



Group Fitness Schedule: November 2018

(Nov 1 - Nov 30)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:30 AM (*30) S3 - SPRINT	5:30 - 6:15 AM (*45) S3 - Cycle 45	5:15 - 6:15 AM S2 - BODYPUMP	5:30 - 6:15 AM (*45) S3 - Cycle 45	6:00 - 6:30 AM (*30) S3 - SPRINT	8:15 - 9:00 AM (*45) S2 - BODYATTACK	8:00 - 9:00 AM S2 - BODYFLOW
6:00 - 7:00 AM S2 - NRG	5:45 - 6:45 AM S1 - SGT-\$-GRIT	7:15 - 8:00 AM (*45) S3 - RPM	5:45 - 6:45 AM S1 - SGT-\$-GRIT	8:00 - 8:30 AM (*30) S3 - RPM	8:30 - 9:00 AM (*30) S3 - SPRINT	9:00 - 10:00 AM S2 - BODYCOMBAT
8:15 - 9:15 AM S1 - SGT-\$-GRIT	8:00 - 9:00 AM S3 - SGT-\$-TRX+Iron	8:15 - 9:15 AM S1 - SGT-\$-GRIT	7:45 - 8:15 AM (*30) S3 - SPRINT	8:35 - 9:05 AM (*30) S2 - BODYFLOW	9:15 - 10:15 AM S1 - High/Low Circuits	9:00 - 10:00 AM S3 - SGT-\$-TRX+Iron
8:30 - 9:15 AM S3 - Coach by Color	8:00 - 9:00 AM S2 - BODYPUMP	9:15 - 10:15 AM S1 - BODYFLOW	8:15 - 9:00 AM (*45) S2 - BODYPUMP	9:15 - 10:00 AM (*45) S3 - Coach by Color	9:15 - 10:15 AM S2 - BODYPUMP	10:15 - 11:15 AM S2 - BODYPUMP
9:15 - 10:00 AM (*45) S1 - PiYo	9:00 - 10:00 AM S3 - SGT-\$-GRIT	9:15 - 10:15 AM Aud - BODYCOMBAT	9:00 - 10:00 AM S1 - SGT-\$-GRIT	9:30 - 10:30 AM Aud - ZUMBA	10:15 - 11:15 AM S3 - SGT-\$-GRIT	10:30 - 11:15 AM (*45) S3 - RPM
9:30 - 10:30 AM S3 - SGT-\$-Op PT	9:15 - 10:00 AM (*45) S2 - BODYATTACK	9:30 - 10:30 AM S2 - BODYPUMP	9:00 - 10:00 AM S3 - SGT-\$-TRX+Iron	9:30 - 10:15 AM (*45) S2 - BODYPUMP	10:30 - 11:30 AM S1 - BOOTCAMP Nov 10 and 24	12:00 - 12:30 PM (*30) S3 - SPRINT
9:30 - 10:30 AM S2 - BODYPUMP	9:15 - 10:30 AM (*75) S1 - Yoga	10:00 - 11:00 AM S3 - SGT-\$-GRIT	9:15 - 10:15 AM S2 - PiYo	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:30 - 11:30 AM S2 - Power Yoga	4:00 - 5:00 PM S2 - Pilates Fusion Starts Nov 11
10:00 - 10:30 AM (*30) S1 - BODYCOMBAT	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:30 - 11:00 AM S2 - CXWORX	10:00 - 11:00 AM S1 - Cardio Step Intervals	10:15 - 10:45 AM (*30) S2 - CXWORX		5:00 - 6:00 PM S3 - SGT-\$-Op PT
10:30 - 11:00 AM S1 - CXWORX	10:30 - 11:30 AM S2 - Cize	10:30 - 11:30 AM Aud - Forever Young	10:45 - 11:30 AM (*45) S2 - Better Balance	10:45 - 11:45 AM S1 - Chair Yoga	<p>FTW TESTING: (Functional Threshold Wattrate/Power) FTW means maximal power output "YOU" can sustain for a duration of time. This will help you know & use our Cycling Bikes for Group Fitness. All times below are in S3. Yes this is FREE and a Workout! Sat, Nov 17 @ 9:15-10:15 AM Mon, Nov 19 @ 9:30-10:30 AM Mon, Nov 26 @ 4:00-5:00 PM</p>	
10:45 - 11:30 AM S2 - ZUMBA GOLD	10:45 - 11:30 AM (*45) S1 - Better Balance	11:00 - 12:00 PM S1 - Silver & Fit	11:30 - 12:30 PM S1 - SilverSneakers	11:45 - 12:45 PM S3 - SGT-\$-Corporate		
11:45 - 12:45 PM S1 - Chair Yoga	11:30 - 12:30 PM S1 - SilverSneakers	12:15 - 1:15 PM S1 - Chair Yoga	12:00 - 12:45 PM (*45) S2 - Zumba	12:00 - 12:45 PM (*45) S1 - Forever Young		
12:00 - 12:45 PM S2 - Yoga (*45)	11:45 - 12:45 PM S3 - SGT-\$-Corporate	12:00 - 12:45 PM S2 - High/Low Circuits	12:45 - 1:45 PM S1 - Tai Chi Chih	5:00 - 6:00 PM S1 - Friday Night Fights		
1:00 - 1:45 PM (*45) S1 - Better Balance	12:45 - 1:45 PM S1 - Tai Chi Chih	12:15 - 1:00 PM S3 - SGT-\$-Release	2:00 - 3:00 PM S2 - Gentle Yoga	5:15 - 6:15 PM S2 - Zumba		
5:15 - 6:15 PM S2 - Tune-Up	2:00 - 3:00 PM S2 - Gentle Yoga	4:15 - 5:00 PM S3 - SGT-\$-Beat the Clock	3:00 - 4:00 PM S1 - SilverSneakers			
5:30 - 6:15 PM (*45) S3 - RPM	3:00 - 4:00 PM S1 - SilverSneakers	5:15 - 6:15 PM S2 - Tune-Up	5:30 - 6:15 PM (*45) S3 - RPM			
6:15 - 7:15 PM S3 - SGT-\$-GRIT	5:00 - 6:00 PM S3 - SGT-\$-Athletes	5:30 - 6:00 PM (*30) S3 - SPRINT	5:15 - 6:00 PM (*45) S2 - BODYPUMP			
6:30 - 7:00 PM (*30) S2 - BODYATTACK	5:15 - 6:15 PM S1 - BODYFLOW	6:15 - 7:00 PM (*45) Aud - BODYATTACK	5:45 - 6:15 PM (*30) S1 - CORE FOCUS			
6:30 - 7:30 PM S1 - BODYPUMP	5:30 - 6:15 PM (*45) S2 - BODYCOMBAT	6:15 - 7:15 PM S3 - SGT-\$-GRIT	6:30 - 7:30 PM S1 - Hatha Yoga			
7:00 - 7:30 PM S2 - CXWORX	6:30 - 7:00 PM S1 - CORE FOCUS	6:30 - 7:30 PM S1 - Power Yoga	6:30 - 7:30 PM S3 - SGT-\$-Op PT			
7:35 - 8:35 PM S2 - Alignment Yoga	6:30 - 7:15 PM (*45) S2 - BODYPUMP	6:30 - 7:30 PM S2 - BODYPUMP	6:30 - 7:30 PM S2 - BODYCOMBAT			
Holidays & Class Updates: Nov 22 - Closed *See our room updates for classes in the Cafe area for the month of November. Also, join our REMIND. →	6:30 - 7:00 PM (*30) S3 - SPRINT	7:30 - 8:30 PM S1 - Tai Chi				
	7:00 - 7:45 PM S1 - ZUMBA	<p>KEY: LOW IMPACT Classes</p>	<p>KEY: UPDATES or NEW</p>			
	7:45 - 8:30 PM S1 - Cardio Step Intervals					
	<p>To receive Group Fitness updates via text, text '@yorkj' to 717-409-6086 or via email, email yorkj@mail.remind.com</p>					
	<p>ROOM NAMES: STUDIO 1 = S1 (Limited to 25 Participants) STUDIO 2 = S2 (Limited to 40 Participants) STUDIO 3 = S3 (Limited to 24 Cycling Participants) AUDITORIUM = Aud</p>					
	<p>NEW CLASSES for NOVEMBER: Monday - Yoga @ 12:00 w/Stacy Wednesday - High/Low Circuits @ 12:00 w/Michaline Thursday - Cardio Step Intervals @ 10:00 w/Kelly Thursday - Zumba @ 12:00 w/Renee Friday - Coach by Color @ 9:15 w/Kelly Friday - Zumba @ 5:15 w/Renee Sunday - Pilates Fusion @ 4:00 PM w/Sally</p>					
	<p>SGT (Small Group Training) - These programs are available at an additional cost (\$). See our Program Guide(s) for more SGT information. Or stop by the Fitness Desk or Front Desk. Questions? Contact Meghan Hayes, Fitness Director at mhayes@yorkjcc.org</p>					

Group Fitness Class Descriptions - November 2018

For Group Fitness Questions reach out to our Group Fitness Manager
Michaline Blasé at mblase@yorkjcc.org

See our website at www.yorkjcc.org for more details around
each class or stop by the Fitness Center Desk.

Alignment Yoga will cultivate strength, flexibility and focus with alignment-based cueing to create both stability and freedom in each pose.

Gentle Yoga is a Yoga class designed for aging adults or anyone looking for an easy to follow Yoga class. We will guide you through a series of Yoga poses that will strengthen your balance, core and flexibility.

Better Balance class will focus on improving balance through body awareness, yoga poses, gait training, fall prevention and progressive challenges to "balance" and strengthen the body for better movement. (*45)

Hatha Yoga is a mix of Vinyasa style along with holding traditional Yoga poses. Class will create heat, increase flexibility, strength and bring relaxation to participants.

BODYATTACK™ by LES MILLS is a sports-inspired cardio workout for building strength and stamina. This high-energy, interval training class combines athletic aerobic movements with strength and stabilization exercises. (*60, *45, *30)

High/Low Circuit consists of multiple stations using a variety of equipment where you alternate with high and low intensity aerobic, tabata and HIIT intervals that make you sweat!

BODYCOMBAT™ by LES MILLS is a fun, energetic mix of martial arts and endurance, unleashing strength you never knew you had. (*60, *45, *30)

Kindred Yoga is a compassionate, moderately-paced, all levels class with emphasis on grace, breath, and balance. Accompanied by "live" music.

BODYFLOW® by LES MILLS is a Yoga, Tai Chi and Pilates inspired workout which leaves you long, strong, calm, centered and feeling balanced. (*60, *45, *30)

NRG (Step Intervals) is an interval step workout incorporating body, cardio and weights for strengthening.

BODYPUMP™ by LES MILLS is a barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. (*60, *45, *30)

Pilates Fusion is a great class to improve posture and alignment. The moves will help you gain balance, strength, and flexibility, along with tension release.

BOOTCAMP is a fun HIIT training style class that will leave you feeling great. Interval training, running, jumping and a motivating Drill Sergeant to BOOT!

PiYo is a fun, challenging class fusing Pilates and Yoga. You will tone your muscles, work on balance and get a great stretch.

Cardio Step Intervals is a fun class that consists of high energy step moves with intervals of weights for resistance and toning exercises. (*60)

Power Yoga you will learn to develop your breath, understand alignment and step outside your comfort zone. Embark on a journey of personal growth full of empowerment and inspiration. Discover the unlimited possibilities that Yoga can offer you.

Chair Yoga is a gentle form of Yoga that is practiced sitting on a chair, or standing using a chair for support.

RPM™ by LES MILLS is an indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your pack through hills, flats, mountain peaks, time trials and interval training. (*45, *30)

CIZE is a fun dance workout that any ability level can follow. This class is so much fun and full of movement, you will forget you are working out!

Silver & Fit® is for aging adults looking for an intermediate-level, well-balanced exercise routine. All exercises are performed in the standing position, with the option to use a chair.

Coach by Color uses the FTW (Functional Threshold Watt-rate) to optimize the use of the Matrix technology, which gives you a unique, self-driven workout. (*45)

SilverSneakers® Classic is your time to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity. A chair is used for seated and/or standing support.

CORE FOCUS is all for strengthening and toning the core through abdominal and back work. (*30)

SPRINT™ by LES MILLS is a 30-minute High Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. This short duration of a SPRINT workout will motivate you to push your physical and mental limits. (*30)

CXWORX™ by LES MILLS is building the core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to the lower body. (*30)

Tai Chi is based from the Chinese Martial Arts. You will do a set of low-impact, continuous movements designed to nurture balance and harmony in the mind and body.

Cycle 45 is a 45-minute non-impact, dynamic class. It offers motivation, driving music, changing speeds and inclines for a full course workout. (*45)

Tai Chi Chih consists of a series of 19 movements and one pose. Tai Chi Chih circulates and balances the Vital Force or Chi bringing improvements in health, creativity, performance, and intuition.

FOREVER YOUNG is a low-impact standing cardio interval class. Formatted to get you and your friends moving while having some fun on your feet. You will improve balance, strength and endurance. (*60) (*45)

Tune-Up is a combination class of High/Low aerobic and dance moves, plus total body strength training.

Friday Night Fights is your time to train like a fighter. Using sparring for cardio and interval training. Join in for the fight!

Zumba® is a high-energy class that combines a variety of Latin dance moves with a fusion of Latin and international music to sculpt the body and get the heart racing.

Non-Member Punch Cards: Group Fitness/Aquatics Classes

\$45/5 classes □ \$88/10 classes □ \$128/15 classes
\$165/20 classes □ \$200/25 classes

Zumba Gold® is for active, aging adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. Focus on balance, range of motion and coordination. (*45)

Classes are 60 minutes unless otherwise noted with a (*30), (*45) or (*75). Mention physical limitations to instructor prior to the start of the class. Equipment based classes please arrive 5-15 minutes early to get setup.