing multiple joint movements and full body exercises performed at a high intensity. It incorporates super effective strength moves that burn calories and tone muscles.

Power Step – Is an energizing total body step workout that leaves you feeling liberated and alive. This class alternates heart pumping step moves with upper-body strength exercises using resistance bands, hand weights, balls, and more.

Silver&Fit Explore – Get empowered to live healthier. The class is designed to increase flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance.

Silver&Fit Excel – This class helps you maintain your independent lifestyle and enables you to be able to continue to participate in activities you love. Covers all of the same things has Explore but kicks it up a bit.

SilverSneakers Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing, and balls are offered for resistance. A chair is available if needed for seated and standing support.

Strength Circuit – Designed to push you out of your comfort zone! Move rapidly from one exercise to the next while lifting weight and performing endurance exercises to improve muscle tone and definition, while busting cardiovascular fitness.

Sunrise Pickup Basketball – Join in on the fun with some hoops!

Super Saturday – Bored with the same old routine? This class offers a fresh cardio workout routine every time!

Total Conditioning – Get fit & have fun. Tighten and toning your entire body by utilizes free weights, resistance bands and body weight exercises.

Totally Toning – Feel liberated and alive! This is a metabolism busting, calorie burning class that utilizes multiple joint movements and full body exercises. The workouts move quickly, the exercises are constantly changing.

Tone 10 – Fell energized in this dynamic class that combines pilates, yoga, strength conditioning, and stretching.

Yoga for Core – Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increases flexibility.

Zumba® – Come join the party! This class feels more like a dance party than a workout. Featuring Latin rhythms and easy to follow moves, is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility.