

YMCA GROUP EXERCISE

8-8-16

Morning Classes- Get your day started right!

Hermitage Location

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Cycling Susan (H-S)		5:30 am Cycling Susan (H-S)		5:30 am Cycling Susan (H-S)	8:00 am Cycling Pat (H-S)	9:00am Boot camp Lisa (H-A)
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 II Lisa (H-A)	9:00 am Cycling Various (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)		Returning 1/2016 Y Self Defense Jonathan(Pd-U)	
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)		Check out our newest morning classes <ul style="list-style-type: none"> • Morning Cycling <i>Get a great workout!</i> • Low-Intensity Yoga <i>This is a great workout for older adults or any beginner to yoga!</i> • Mon + Wed - Aquatics 	
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 Shawna SILVER&FIT EXCEL		
10:00 am Zumba Karen (M-A)	10:00 am Move and Groove Carmen(M-A)	10:00 am Zumba Karen (M-A)	10:00 am Total Conditioning Carmen (M-A)			
11:30 am Beg. Aquatics Phyllis (L-O)		11:30 am Aquatics Phyllis (L-O)				



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

Monday	Tuesday	Wednesday	Thursday
	4:15 pm HIIT IT!! Shawna (H-A)		4:15 pm Zumba Toning Karen (H-A)
5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-A)	5:15 pm Totally Toning Susan (M-A)	5:15 pm Yoga for Core Strength Carmen (L-A)
5:30 pm Cycling Lori (H-S)	5:15pm Line Dancing Karen (M-A)		
	5:30 pm Cycling Terri (H-S)		5:30 pm Cycling Terri (H-S)
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 Healthier Life Yoga Carmen (L-U)
	6:15 pm Power Step Heather (H-A)		6:15 pm Power Step Heather (H-A)
	7:15 pm Tone For 10 Heather (H-A)		7:15 pm Tone For 10 Heather (H-A)

Check out our newest evening classes

Evening Cycling

Don't just pedal! Our cycling incorporates moves to increase upper body and core strength, flexibility, stamina and more!

Abbreviation Key

Intensity Level:

- H - High
- M - Medium
- L - Low
- Pd - Paid Program

Class Location:

- A - Aerobic Room
- S - Spinning Room
- U - Upstairs
- O - Off-site (CCMC)

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

LOW INTENSITY

Low-Intensity Yoga – 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.

Beginners Aquatics– No matter your level of fitness, this is a beneficial class to exercise your muscles in a new way. The water acts as resistance in all directions on your muscles.

MEDIUM INTENSITY

Super Saturday II– Get your weekend started right with this instructor's choice class which offers a fresh workout routine every time. This class starts out with a short warm up, cardio routine, toning and a cool down/stretch. Don't get bored with the same old routine over and over.

Totally Toning – This fun, high energy class is aimed at toning your entire body. The exercises utilize free weights, bands, and body weight resistance exercises.

Yoga– This class weaves a series of yoga postures. You will focus on breathing and alignment while building strength, flexibility, balance and concentration.

Line Dance – Come join the party! Learn line dances and get cardiovascular exercise.

Zumba – Ditch the workout and join the party!" Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to get your feet movin' and hips shakin' with interval training and dancing.

Move & Groove – Groove your body with this fun workout that includes step aerobics, weights, balance and floor exercises designed to improve posture and form.

Total Conditioning – This class starts with a warm-up, cardio routine, toning and a cool down/stretch. This class is designed to add variety to your aerobic routine by having a new routine each time.

Tone For 10– Up to tempo workout combining Pilates, Yoga, Strength conditioning, flexibility and dynamic balance workout

SILVER&FIT☺☺☺

EXCEL– is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and cardiovascular endurance.

HIGH INTENSITY

Boot Camp– Push your physical ability to a new level with the innovative workouts designed by Susan! Boot camp workouts include techniques in kickboxing, obstacle courses, short distance running, body weight resistance and much more.

Zumba Toning– Calorie-burning, heart-racing, muscle-pumping, body energizing, awe-inspiring movements meant to engage and captivate for life!

HIIT IT!– High Intensity Interval Training to ignite fat and torch calories. 45 sweaty minutes of intense cardio coupled with weights and finish with a deep stretch.

Power Step – Get your heart rate up with this step class that is more than just a cardiovascular workout! This class alternates upper-body strength exercises with aerobic moves on the step and also uses hand weights, elastic tubing, rubber balls, and more to give you a total body workout!

Pilates – This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance.

Yoga–Our instructors will take your flexibility to the next level. They demonstrate a beginner version and then take it into an advanced yoga stance. You will enjoy a nice relaxing class that will help your move and feel better on a daily basis.

Cycling– Cycling is a high-intensity workout that incorporates moves to increase upper body strength, abdominal strength, yoga, longer rides and more. Instructors will use a variety of uplifting music to keep you motivated throughout the entire class for approximately 50-55 minutes.

–Cycling bicycles are on a first come, first serve basis. However, for the cost of \$10.00 per/month you can reserve a bike in the class of your choice...

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