

TIOGA COUNTY BRANCH YMCA DECEMBER 2020 PROGRAMSCHEDULE

PLEASE NOTE THAT MASKS ARE REQUIRED WHEN IN THE FACILITY

Sunday Closed	Monday 6:30am-8p	Tuesday 6:30am-8p	Wednesday 6:30am-8p	Thursday 6:30am-8p	Friday 6:30am-7p	Saturday 8am-3pm
	Child Watch/Youth Movement Hours: M: 9-11am; 5:30-7:30pm Tu: 9-11am; 5:30-7:30pm W: 9-11am; 5:30-7:30pm Th: 9-11am; 5:30-7:30pm F: 9-11am Sa: 8-10am	1 Aerobics 9:30-10:15am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	2 Silver Sneakers 9:30-10:15 am <i>David</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	3 Aerobics 9:30-10:15am <i>David</i> Core De Force 5:30-6:20pm <i>Jen</i>	4 Mash-Up 9:30-10:15am <i>David</i> Pound 5:30-6:30pm <i>Nicki</i> NO PM CHILD WATCH	5 P90X 8:00-9:00am <i>Jen</i>
6 Toy Drive 10-2	7 Silver Sneakers 9:30-10:15 am <i>David</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	8 Aerobics 9:30-10:15am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	9 Silver Sneakers 9:30-10:15 am <i>David</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	10 Aerobics 9:30-10:15am <i>David</i> Core De Force 5:30-6:20pm <i>Jen</i>	11 Mash-Up 9:30-10:15am <i>David</i> Pound 5:30-6:30pm <i>Nicki</i> NO PM CHILD WATCH	12 P90X 8:00-9:00am <i>Jen</i>
13	14 Silver Sneakers 9:30-10:15 am <i>David</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	15 Aerobics 9:30-10:15am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	16 Silver Sneakers 9:30-10:15 am <i>David</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	17 Aerobics 9:30-10:15am <i>David</i> Core De Force 5:30-6:20pm <i>Jen</i>	18 Mash-Up 9:30-10:15am <i>David</i> Pound 5:30-6:30pm <i>Nicki</i> NO PM CHILD WATCH	19 P90X 8:00-9:00am <i>Jen</i>
20	21 Silver Sneakers 9:30-10:15 am <i>David</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	22 Aerobics 9:30-10:15am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	23 Silver Sneakers 9:30-10:15 am <i>David</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	24 Aerobics 9:30-10:15am <i>David</i> Close at 12 pm!	25 CLOSED MERRY CHRISTMAS	26 P90X 8:00-9:00am <i>Jen</i>
27	28 Silver Sneakers 9:30-10:15 am <i>David</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	29 Aerobics 9:30-10:15am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	30 Silver Sneakers 9:30-10:15 am <i>David</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:15 pm <i>Christina</i>	31 Aerobics 9:30-10:15am <i>David</i> Close at 12 pm!	Open Gym Unavailable during Y classes and activities. Temperature checks, Covid questions and masks are required.	Zoom To be added to the Zoom class lists, please email heathers@rvrymca.org and indicate which Zoom classes you would like to be invited to attend.

TIOGA COUNTY BRANCH YMCA

Fitness Schedule Class Descriptions

Fitness classes are free to all YMCA members.

Aerobics	P90X®
This is a light-to-moderate class that works on slowly improving overall flexibility, balance, cardio, and muscular strength.	This is a group focused total body strength and cardio class that incorporates principles from personal training and functional strength coaching. It's a great way to participate in strong community, friendly competition, encouragement, and personal fitness breakthroughs.
Core De Force	Pound®
These workouts are broken into 3 minute rounds just like a real boxing match. For 3 minutes, you will attack Boxing, Kickboxing, and Muay Thai combinations. There will be bodyweight moves and a fat-blasting cardio spike in every round. You won't just burn calories, you'll blast fat off your core.	The World's first cardio/jam session inspired by the infectious energizing and sweat –dripping fun of playing the drums. This class includes some jumping and floor-work. The class is 45 minutes with 15 minutes of technique instruction at the beginning.
Insanity	SilverSneakers®
This class is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.	SilverSneakers® is a low-impact class that helps to improve muscle strength, balance, agility, and Coordination. Classes are taught by our certified instructors and chairs are provided for support, stretching and relaxation exercises.
Mash-Up	ZUMBA®
This class is a fun and exciting way to work out using a mash-up of several styles including cardio. The class will help you work on improving your balance, flexibility and strength.	Dance your way to a fitter you with this exciting class that incorporates unique Latin moves and rhythms.

All classes are subject to change

All participants must be 10 and older. All participants 10-12 years must be accompanied by an adult. All fitness levels are welcome in every class. Please Inform the instructor if it is your first-time attending class.