

DECEMBER 2020

SUNDAY CLOSED	MONDAY 6:30AM - 7:30PM	TUESDAY 6:30AM - 7:30PM	WEDNESDAY 6:30AM - 7:30PM	THURSDAY 6:30AM - 7:30PM	FRIDAY 6:30AM - 7:30PM	SATURDAY CLOSED
		1	2	3	4	5
	OPEN GYM: ALL TIMES WITH NO CLASS OR CLEANING ALL CLASSES: 1 HOUR LONG	Zumba Virtual - Nicole 9:30a SS Yoga - Sonya 10a Zumba Virtual- Nargi 5:30PM	Pickleball 7:30a Pilates-Rachel 8:45a SS Circuit - Sandy 10a yCROSS - Rachel 5:30p Yoga - Kathy (\$) 6:30p	Pickleball 7:30a BodyBeatz-Rachel 9a Gymnasium Cleaning 10a StretchFlex - Laura 5:30p	Pickleball 8a SS Classic - Sonya 10a Zumba Fab - Elizabeth 11:30a	
6	7	8	9	10	11	12
	Pickleball 7:30a Core & Balance-Rachel 8:45a SS Classic - Sonya 10a Strength - Kristine 5:30p Pickleball 630-8p	Zumba Virtual - Nicole 9:30a SS Yoga - Sonya 10a Zumba - Doreen 5:30PM	Pickleball 7:30a Pilates-Rachel 8:45a SS Circuit - Sandy 10a yCROSS - Rachel 5:30p Yoga - Kathy (\$) 6:30p	Pickleball 7:30a BodyBeatz-Rachel 9a Gymnasium Cleaning 10a StretchFlex - Laura 5:30p	Pickleball 8a SS Classic - Sonya 10a Zumba Fab - Elizabeth 11:30a	
13	14	15	16	17	18	19
	Pickleball 7:30a Core & Balance-Rachel 8:45a SS Classic - Sonya 10a Strength - Kristine 5:30p Pickleball 630-8p	BodyBeatz-Rachel 8:30a SS Yoga - Sonya 10a Zumba - Doreen 5:30PM	Pickleball 7:30a Pilates-Rachel 8:45a SS Circuit - Sandy 10a yCROSS - Rachel 5:30p Yoga - Kathy (\$) 6:30p	Pickleball 7:30a BodyBeatz-Rachel 9a Gymnasium Cleaning 10a StretchFlex - Laura 5:30p	Pickleball 8a SS Classic - Sonya 10a Zumba Fab - Elizabeth 11:30a	
20	21	22	23	24	25	26
	Pickleball 7:30a Core & Balance-Rachel 8:45a SS Classic - Sonya 10a Strength - Kristine 5:30p Pickleball 630-8p	BodyBeatz-Rachel 8:30a SS Yoga - Sonya 10a Zumba - Doreen 5:30PM	Pickleball 7:30a Pilates-Rachel 8:45a SS Circuit - Sandy 10a Gymnasium Cleaning 12p Yoga - Kathy (\$) 6:30p	Pickleball 7:30a BodyBeatz-Rachel 9a	 HAPPY HOLIDAYS! CLOSED	
27	28	29	30	31		
	Pickleball 7:30a Core & Balance-Rachel 8:45a SS Classic - Sonya 10a Strength - Kristine 5:30p Pickleball 630-8p	BodyBeatz-Rachel 8:30a SS Yoga - Sonya 10a Zumba - Doreen 5:30PM	Pickleball 7:30a Pilates-Rachel 8:45a SS Circuit - Sandy 10a Gymnasium Cleaning 12p Yoga - Kathy (\$) 6:30p	Pickleball 7:30a BodyBeatz-Rachel 9a	HAPPY NEW YEAR!!! CLOSED	

BRADFORD COUNTY BRANCH YMCA

Fitness Schedule Class Descriptions

SilverSneakers®	ZUMBA® Fabulous
SilverSneakers® low-impact classes that helps improve muscle strength, endurance, balance, coordination, agility and relaxation. Classes are taught by our certified instructors and chairs are provided for support, stretching and relaxation exercises	A modified Zumba® class that recreates the original moves you love. Individuals with diverse abilities or exceptionalities welcome (Parents and/or caregivers must stay in the building during the class). Focuses on balance, range of motion, endurance, coordination, and rhythm
Spin	Strength
High intensity indoor cycling workout. Your legs are constantly moving and you have to apply pressure to slow them down. This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.	This muscle conditioning class focuses on the upper body – arms, shoulders, chest, back, and core. Build endurance and develop coordination and balance. You can expect to use a variety of different equipment such as weights, bands, balls and other tools
yCROSS	StretchFlex
Turn strength training into a cardio workout - weights, bands, BOSUs, battle ropes, rower, bikes, boxes, tires, bags, bars, slam balls, medicine balls, bodyweight, etc. Format of the class will vary from workout to workout but will be time-based rather than to the beat of the music like a traditional group exercise class. This allows for all customization for all levels. FAT BURNING!!!!!!!	A relaxing slow-paced class based on simple stretches with a few yoga poses. Focuses on breathing and clearing the mind while holding the stretch. Stretching improves flexibility which improves all other workouts and just makes moving through daily life easier. By the end, everyone should be at peace and ready for bedtime.
HIIT	Yoga
HIIT (High Intensity Interval Training) is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. Great for fat burning!!!	This class is suitable for all levels but very beneficial for those that are new to yoga or want to relieve stress and anxiety. It is a gentle class that will ease you through asanas (postures) and a guided relaxation at the end
ZUMBA®	BodyBeatz
Dance your way to a fitter you with this exciting class that incorporates unique Latin moves and rhythms	This high energy class will keep you moving to the beat with easy to follow, fun choreographed strength and cardio routines
Pilates	Core & Balance
A method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance	Strengthen, tone, and stretch your entire body with exercises that combine stability balls and free weights focusing on improving posture, balance, and flexibility, while challenging your core

Classes subject to change. Classes may be taken at own pace. Exercise variations may be incorporated per participant. All participants must be 13 years of age or older. All fitness levels are welcome in every class. Inform instructor if it is your first time participating.