

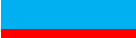



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 AM Cycling Geoff	6:00 - 6:45 AM Boot Camp Lisa	6:00 - 6:45 AM Cycling Geoff	6:00 - 6:45 AM Boot Camp Rob	6:00 - 6:45 AM Cycling Geoff	WILLIAMSPORT YMCA GROUP EXERCISE SCHEDULE (class/instructor/room usage subject to change, room may be used only when not utilized for Y programming) ALL Classes listed are held in the GROUP EXERCISE ROOM ON the 2nd FLOOR, *unless specified Basketball Gymnasium, Fitness Floor, Community Room (CR), Pool Observation Hallway (POH)*.	
8:15 - 9:15 AM Gentle Yoga Julie K	7:45 - 8:30 AM Pedal & Metal Cindy	8:15 - 9:00 AM Boomer FIT Rachel	8:30 - 9:00 AM Beginner Cycle Betsy			
Basketball Gymnasium 8:15 - 9:00 AM Zumba®Gold Teresa	*Basketball Gymnasium* 9:00 - 9:45 AM SilverSneakers® Circuit/Brenda	*Basketball Gymnasium* 9:00 - 9:45 AM SilverSneakers® Classic/Susan	*Basketball Gymnasium* 9:00 - 9:45 AM SilverSneakers® Circuit/Jenna	*Basketball Gymnasium* 9:00 - 10:00 AM Boomer FIT Rachel		
Basketball Gymnasium 9:00 - 9:45 AM SilverSneakers® Classic/Cindy	9:15 - 10:00 AM Party Power Cycle Jenny G	9:15 - 10:00 AM PowerPump Rachel/Rebecca	9:15 - 10:15 AM Cycle & PowerPump Betsy/Rebecca	9:15 - 10:00 AM Boot Camp Jenny H/Erin		
9:15 - 10:00 AM Body Burn Calli	10:00 - 10:45 AM Flexibility n' Function Rachel	10:00 - 10:30 AM Extreme Core Rachel/Rebecca	10:15 - 10:45 AM Barre Intensity Rebecca	10:00 - 11:00 AM Zumba® Teresa		
Community Room 10:00 - 10:45 AM Chair Yoga Josie	*Fitness Floor* 10:10 - 10:55 AM Tread & Shred Jenny G	10:30 - 11:30 AM Zumba® Paula	10:45 - 11:45 AM Gentle Yoga Annelise	*Community Room* 10:15 - 11:00 AM Gentle Yoga Maureen	9:00 - 10:00 AM Rotation (see list for class/instructor)	
10:00 - 10:30 AM CardioStep Rebecca	10:45 - 11:45 AM Power Yoga Julie K	*Community Room* 11:15 AM - 12:00 PM Chair Yoga Josie			10:00 - 11:00 AM Zumba® (instructor rotation)	*Jan/Feb ONLY* 10:15 - 11:15 AM Rotation (see list for class/instructor)
10:30 - 11:15 AM Barre Intensity Rebecca		12:10 - 12:50 PM Cardio Strength Mash-up Rachael	4:15 - 4:45 PM Extreme Core Rachel	12:10 - 12:50 PM Cardio Strength Mash-up Rachael	*Community Room* 10:00 - 10:45 AM Gentle Yoga (instructor rotation)	
12:10 - 12:50 PM Cardio Strength Mash-up Jenny H	4:15 - 5:00 PM Insanity® Julie P	*CR* 4:15 - 5:15 PM Gentle Yoga Josie	4:45 - 5:30 PM Drum-Late Tami	4:15 - 5:00 PM Insanity® Julie P		
4:15 - 5:15 PM PowerPump Julie P/Brenda	*POH* 5:15 - 6:15 PM Cycling Cindy	4:15 - 5:15 PM Zumba® Faith	*CR* 5:30 - 6:30 PM Gentle Yoga Ara	5:15 - 6:15 PM Zumba® Faith/Tess		
5:30 - 6:30 PM Boot Camp Rob	5:15 - 6:15 PM Zumba® Paula	5:30 - 6:30 PM PowerPump Lisa	5:30 - 6:30 PM Boot Camp Erin/Rob			
6:30 - 7:30 PM Zumba® Jenn	6:15 - 7:00 PM CardioKick Fillicia/Irina	*CR* 5:30 - 6:30 PM Power Yoga Josie	*POH* 6:30 - 7:30 PM Cycling Cindy/Bill			
7:30 - 8:15 PM Drum-Late Tami	7:00 - 8:00 PM Gentle Yoga Ashley	6:30 - 7:30 PM Zumba® Irina	6:30 - 7:30 PM Zumba® Irina			

Starting Monday January 21st 2019

GROUP EXERCISE CLASS DESCRIPTIONS:

-  Active Older Adult Classes: Great for Adults 60+, beginners, and disabled individuals, (*SilverSneakers Circuit classes you must be able to stand for 45 min).
-  Non-Impact Classes: Recommended for those who need non-impact exercise options.
-  Lower Impact/Intensity Classes: Recommended for those needing lower impact or lower intensity exercise options.
-  Higher Intensity Classes: Recommended for those who have been participating in exercise, may contain higher impact exercises, modifications can be given.

Barre Intensity: Exercises taught on the barre, aimed to fatigue each muscle group, and provide a full body stretch, with bursts of cardio exercise.
Goals: MUSCULAR ENDURANCE & STRENGTH, FLEXIBILITY

Body Burn: Full body, high intensity cardio and strength training exercises, incorporating light weights.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

Boomer FIT: Low impact interval training class consisting of exercises to both increase cardiovascular endurance, as well as strength for the whole body, great for those new to exercise, and/or active older adults.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

Boot Camp: Interval Training utilizing the step, high and low impact floor work, and resistance training with both body weight and strength equipment.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

CardioKick: Blend of sports conditioning with kickboxing, incorporating cardiovascular training, metabolic boosting HIIT training, and body-weight strength training.
Goals: CARDIOVASCULAR ENDURANCE

Cardio Strength Mash-up: Interval Training consisting of exercises to both increase cardiovascular endurance, as well as strength, for the whole body.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

CardioStep: Exercise repetition on the step, aimed to increase heart rate and target lower body endurance.
Goals: CARDIOVASCULAR ENDURANCE

Chair Yoga: Reduce stress, aid in pain management, improve mobility and increase proprioception. Seated and standing posed will be incorporated into this class's flow.
Goals: FLEXIBILITY

Cycling: An interval cycling class held on stationary bikes. Choose your own resistance while you sprint, jump, climb, and race your way to the finish line. **Beginner Cycle:** The same great class, taught at a pace and instruction level for those new to indoor cycling.
Goals: CARDIOVASCULAR ENDURANCE

Drum-Late: High Intensity, Full Body Cardio Drumming, mixed with Pilates and HIIT Drill combos. Modified movements available for beginners through advanced!
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE

Extreme Core: Challenging class targeting all major muscle groups of your core, recommended for individuals who can easily get up and down from the floor, and perform exercises utilizing body weight.
Goals: MUSCULAR ENDURANCE & STRENGTH

Flexibility n' Function: Exercises utilize a mat or chair and stability ball, designed specifically for older adults, to increase full body flexibility and increased core strength.
Goals: MUSCULAR ENDURANCE & STRENGTH, FLEXIBILITY

Gentle Yoga: Exercises targeting flexibility, functionality, balance, and coordination; transition in your own time and way, doing what YOU can do.
Goals: FLEXIBILITY

Insanity@: High intensity interval training with exercises focusing on power, strength, core and plyometric movements.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

Pedal & Metal: Intervals on the stationary bike and exercises performed with the kettlebell for gains in strength and cardio endurance.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

Power Party Cycle: Cycling class with a twist, turn out the lights, add strobe lights, and you'll have burnt calories & increased endurance, without knowing where the time went!
Goals: CARDIOVASCULAR ENDURANCE

PowerPump: Exercises utilizing the barbells, free weights, resistance tubing, and more, for a full body strength training workout. **Cycle & PowerPump:** Combine Cycling with PowerPump, and add a powerful cardio boost to your strength training workout.
Goals: MUSCULAR ENDURANCE & STRENGTH (with Cycle: CARDIOVASCULAR ENDURANCE)

Power Yoga: A more challenging continuous flow, recommended for those already practiced in yoga or anyone up for a new challenge.
Goals: MUSCULAR ENDURANCE & STRENGTH, FLEXIBILITY

SilverSneakers@ Circuit: Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with low-impact aerobic choreography. A chair is used for support, stretching, & relaxation exercises.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

SilverSneakers@ Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.
Goals: MUSCULAR ENDURANCE & STRENGTH

Tread & Shred: Utilize the Fitness Floor Treadmills for a dynamic new way to perform cardio, performing movements forwards, backwards, sideways, on incline, and more; followed by strength exercises, utilizing body weight and a variety of conditioning tools.
Goals: CARDIOVASCULAR ENDURANCE, MUSCULAR ENDURANCE & STRENGTH

Zumba@: Dance choreography fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness workout that will blow you away! **Zumba@Gold:** The same great class, taught with lower impact options, at a pace for those new to Zumba or needing modification to traditional Zumba moves.
Goals: CARDIOVASCULAR ENDURANCE

Williamsport Y Weekend Group Exercise Rotation:

(*Classes/Instructors subject to change.)

All classes are held in the 2nd Floor Group Exercise room, EXCEPT for the Saturday 10 AM Gentle Yoga class, which is held in the 1st Floor Community Room.

Saturday January 12th

9:00 – 10:00 AM CardioStep & Core with Brenda

10:00 – 11:00 AM Zumba with Teresa

10:00 – 10:45 AM Gentle Yoga with Josie M

Sunday January 13th

10:15 – 11:15 AM Pedal & Metal with Cindy

Saturday January 19th

9:00 – 10:00 AM Boot Camp with Lisa L

10:00 – 11:00 AM Zumba with Tess

10:00 – 10:45 AM Gentle Yoga with Josie M

Sunday January 20th

10:15 – 11:15 AM Zumba with Teresa

Saturday January 26th

9:00 – 10:00 AM Cardio Strength Mash-up with Rachael

10:00 – 11:00 AM Zumba with Josie C

10:00 – 10:45 AM Gentle Yoga with Ara

Sunday January 27th

10:15 – 11:15 AM Boot Camp with Erin

Saturday February 2nd

9:00 – 10:00 AM Pedal & Metal with Betsy

10:00 – 11:00 AM Zumba with Faith

10:00 – 10:45 AM Gentle Yoga with Josie M

Sunday February 3rd

10:15 – 11:15 AM Pedal & Metal with Cindy

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Saturday February 9th

9:00 – 10:00 AM Cardio Strength Mash-up with Rachael

10:00 – 11:00 AM Zumba with Teresa

10:00 – 10:45 AM Gentle Yoga with Josie M

Sunday February 10th

10:15 – 11:15 AM Boot Camp with Erin

Saturday February 16th

9:00 – 10:00 AM Boot Camp with Lisa L

10:00 – 11:00 AM Zumba with Tess

10:00 – 10:45 AM Gentle Yoga with Julie K

Sunday February 17th

10:15 – 11:15 AM Boot Camp with Erin

Saturday February 23rd

Day of Dance with Spirit of Women – see mini classes offered ALL day (TBA)!!

Sunday February 24th

10:15 – 11:15 AM Pedal & Metal with Cindy

Saturday March 2nd

9:00 – 10:00 AM CardioStep & Core with Brenda

10:00 – 11:00 AM Zumba with Josie C

10:00 – 10:45 AM Gentle Yoga with Josie M

Saturday March 9th

9:00 – 10:00 AM Boot Camp with Erin

10:00 – 11:00 AM Zumba with Faith

10:00 – 10:45 AM Gentle Yoga with Josie M

Saturday March 16th

9:00 – 10:00 AM Cardio Strength Mash-up with Rachael

10:00 – 11:00 AM Zumba with Tess

10:00 – 10:45 AM Gentle Yoga with Josie M

Saturday March 23rd

9:00 – 10:00 AM Pedal & Metal with Cindy

10:00 – 11:00 AM Zumba with Josie C

10:00 – 10:45 AM Gentle Yoga with Josie M

Saturday March 30th

9:00 – 10:00 AM Boot Camp with Lisa L

10:00 – 11:00 AM Zumba with Faith

10:00 – 10:45 AM Gentle Yoga with Josie M