

TIOGA COUNTY BRANCH YMCA APRIL 2022 PROGRAMSCHEDULE

Sunday Closed	Monday 7a-7:30p	Tuesday 7a-7:30p	Wednesday 7a-7:30p	Thursday 7a-7:30p	Friday 7 am-7pm	Saturday 8a-12p
	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: 8:00-10:00am				% Mash-Up 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm	& P90X 8:00-9:00am <i>Jen</i> Community Easter Egg Hunt 12-2pm
	(Silver Sneakers 9:30-10:15 am <i>David</i> Agility 5:30-6:30pm <i>Jen</i>) Aerobics 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm Core De Force 4:30-5:30 pm <i>Jane</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	* Silver Sneakers 9:30-10:15 am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	+ Aerobics 9:30-10:15am <i>David</i> Circuit Training 5:30-6:15 pm <i>Jane</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	, Mash-Up 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm	- P90X 8:00-9:00am <i>Jen</i>
1\$	1% Silver Sneakers 9:30-10:15 am <i>David</i> Agility 5:30-6:30pm <i>Jen</i>	1& Aerobics 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm Core De Force 4:30-5:30 pm <i>Jane</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	1' Silver Sneakers 9:30-10:15 am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	1(Aerobics 9:30-10:15am <i>David</i> Circuit Training 5:30-6:15 pm <i>Jane</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	1) Mash-Up 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm	1* P90X 8:00-9:00am <i>Jen</i>
17	18 Silver Sneakers 9:30-10:15 am <i>David</i> Agility 5:30-6:30pm <i>Jen</i>	19 Aerobics 9:30-10:15am <i>David</i> Core De Force 4:30-5:30 pm <i>Jane</i> Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	20 Silver Sneakers 9:30-10:15 am <i>David</i> Pickleball 10:30am-12:30pm P90X 5:30-6:30pm <i>Jen</i>	21 Aerobics 9:30-10:15am <i>David</i> Circuit Training 5:30-6:15 pm <i>Jane</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	22 Mash-Up 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm	23 P90X 8:00-9:00am <i>Jen</i>
24	25 Silver Sneakers 9:30-10:15 am <i>David</i> Agility 5:30-6:30pm <i>Jen</i>	26 Aerobics 9:30-10:15am <i>David</i> Core De Force 4:30-5:30 pm <i>Jane</i> Pickleball 10:30am-12:30pm Zumba 5:30-6:30pm <i>Nicki</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	27 Silver Sneakers 9:30-10:15 am <i>David</i> P90X 5:30-6:30pm <i>Jen</i>	28 Aerobics 9:30-10:15am <i>David</i> Circuit Training 5:30-6:15 pm <i>Jane</i> Indoor Cycling 5:30-6:30pm <i>Christina</i>	29 Mash-Up 9:30-10:15am <i>David</i> Pickleball 10:30am-12:30pm	30 P90X 8:00-9:00am <i>Jen</i>

TIOGA COUNTY BRANCH YMCA

Fitness Schedule Class Descriptions

Fitness classes are free to all YMCA members.

Aerobics	Mash-Up
This is a light-to-moderate class that works on slowly improving overall flexibility, balance, cardio, and muscular strength.	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.
Agility	P90X®
This class uses fast footwork and dynamic total body movements to improve speed, enhance coordination, burn fat, and torch calories.	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.
Circuit Training	SilverSneakers®
This class targets strength building and muscular endurance with resistance building and muscular endurance with resistance training, high-intensity aerobics and exercises performed in a circuit.	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.
Core De Force	ZUMBA®
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.	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.