

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 See below for rooms - High/Low Circuits	10:15 - 11:15 AM S2 - BODYPUMP			
8:30 - 9:15 AM S3 - Coach by Color	8:00 - 9:00 AM S2 - BODYPUMP	9:00 - 9:45 AM S3 - SGT - \$ - Expecting Moms	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 - 11:00 AM (*45) S1 - TONE			
9:30 - 10:30 AM Aud - PiYo	9:00 - 10:00 AM S3 - SGT-\$-GRIT	9:15 - 10:15 AM S1 - BODYFLOW	9:00 - 10:00 AM S3 - 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	9:15 - 10:15 AM Aud - BODYCOMBAT	9:00 - 9:45 AM S1 - TONE	9:30 - 10:15 AM (*45) S2 - BODYPUMP	10:30 - 11:30 AM Gym- BOOTCAMP Jan. 5 & 26 Feb. 9 & 23	11:30 - 12:00 PM (*30) S3 - SPRINT			
9:30 - 10:30 AM S2 - BODYPUMP	9:15 - 10:30 AM (*75) S1 - Yoga	9:15 - 10:15 AM S2 - BODYPUMP	9:15 - 10:15 AM S2 - PiYo	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:30 - 11:30 AM S2 - Power Yoga	11:30 - 12:30 PM S2 - YOGA			
10:00 - 10:30 AM (*30) S1 - BODYCOMBAT	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:00 - 11:00 AM S3 - SGT-\$-GRIT	10:15 - 11:00 AM S3 - SGT - \$ - Op PT	10:15 - 10:45 AM (*30) S2 - CXWORX	HIGH/LOW Circuits on Saturdays: Jan 5 - Studio 1 Jan 12 - LIFT OFF Jan 19 - Studio 1 Jan 26 - AUD Feb 2 - Studio 1 Feb 9 - Studio 1 Feb 16 - GYM Feb 23 - Studio 1	2:00 - 2:50 PM Learn to Salsa Program Costs \$			
10:30 - 11:00 AM S1 - CXWORX	10:30 - 11:30 AM S2 - Cize	10:30 - 11:00 AM S2 - CXWORX	10:00 - 11:00 AM S1 - Cardio Step Intervals	10:45 - 11:45 AM S1 - Chair Yoga		3:00 - 3:50 PM Do the Hustle - Program Costs \$			
10:45 - 11:30 AM S2 - ZUMBA GOLD	10:45 - 11:30 AM (*45) S1 - Better Balance	10:30 - 11:30 AM Aud - Forever Young	10:45 - 11:30 AM (*45) S2 - Better Balance	11:45 - 12:45 PM S3 - SGT-\$-Corporate		4:00 - 5:00 PM S2 - Pilates Fusion			
11:45 - 12:45 PM S1 - Chair Yoga	11:45 - 12:45 PM S1 - SilverSneakers	11:00 - 12:00 PM S1 - Silver & Fit	11:45 - 12:45 PM S1 - SilverSneakers	12:00 - 12:45 PM S1 - Zumba Gold					
12:00 - 1:00 PM S2 - Yoga	11:45 - 12:45 PM S3 - SGT-\$-Corporate	12:00 - 12:45 PM S2 - TONE	12:00 - 12:45 PM (*45) S2 - Zumba	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 - 1:15 PM S1 - Chair Yoga	12:45 - 1:45 PM S1 - Tai Chi Chih	 <p>Want to know when we have Group Fitness updates/modifications? If yes, join us on REMIND.</p> <p>To get on REMIND via text, text 717-409-6086 and send the message '@yorkj' or via email, email yorkj@mail.remind.com. Once you are on REMIND you will receive updates, cancellations, modifications in the Group Fitness world for the York JCC.</p>					
5:15 - 6:15 PM S2 - Tune-Up	2:00 - 3:00 PM S2 - Gentle Yoga	12:15 - 1:00 PM S3 - SGT - \$ - Foam Roll & Release	2:00 - 3:00 PM S2 - Gentle Yoga						
5:30 - 6:15 PM (*45) S3 - RPM	3:00 - 4:00 PM S1 - SilverSneakers	4:15 - 5:00 PM S3 - SGT - \$ - Beat the Clock	3:00 - 4:00 PM S1 - SilverSneakers	<h2>ROOM NAMES:</h2> <p>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> <h2>BRING a FRIEND for FREE to our York JCC - Fitness LIFT OFF Jan 12th & 13th from 8 AM - 12 PM</h2> <p>Join us for this 2-day Fitness celebration on land and in the water. Featuring: PiYo, Friday Night Fights, Water-in-Motion, Tai Chi Chih, High/Low and our Les Mills programming! Stop by the Fitness Center Desk for the line-up!</p> <p>SGT (Small Group Training) - These programs are available at an additional cost (\$). See our Program Guide for more information. Or stop by the Fitness Desk or Front Desk. Questions? Contact Meghan Hayes, Fitness Director at mhayes@yorkjcc.org</p>					
6:15 - 7:15 PM S3 - SGT-\$-GRIT	5:00 - 6:00 PM S3 - SGT - \$ - Athletes	5:15 - 6:15 PM S2 - Tune-Up	5:30 - 6:15 PM (*45) S3 - RPM						
6:30 - 7:00 PM (*30) S2 - BODYATTACK	5:15 - 6:15 PM S1 - BODYFLOW	5:30 - 6:00 PM (*30) S3 - SPRINT	5:30 - 6:15 PM (*45) S2 - BODYPUMP						
6:30 - 7:30 PM S1 - BODYPUMP	5:30 - 6:15 PM (*45) S2 - BODYCOMBAT	6:15 - 7:00 PM (*45) Aud - BODYATTACK	5:45 - 6:15 PM (*30) S1 - CORE FOCUS						
7:00 - 7:30 PM S2 - CXWORX	6:30 - 7:00 PM S1 - CORE FOCUS	6:15 - 7:15 PM S3 - SGT-\$-GRIT	6:30 - 7:30 PM S1 - Hatha Yoga						
7:15 - 8:15 PM S3 - SGT \$ - Op PT	6:30 - 7:15 PM (*45) S2 - TONE	6:15 - 7:15 PM S1 - Power Yoga	6:30 - 7:30 PM S3 - SGT-\$-Op PT						
7:35 - 8:35 PM S2 - Alignment Yoga	6:30 - 7:00 PM (*30) S3 - SPRINT	6:30 - 7:30 PM S2 - BODYPUMP	6:30 - 7:30 PM S2 - BODYCOMBAT						
KEY: LOW IMPACT Classes	7:00 - 7:45 PM (*45) S1 - ZUMBA	7:30 - 8:30 PM S1 - Tai Chi	KEY: UPDATES or NEW				ADULT DANCING Learn to Salsa & Do the Hustle These two programs are available at an additional cost (\$). See our Program Guide, page 4, for more information or stop by the Front Desk.		
	7:45 - 8:30 PM (*45) S1 - Cardio Step Intervals								

Look for modified schedules on the following dates:

*Our JCC Auditorium is closed Jan 21 - 23rd
 *The York JCC is hosting fitness trainings on:
 1/26 - 1/27, 2/9 - 2/10, 2/16 - 2/17.

ADULT DANCING

Learn to Salsa & Do the Hustle
 These two programs are available at an additional cost (\$). See our Program Guide, page 4, for more information or stop by the Front Desk.

Group Fitness Class Descriptions - effective Jan 1st, 2019

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.

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)

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!

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)

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.

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)

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

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)

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.

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!

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)

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

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.

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

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.

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!

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)

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)

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.

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

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)

TONE™ by LES MILLS combines blocks of cardio, strength and core training into one complete and convenient workout. You will be able to optimize your workout by choosing your option(s) to work the whole body and elevate the heart rate. (*30/45)

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)

Yoga uses breathing techniques, exercise and meditation. It helps to improve health, relaxation and happiness.

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.

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.

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)

Non-Member Punch Cards: Group Fitness/Aquatics Classes

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

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