



NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Effective 4-24-17 to 6-18-17 (Land classes are shaded on this schedule)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat/Sun
8:00 - 9:00AM	M-F <u>5am-9am</u> Drop-in Pickleball Gym 2	AM YOGA Group Exercise Studio Mickey			AM YOGA Group Exercise Studio Mickey	
9:30 - 10:00AM	<u>10:00-10:45am</u> SilverSneakers® Circuit Training Gym 2 Mickey	<u>9:00-10:00</u> Essential Weight Training Group Exercise Studio Patty	Functional Walk Cardio Gym 2 Natalie		Functional Walk Cardio Gym 2 Penny	SATURDAY <u>9:15 - 10:00</u> CARDIO SURPRISE Group Exercise Studio Instructor Rotation
10:05 - 10:50AM	<u>10:30-11:00am</u> BARRE Group Exercise Studio Alicia		SilverSneakers® Classic Gym 2 Natalie		SilverSneakers® Classic Gym 2 Penny	
10:40 - 11:40AM	<u>10:45-11:30am</u> Aqua Total Fit Nancy <u>Pool 2</u>	<u>10:30-1:30pm</u> Drop-in Pickleball Gym 2	<u>10:30-11:00am</u> YOGA Group Exercise Studio Mickey	<u>10:30-1:30pm</u> Drop-in Pickleball Gym 2	<u>11:00a-12:00p</u> Drop-in Pickleball Gym 2	<u>10-10:45</u> BARRE Group Ex Studio Mickey
11:00 - 11:45AM	Gentle Yoga Group Exercise Studio Mickey	<u>11:00-12:00</u> Line Dancing Group Exercise Studio Alice	SilverSneakers® Yoga Group Exercise Studio Mickey	<u>11:00-11:30am</u> BARRE Group Exercise Studio Heidi	Gentle Yoga Group Exercise Studio Mickey	SUNDAY 11am-1pm Drop-in Pickleball Gym 2
See Times	<u>11:00a-12:00p</u> Drop-in Pickleball Gym 2		<u>11:00-11:45am</u> Aqua Fit & Tone Evonne <u>Pool 2</u>	<u>11:30-12:15pm</u> Cardio Mash-Up Group Exercise Studio Mickey	<u>11:00-11:45am</u> Chair Yoga Phillips' Hall-A Sally	
12:00 - 12:45PM	<u>11:45-12:30pm</u> Cardio Mash-Up Group Exercise Studio Mickey	SilverSneakers® Splash Christine <u>Pool 2</u>	Aqua Fit & Tone Evonne <u>Pool 2</u>	Gentle Water Exercise Christine <u>Pool 2</u>	Switch It Up! Sally <u>Pool 2</u>	
12:15 - 12:45PM		MINI YOGA Group Exercise Studio Mickey		MINI YOGA Group Exercise Studio Mickey		
1:00 - 1:45PM	Aqua Total Fit Nancy <u>Pool 2</u>	Warm Water Intervals Natalie <u>Pool 2</u>		Aqua Movin' & Groovin' Natalie <u>Pool 2</u>		
2:00 - 2:45PM		Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u>		Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u>		
5:30 - 6:15PM					<h2 style="margin: 0;">More for your membership!</h2> <p style="margin: 0;">ALL Group Exercise classes are included in your membership!</p> <p style="margin: 0;">Schedules available on our mobile app! Download by searching Butler County Family YMCA</p>	
5:30 - 6:30PM	20/20/20 Group Exercise Studio Sally		<u>5:30-6:00</u> Cardio Express Group Exercise Studio Natalie	<u>6:00-7:00</u> Essential Weight Training Group Exercise Studio Kimberly		
6:00 - 6:30PM	<u>7:30-8:15</u> Zumba® Group Exercise Studio Amanda		BARRE Group Exercise Studio Natalie			
7:30 - 8:30PM	<u>8:15-8:45</u> BARRE Group Exercise Studio Amanda			Zumba® Group Exercise Studio Amanda		



LAND CLASSES

20/20/20 - Great for the new exerciser or for others to add intensity to their workout. 20 minute blocks of step, floor, weights.

AM YOGA - A gentle YOGA class to wake up the body! Focus on breathing, lengthening and strengthening muscles and then relaxation.

Barre - A safe, low impact program that will tone & strengthen your body. Safe & effective for all fitness levels. Using a combination of postures inspired by ballet & other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

NEW! Cardio Express - Just 30 minutes - fast and effective! Appropriate for all fitness levels, modifications will be offered! Optional step and intervals may be mixed in for anyone wanting them.

Cardio Mash-Up - A mix of low impact cardio mixed with short bursts of strength! Fun & effective! Great for beginners and Active Older Adults.

Cardio Surprise - A FUN high-energy class that will mix cardio with balance, agility, coordination and body weight strength. Perfect for the new exerciser or active older adult.

Chair Yoga - This is an introductory class focusing on the fundamentals of yoga. There are no pre-requisites—you don't need to touch your toes. Classes will contain yoga poses both seated and standing (using the chair if needed as support), along with modifications of the poses to suit participant's individual needs.

Essential Weight Training - A strength & muscular endurance class for all fitness levels. Focus will be on proper training form & fundamentals of weight training including balance & flexibility. Taught by a certified Personal Trainer.

Functional Walk Cardio - Join this cardiovascular class which will mix variable-paced walking with optional obstacle course maneuvers in our gym. Whether you want a challenging fast-paced power walk or a moderately-paced stride, this class will provide the means to increase your overall cardiovascular fitness as well as your balance, coordination and agility.

Gentle YOGA - This class is a blend of Yoga styles taught from a mat on the floor. All participants must possess self-sustained balance & must be comfortable in transitioning from a prone position on the floor to a standing position without support. A basic functional assessment test may be required to attend this class. Great for the beginner!

Line Dancing - Research shows thinking and moving is superb for Active Older Adults. Join the fun!

Pickleball - Pickleball is great exercise for the active older adult. Drop in any time, bring a friend and stay as long as you like.

SilverSneakers® Circuit Training - Warm-up, 6 circuits of alternating cardio and weights, cool-down and stretch!

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 skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available, if needed, for seated or standing support.

SilverSneakers® Yoga - This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Zumba® - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, muscle pumping, body energizing movements meant to tone & sculpt your body while burning fat.

WATER CLASSES

Aqua Fit & Tone - This is geared toward those who want a class that keeps moving & will help condition the cardiovascular system to get fit. A combination of pool equipment will be used to tone the body without the added stress on the joints.

Aqua Movin' & Groovin' - A FUN, new class in the warm water pool where we'll be movin' & groovin' to the beat of anything from "oldies but goodies" to some modern music. No swimming required. Come try it!

Aqua Total Fit - Exercise your whole body, from the feet up and the inside out. This class is a moderately-paced cardio workout with exercises focusing on mobility, strength, flexibility & endurance. It is perfect for increasing your confidence with everyday activities.

Aqua Zumba - this class fuses Latin rhythms and easy to follow dance moves to create a dynamic water workout that is FUN! This is a great workout to start your day!

Arthritis Foundation Aquatic Program - This class will be conducted in the warm water McLaughlin Pool and will consist of exercises for the total body to increase range of motion, flexibility, & coordination for those with arthritis.

Gentle Water Exercise - A light cardio workout! Increase flexibility and strength using a variety of water exercise equipment. Gentle on your joints, come join us in the warm water McLaughlin Pool for non-impact exercise.

SilverSneakers® Splash - Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability required. A SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance & coordination.

Switch It Up - A class for all body types & beginner fitness levels that "switches it up" every 15 minutes. The body keeps moving throughout while a variety of aquatic equipment is used to improve strength, flexibility, range of movement & balance.

Warm Water Intervals - This class is designed to help improve your overall fitness with different types of interval & recovery exercises for a total body workout that is gentle on your joints. No swimming required. Each participant decides their own intensity level for the day. Same great class-new name! Come and try it!

Regardless of your physical limitations, the YMCA has something to meet your health & wellness needs!
Wellness classes can be strenuous. Please consult your physician. By participating in these classes,
you indicate that you have no physical conditions or health problems. **Please bring water to class!**

YMCA Contact information: Vice President, Healthy Living and Community Outreach,
Sandy Ihlenfeld sihlenfeld@bcfymca.org

Group Exercise Coordinator: Mickey Stewart

Group Exercise Water Coordinator: Michelle Kovach

Butler YMCA • 339 North Washington St • Butler PA 724-287-4733 • www.bcfymca.org