

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|------------------------------------|
| 6:00 - 6:30 AM S3 - SPRINT | 5:30 - 6:15 AM S3 - Cycle 45 | 5:15 - 6:15 AM S2 - BODYPUMP | 5:30 - 6:15 AM S3 - Cycle 45 | 6:00 - 6:30 AM S3 - SPRINT | 8:15 - 9:00 AM (*45) S2 - BODYATTACK | 9:00 - 10:00 AM S2 - BODYCOMBAT |
| 6:00 - 7:00 AM S2 - NRG | 5:45 - 6:45 AM S1 - SGT - \$\$ | 7:15 - 8:00 AM S3 - RPM | 5:45 - 6:45 AM S1 - SGT - \$\$ | 8:15 - 8:45 AM (*30) S3 - RPM | 8:30 - 9:00 AM S3 - SPRINT | 9:00 - 10:00 AM S3 - SGT - \$\$ |
| 8:15 - 9:15 AM S1 - SGT - \$\$ | 8:00 - 9:00 AM S3 - SGT - \$\$ | 8:15 - 9:15 AM S1 - SGT - \$\$ | 8:00 - 8:30 AM S3 - SPRINT | 9:00 - 9:30 AM (*30) S1 - BODYFLOW | 9:15 - 10:15 AM S1 - High/Low Circuits | 10:15 - 11:15 AM S1 - BODYFLOW |
| 8:30 - 9:15 AM S3 - Coach by Color | 8:15 - 9:00 AM (*45) S2 - BODYPUMP | 9:15 - 10:15 AM Aud - BODYFLOW | 8:15 - 9:00 AM (*45) S2 - BODYPUMP | 9:15 - 10:00 AM S3 - RPM | 9:15 - 10:15 AM S2 - BODYPUMP | 10:15 - 11:15 AM S2 - BODYPUMP |
| 9:30 - 10:30 AM Aud - PiYo | 9:00 - 10:00 AM S3 - SGT - \$\$ | 9:15 - 10:15 AM S1 - BODYCOMBAT | 9:00 - 10:00 AM S1 - SGT - \$\$ | 9:30 - 10:30 AM Aud - ZUMBA | 10:30 - 11:30 AM S1 - BOOTCAMP 10/6 and 10/27 | 10:30 - 11:15 AM S3 - RPM |
| 9:30 - 10:30 AM S2 - BODYPUMP | 9:15 - 10:00 AM (*45) S2 - BODYATTACK | 9:30 - 10:30 AM S2 - BODYPUMP | 9:00 - 10:00 AM S3 - SGT - \$\$ | 9:30 - 10:15 AM (*45) S2 - BODYPUMP | 10:30 - 11:30 AM S2 - Power Yoga | 12:00 - 12:30 PM S3 - SPRINT |
| 9:45 - 10:30 AM (*45) S1 - BODYCOMBAT | 9:15 - 10:30 AM (*75) S1 - Yoga | 10:00 - 11:00 AM S3 - SGT - \$\$ | 9:15 - 10:00 AM (*45) Aud - BODYATTACK | 10:00 - 11:00 AM S3 - SGT - \$\$ | | 5:00 - 6:00 PM S3 - SGT - \$\$ |
| 10:30 - 11:00 AM S1 - CXWORX | 10:00 - 11:00 AM S3 - SGT - \$\$ | 10:15 - 10:45 AM S1 - CXWORX | 9:15 - 10:15 AM S2 - PiYo | 10:15 - 10:45 AM S2 - CXWORX | <p>KEY:</p> <p>STUDIO 1 = S1 Limited to 25 Participants</p> <p>STUDIO 2 = S2 Limited to 40 Participants</p> <p>STUDIO 3 = S3 Limited to 24 Cycling Participants</p> <p>AUDITORIUM = Aud</p> | |
| 10:45 - 11:30 AM S2 - ZUMBA GOLD | 10:30 - 11:30 AM S2 - Cize | 10:30 - 11:30 AM Aud - Forever Young | 10:00 - 10:30 AM Aud - CORE FOCUS | 10:45 - 11:45 AM S1 - Chair Yoga | | |
| 11:45 - 12:45 PM Aud - Chair Yoga | 10:45 - 11:15 AM S1 - Better Balance | 11:00 - 12:00 PM S1 - Silver & Fit | 10:45 - 11:15 AM S2 - Better Balance | 11:45 - 12:45 PM S3 - SGT - \$\$ | | |
| 1:00 - 1:45 PM (*45) S1 - Better Balance | 11:30 - 12:30 PM S1 - SilverSneakers | 12:15 - 1:15 PM S1 - Chair Yoga | 11:30 - 12:30 PM Aud - SilverSneakers | 12:00 - 12:45 PM (*45) S1 - Forever Young | | |
| 5:15 - 6:15 PM S2 - Tune-Up | 11:45 - 12:45 PM S3 - SGT - \$\$ | 5:15 - 6:15 PM S2 - Tune-Up | 12:00 - 12:30 PM S3 - SPRINT | 5:00 - 6:00 PM S1 - Friday Night Fights | | |
| 5:30 - 6:15 PM S3 - RPM | 12:45 - 1:45 PM S1 - Tai Chi Chih | 5:30 - 6:00 PM S3 - SPRINT | 12:45 - 1:45 PM S1 - Tai Chi Chih | <p>LES MILLS OCTOBER LAUNCH</p> <p>Sunday, October 14th 8:30 - 12:00 PM</p> <p>STUDIO 2 BODYCOMBAT - 8:30 AM (*30) BODYPUMP - 9:15 AM (*30) BODYATTACK - 10:00 AM (*30) CXWORX - 10:45 AM (*30) BODYFLOW - 11:30 AM (*30)</p> <p>STUDIO 3 SPRINT - 9:15 AM (*30) RPM - 10:30 AM (*45)</p> <p><i>BRING A FRIEND FOR FREE!</i> <i>*Stop by the Front Desk to sign a waiver!*</i></p> | | |
| 6:15 - 7:15 PM S3 - SGT - \$\$ | 2:00 - 3:00 PM S2 - Gentle Yoga | 6:15 - 7:00 PM Aud - BODYATTACK | 2:00 - 3:00 PM S2 - Gentle Yoga | | | |
| 6:30 - 7:00 PM (*30) S2 - BODYATTACK | 3:00 - 4:00 PM S1 - SilverSneakers | 6:15 - 7:15 PM S3 - SGT - \$\$ | 3:00 - 4:00 PM S1 - SilverSneakers | | | |
| 6:30 - 7:30 PM S1 - BODYPUMP | 3:45 - 5:00 PM S3 - SGT - \$\$ | 6:30 - 7:30 PM S1 - Power Yoga | 3:45 - 5:00 PM S3 - SGT - \$\$ | | | |
| 7:00 - 7:30 PM S2 - CXWORX | 5:15 - 6:15 PM S1 - BODYFLOW | 6:30 - 7:30 PM S2 - BODYPUMP | 5:30 - 6:15 PM S3 - RPM | | | |
| 7:35 - 8:35 PM S2 - Alignment Yoga | 5:30 - 6:15 PM (*45) S2 - BODYCOMBAT | 7:30 - 8:30 PM S1 - Tai Chi | 5:15 - 6:00 PM (*45) S2 - BODYPUMP | | | |
| <p>Holidays & Class Updates:</p> <p>Oct 1st - "Shmini Atzeret" No classes all day</p> <p>Oct 2nd - "Simchat Torah" Classes start at 6:00 PM</p> <p>*See our room changes/updates for classes in the vending area for the month of October*</p> | 6:30 - 7:00 PM S1 - CORE FOCUS | | 5:45 - 6:15 PM (*30) S1 - CORE FOCUS | | | |
| | 6:30 - 7:15 PM (*45) S2 - BODYPUMP | | 6:30 - 7:30 PM S1 - Hatha Yoga | | | |
| | 6:30 - 7:00 PM S3 - SPRINT | <p>KEY: LOW IMPACT Classes</p> | 6:30 - 7:30 PM S3 - SGT - \$\$ | | | |
| | 7:00 - 7:45 PM S1 - ZUMBA | | 6:30 - 7:30 PM S2 - BODYCOMBAT | | | |
| 7:45 - 8:30 PM S1 - Cardio Step Intervals | | | | | | |



To receive Group Fitness updates via text, text '@yorkj' to 717-409-6086 or via email, email yorkj@mail.remind.com

SGT (Small Group Training) - These programs are FEE (\$\$) based. 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

Group Fitness Class Descriptions - October 2018

Non-Member Punch Cards: Group Fitness/Aquatics Classes

\$45/5 classes □ \$88/10 classes □ \$128/15 classes

\$165/20 classes □ \$200/25 classes

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.

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.

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)

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.

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)

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

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

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)

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

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)

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

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!

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.

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

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)

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

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.

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!

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.

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)

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)

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

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 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.

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)

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

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)

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.

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

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)

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

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.