

# the **Y** HEALTHY LIVING

## LAND FITNESS CLASS SCHEDULE – February 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am <b>Y Fit</b> – Nikki (Court 1)	5:45-6:40AM <b>P90X@LIVE</b> Paula D	5:45-6:40AM <b>Core De Force</b> <b>@LIVE</b> Julie O.	5:45-6:45AM <b>Power VinyasaYoga</b> Christine	5:45-6:40AM <b>P90X@LIVE</b> Paula D.		
	8-8:50am <b>Beginner Yoga</b> Pam	8-8:55am <b>Flexibility for Life</b> Julie D	8-8:50am <b>Beginner Yoga</b> Donna			
9-10am <b>*Fitness for Adults</b> Dustin	9-10am <b>*TRX</b> (Court 3) Dustin	9-10am <b>*Fitness for Adults</b> Dustin	9-10am <b>*TRX</b> (Court 3) Dustin			
	9:05-9:50am <b>Country Heat</b> <b>@LIVE</b> Julie O	9-10am <b>Stretch It Out</b> (Wellness Center) Julie D.	9:05-9:50am <b>The Basics</b> Julie O.		9-10am <b>Zumba®</b> (Court 3) Julie O.	
9:15-10:15am <b>P90X@LIVE</b> Linda		9:15-10:05am <b>Core De Force</b> <b>@LIVE</b> Linda	9:30-10:30am <b>Kettlebell</b> <b>Kickboxing</b> Cindy (Court 2)	9:15-10:15am <b>P90X@LIVE</b> Linda		
9:30-10am <b>Cardio Walk &amp; Fit</b> (Court 2) Phyllis		10-10:45am <b>Zumba Gold®</b> (Court 2) Julie O.		9:30-10am <b>Cardio Walk &amp; Fit</b> (Court 2) Julie O.		
	10-11am <b>Power Hour</b> Julie O.		10-11am <b>Power Hour</b> Julie O.			
10:30-11:30am <b>SilverSneakers®</b> <b>Classic</b> Julie O.	11:15-12:15am <b>SilverSneakers®</b> <b>Circuit</b> – Cammy	10:30-11:30am <b>SilverSneakers®</b> <b>Classic</b> Cammy	11:15-12:15am <b>SilverSneakers®</b> <b>Circuit</b> Cammy	10:30-11:30am <b>SilverSneakers®</b> <b>Classic</b> – Julie O.	10:30-11:15am <b>Zumba Gold®</b> – (Court 3) Julie O.	
11:15-11:55am <b>20/20</b> Dustin		11:15-11:55am <b>20/20</b> Dustin				
5-5:30pm <b>30 Minute Shred</b> Kathy	5-5:30pm <b>Butts &amp; Guts</b> Dianne	5-5:30pm <b>30 Minute Shred</b> Kathy	5-6pm <b>30/30</b> Dianne/Kathy			4-5pm <b>Strong By</b> <b>Zumba®</b> Kelly
5:30-6:20pm <b>Insanity@LIVE</b> Julie O.	5:30-6:30pm <b>Zumba®</b> Linda	5:30-6:20pm <b>Insanity@LIVE</b> Julie O.	5:30-6:15pm <b>Country Heat @LIVE</b> Julie O.	5:30-6:30pm <b>Strong By</b> <b>Zumba®</b> Kelly		
6:30-7:00pm <b>Core De Force</b> <b>@LIVE</b> Julie O.		6:30-7:00pm <b>Core De Force</b> <b>@LIVE</b> Julie O.				
7:05-8pm <b>Yoga</b> Laura						

**\*PAY FOR CLASS**

## REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am <b>Kathleen</b>		6:00-6:45am <b>Paula S.</b>		6:00-6:45am <b>Dianne</b>	8:00-9:00am 2/3-Paula
9:00-9:45am <b>Julie O.</b>	9:15-10:00am <b>Cammy</b>	9:00-9:45am <b>Julie O.</b>	9:15-10:00am <b>Cammy</b>		2/10- <b>Saturday</b> <b>Surprise</b> -Dianne
5:45-6:30pm <b>Paula S.</b>	5:45-6:30pm <b>Dianne</b>	5:45-6:30pm <b>Kathy</b>	5:00-6:00 pm <b>30/30</b> <b>Dianne/Kathy</b>		2/17-Cammy 2/24-Kathleen

HOLLIDAYSBURG AREA YMCA

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- **Beginner Yoga**- Learn yoga basics and breathing/relaxation techniques. If you are moving and breathing you are doing yoga beautifully.
- **Butts & Guts**-30 minutes of intense muscle strength and endurance work targeting abs, hips, glutes, hamstrings, quads & lower back.
- **Cardio Walk & Fit**-This class enables the participant to actively engage in functional walking movement which affords mobility and stability in lower and upper extremities. Balance, reaching, bending and agility is what this class is about.
- **Core De Force® LIVE**- An empowering MMA-inspired program that has you punching, kicking, and jabbing your way to a badass bod. You will use your own body weight as resistance to sculpt your total-body. Modifications so you can adapt the moves to your own fitness level. Fight For It!!!
- **Country Heat® LIVE**-A country inspired cardio dance fitness class for all fitness levels.
- **Cycle Circuit**-10 minutes of cycling, 10 minutes of cycling while using weights, 10 minutes of cycling and 10 minutes of tube work.
- **\*Fitness Classes for Adults (Ages 50+)** - Come and learn the basics of strength training in a small group setting yet do a workout based on your own needs. (*Doctor's note may be required*) *Limit 6 people per class.* Member - \$47, Public - \$95
- **Flexibility for Life**-This class will be customized for your needs, corrective exercise for rehab and better posture, stretching for sports, breathing and visualizing. So release stress and increase relaxation. Good for anyone and all abilities.
- **Insanity® LIVE!**-This MAX Interval Training class uses maximum-intensity exercise with short periods of rest. This high-intensity activity forces the body to work for longer periods at a higher capacity than traditional workouts. Workout can be modified for a lower impact.
- **Kettlebell Kickboxing™**- A one-of-a-kind method transforms the body, using the sleek motions of martial arts, Kickboxing, JiuJitsu, high intensity interval training, and the power and strength of the Russian kettlebell.
- **Power Hour**- The class will focus on a workout that can be challenging to fit all participants needs, whether a newcomer or someone who has exercised for years. Both the upper and lower body are emphasized during the workout as well as abdominal training and ending with an emphasis on flexibility.
- **Power Vinyasa Yoga**-This is an energizing and vigorous class that focuses on aligning breath with movement. The flow moves at a moderate pace in a heated room. You will build strength while gaining flexibility. Get ready to move and sweat!
- **P90X®LIVE!**- A result driven, full body strength training format featuring unique blocks of work XCardio, Lower Strength, Upper Strength, & XCore. It is unlike anything else in Group Exercise and features powerful moves that motivate participants to push their limits while also including modifications for those just getting started.
- **Revolutions**- Participants of all levels welcome - you control your own intensity level. You'll burn calories like crazy while improving your cardiovascular endurance and building strength especially in the quadriceps, gluteus, hamstrings and calf muscles. Please arrive 10 minutes early to set up bike and bring a towel and water bottle. Members may sign up at the front desk for class 24 hours in advance and nonmembers 1 hour in advance. If not there when class starts your seat may be given away. If you fail to cancel twice you may not reserve a seat for 2 months.
- **Saturday Surprise**-This class will be held the second Saturday of each month. The class will consist of a combination of spinning and strength/interval/cardio work. Each class will be a 'surprise'. Be ready for a fun-filled workout! Note\* If you use spinning shoes, please bring regular sneakers for floor work.
- **SilverSneakers® Circuit**- This is an interval class which includes 6 intervals lasting approximately 3 minutes each that alternates choreographed cardiovascular with a tool work out.
- **SilverSneakers® Classic**-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance and a chair is used for seated and/or standing support.
- **Stretch It Out**-Compliment your work-out before and after training with a 15 to 20 minute review on how to stretch properly.
- **Strong By Zumba™**- A music led interval training class. The music was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone and definition as well as an increased after burn.
- **The Basics**-A low intensity step aerobics class with basic choreography that may incorporate floor aerobics, Zumba®, or hand-held weights, followed by a short abdominal workout. Ideal for beginners or anyone who enjoys a slower pace.
- **\*TRX Suspension Training**- It's all core, all the time! Suspension training leverages your own bodyweight to build power, balance, core strength and flexibility for people of all fitness levels! Sign up at front desk. Must have 3 participants for a class. *Members-\$7, Public-\$10*
- **Yoga** - In Yoga, we are going to focus on gaining and using flexibility, strength and balance in our bodies. We will do this through a series of poses and exercises that flow together to stretch, strengthen and empower our bodies.
- **Y Fit**-A combination class of basic sport component and strength training exercises. This class will focus on speed, agility, power, flexibility, balance and strength exercises for the entire body.
- **Zumba®**-A Latin inspired, calorie burning, dance fitness class that mixes body sculpting moves with easy to follow steps. Participants of all levels welcome. Come join the party!
- **Zumba Gold®**-A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant
- **20/20**- Start with 20 minutes of cardiovascular conditioning with indoor cycling, and follow up with 20 minutes of strength training with dumbbells or bodyweight drills. Arrive in the Revolutions room 10 minutes early to setup your bike if you need assistance. The strength portion of class will be held in the Stuckey Room. Signup at the front desk one day in advance.
- **30/30**-Thirty minutes of strength, intervals and cardio combinations followed by thirty minutes of spinning, this class will take your workout to an entirely new level! Please sign in at front desk to reserve your bike.
- **30 Minute Shred**- Four rounds, eight exercises of a total body workout that will keep your heart rate up while working the lower and upper body muscles.

**CLASSES MAY BE ADDED OR CANCELED TO SERVE THE NEEDS OF MEMBERS.**

**LAND FITNESS PASSPORTS - \$55 - 10 CLASSES, \$80 - 20 CLASSES**