

# Activate Healthy Living

## Group Exercise Schedule (September – December 2019)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15am Indoor Cycling With Body Weight Exercises. Michelle	5:30-6:15am Power Hour (strength and core) Kelly	5:30-6:15am Indoor Cycling Michelle	5:30-6:15am Power Hour (strength and legs) Kelly	5:30-6:30am Circuit Blast Kelly	
7:30-8:30am Strength Yoga Kelly					
9:00-10:00am Silver Sneakers Classic Amber	9:00-10:00am Silver Sneakers Yoga Stretch Vicki	9:00-10:00am Silver Sneakers Classic Amber	9:00-10:00am Silver Sneakers Classic Vicki	9:00-10:00am Silver Sneakers Classic Amber	9:00-10:00 am Drum-Lates Tami
	10:15-11am Low-Impact Dance Fitness Vicki		10:15-11am Low-Impact Dance Fitness Vicki		
		4:00- 4:45pm Core/HIIT Gwen			
5:00-5:45pm Power Step Aerobics Jenn/Heidi	5:15- 6:00 pm Indoor Cycling (Beginner Class) Laurie	5:00-5:45pm Power Step Aerobics Jenn/Heidi	5:15-6:00pm Indoor Cycling Laurie		
6:00-7:00pm Zumba Katie	6:00-7:00pm Drum-Lates Tami	6:00-7:00pm UrbanKick Alyce/Katie	6:00- 7:00pm Core Strength Mason/Laura		
		7:00 – 7:45pm Stretch Flex Laura	7:00-8:00pm Drum-Lates Tami		

NOTE: Because of our substitute policy, instructors are subject to change at any time for our most updated changes. Please check the website <http://www.rainedout.com> for any class cancellations. For more information about Rained out ask one of our front desk staff. Copies of the group exercise schedule and regular updates about classes can be found on our Facebook page at <https://www.facebook.com/jerseyshore.ymca/?fref=ts>.

Our Inclement Weather Policy states that if the Jersey Shore School District delays class will starts at 10am or cancels there will be no morning classes.

Any other questions you can be directed to our program coordinator by calling the YMCA at (570) 398-2150 or email [masonm@rvrymca.org](mailto:masonm@rvrymca.org)

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**H.I.I.T** – High Intensity Interval Training – HIIT Class is a total body, heart rate pumping, aerobic and strength conditioning workout. This interval – based class combines full – body strength training with high intense cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

**Zumba** – Zumba is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere.

**Low-Impact Dance Fitness** – Active older adults who are looking for a modified dance fitness class that recreates the dance moves you love at a lower-intensity. This class isn't just for active older adults, anyone can get a great workout!

**Indoor Cycling** – This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome. Remember to bring a towel and water bottle!

**Power Step Aerobics** – This high energy combination class is designed to challenge you while stepping to fun choreography and lifting weights for resistance training. Use this 45 minute class to sculpt your body, burn tons of calories, and have some fun!

**UrbanKick** – Takes a sports conditioning approach and combines punch and kick sequences with H.I.I.T. drills, for a multi-level, fun and heart-healthy workout. This hour-long class will ramp up your heart rate and burn fat!

**Strength Yoga** – Strength Yoga will help strengthen not only your muscles but also your joints with many different holds and postures.

**Drum-Lates** – This combination class incorporates aspects of drum fitness and Pilates workouts! Come join this fun and exciting class and tone it up with Tami!

**Power Hour** – It's in the name...power hour is an hour dedicated to strengthening! Come for a great burn with weight and other equipment and get stronger for everyday life!

**Core Strength** – This class will improve muscular strength, core stability, and cardiovascular efficiency all while using your body weight and mostly floor core exercises.

**Stretch Flex** – This yoga inspired class combines stretching, flexibility, and balance to improve strength, focus, mood, coordination and peace of mind. Join Laura for this relaxing but challenging class to wind down your day.