



# Gymnasium

8-8-16

## Group Activities

Morning Classes held in the Hermitage *Gymnasium*– Get your day started right!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 am Sunrise Pickup Basket Ball		6:00 am Sunrise Pickup Basket Ball		
7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)	7:15am Darnamics Darlene (M/H)		
9:00 am Silver Sneakers I Classic Phyllis (M)		9:00 am Silver Sneakers I Classic Carmen (M)		9:00am Shawna <b>SILVER&amp;FIT</b> EXPLORE	
10:30 am Balance Audrey/Phyllis (L)		10:30 am Balance Audrey/Phyllis (L)		10:30 am Balance Audrey/Phyllis (L)	10:15 am Power Pump Lisa (H)
	11:15 am Low-Intensity Yoga Carmen (L)		11:15 am Low-Intensity Yoga Carmen (L)	NEW! SUNDAYS AT NOON Pickup Basketball FREE for Members!	
1:30 pm EnhanceFitness Phyllis (Paid Program - Pd)	12:15 am Low-Intensity Yoga Carmen (L)	1:30 pm EnhanceFitness Phyllis (Pd)	12:15 am Low-Intensity Yoga Carmen (L)	11:15am EnhanceFitness Shawna (Pd)	

Afternoon/Evening Classes – Prepare for a good night’s rest with a great workout after work or school!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturdays
4:15 pm FIT Class Phyllis(L)					
5:30 pm Power Pump Lisa (H)	5:30 pm Power Pump Shawna (H)	5:30 pm Power Pump Shawna (H)	6:00 pm “HIIT It” Your All Josh (H)		
6:45pm Interval Lisa (H)					

**Abbreviation Key:**  
**Intensity Level:**  
 • H - High  
 • M - Medium  
 • L - Low  
**All Classes are held in the Gymnasium**  
 • Pd - Paid Program  
 • C – Closed Program

For a listing of more great classes that are offered in our State-of-the-Art Aerobic Studio, Cycling Room, Yoga /Pilates Room, and off site locations, see our other Group Exercise Schedule

**Classes Include:**

Cycling, Line Dancing, Yoga, Aquatics, Boot Camp, Step, Zumba Toning, Senior Fitness, Balance, Pilates, Silver Sneakers, Power Pump, Super Saturday and more!



# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## LOW INTENSITY

**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 with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Balance** – This class will help you develop muscles that are vital for balance and to protect against falls. Stability starts here as you will reduce injuries, increase flexibility, strengthen muscles and improve posture.

**Senior Fitness**– This fun, high-energy class is aimed at toning your entire body. The exercises utilize free weights, resistance bands and weighted rubber balls.

## MEDIUM INTENSITY

**SILVER&FIT** ::  
EXPERIENCE

**Silver&FitExperience**– is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, and cardiovascular endurance.

**Silver Sneakers II: Cardio Circuit** – Alternate between upper-body strengthening exercises and non-impact aerobic moves. This class utilizes hand weights, elastic tubing, and rubber balls. Exercises can be done for anyone who needs extra help balancing. Come improve your quality of life!

**Interval** – A mid-tempo, high intensity step class that includes motivating choreography with full body toning designed to maximize overall cardio and strength and conditioning. All fitness levels will find what they are looking for in this class

## HIGH INTENSITY

**Power Pump**– Is an hour long, strength training class that is sure to fit your body just right! It is designed to work all the major muscles with uplifting music. It is so much fun- you will forget you are working out.

**Darnamics**– Total body workout using free weights, kettlebells, mats and chairs. Work abs & booty. I will motivate you to reach your goals. (Take this class and turn it into a habit).

**“HIIT It” Your All**– High Intensity Interval Training (HIIT). Routines are composed of Kettlebell and Calisthenics exercises for heart pounding, full-body workouts that deliver massive results in terms of weight loss, cardio and increased fitness.

## OPEN GYMNASIUM

**Open Gymnasium**– The gymnasium is open to members anytime there is not a class or event scheduled.

**Open**– A portion of the gymnasium is available to members while one court of the gymnasium is reserved for Youth Programs and/or rescheduled Youth Program Events.

**Sunrise Pickup Basketball&Sunday Pickup Basketball**-Join in on the fun with some hoops!

## CLOSED GYMNASIUM

**Rental**– The gymnasium is closed to members and reserved for an independent or corporate group. Weekly to Monthly Rentals are on the schedule. If rental is a onetime event and not on a weekly to monthly basis, there will be signs at the desk stating the date and time of rental a few days before the rental. Please see the front desk if interested in reservations.

## PAID PROGRAM- EVIDENCE BASED FITNESS PROGRAMS

**EnhanceFitness**–Senior fitness and arthritis management program recognized by the CDC to improve your endurance, strength, balance and flexibility. Reduce your arthritis symptoms with safe, low impact exercises led by certified instructors.

**Six Steps to Fall Prevention**– A series of movements and simple exercises that improve balance. The System is designed to reduce the probability of falls and fall-related injuries. It also increases body flexibility, leg strength, and overall endurance, and reduces the fear of falling by simulating real life situations.

**925 N. Hermitage Rd ▪ Hermitage, PA 16148 ▪ (724) 981-6950 ▪ [www.svymca.com](http://www.svymca.com)**