



NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Effective 9-27-18 to 10-27-18 (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat/Sun
6:00 - 7:00AM	AM YOGA Program Center Sally				SATURDAY 8:00-9:00am Vinyasa Yoga Program Center Rachel	
8:00 - 9:00AM	AM YOGA Group Exercise Studio Mickey	AM YOGA Group Exercise Studio Mickey	9:00-10:00 ZUMBA WAKE UP Program Center Alicia/Caroline		AM YOGA Group Exercise Studio Mickey	SATURDAY 9:15 - 10:00 CARDIO SURPRISE Group Exercise Studio Instructor Rotation
9:30 - 10:00AM	10:00-10:45am SilverSneakers® Circuit Training Program Center Mickey	9:00-10:00 Essential Weight Training Group Exercise Studio Sandy	Functional Walk Cardio Gym 2 Natalie	9:30-10:15 Parent-Child Yoga Program Center Rachel		
10:05 - 10:50AM	10:30-11:00am BARRE Alicia/Kellie Group Exercise Studio		SilverSneakers® Classic Natalie Program Center		SilverSneakers® Classic Penny Program Center	10-10:45 BARRE Group Ex Studio Mickey
10:40 - 11:40AM	10:45-11:30am Aqua Total Fit Evonne <u>Pool 2</u>	10:30-1:30pm Drop-in Pickleball Gym 2	10:30-11:00am YOGA Group Exercise Studio Mickey	10:30-1:30pm Drop-in Pickleball Gym 2	11:00a-12:00p Drop-in Pickleball Gym 2	
11:00 - 11:45AM	Gentle Yoga Program Center Mickey	11:00-12:00 Line Dancing Group Exercise Studio Alice	SilverSneakers® Yoga Program Center Mickey	11:00-11:30am BARRE Group Exercise Studio Heidi	Gentle Yoga Group Exercise Studio Mickey	SUNDAY 11am-1pm Drop-in Pickleball Gym 2
See Times	11:00a-12:00p Drop-in Pickleball Gym 2		11:00-11:45am Work It In The Water Evonne <u>Pool 2</u>	11:30-12:15pm Cardio Mash-Up Group Exercise Studio Mickey	11:00-11:45am Chair Yoga Program Center Sally	
12:00 - 12:45PM	11:45-12:30pm Cardio Mash-Up Group Exercise Studio Mickey	SilverSneakers® Splash Christine <u>Pool 2</u>	Aqua Movin' & Groovin' Christine <u>Pool 2</u>	Gentle Water Exercise Christine <u>Pool 2</u>	Gentle Water Exercise Sally <u>Pool 2</u>	
12:15 - 12:45PM				MINI YOGA Group Exercise Studio Mickey		
1:00 - 1:45PM	Aqua Total Fit Sally <u>Pool 2</u>	Warm Water Intervals Natalie <u>Pool 2</u>		Aqua Movin' & Groovin' Natalie <u>Pool 2</u>	1:30-2:30pm Aqua Zumba Alicia <u>Pool 2</u>	
See Times	2:30-3:30 Delay the Disease Program Center Sally *Fee	2:00-2:45pm Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u>		2:00-2:45pm Arthritis Foundation Aquatic Program Natalie <u>Pool 2</u>	2:30-3:30 Delay the Disease Program Center Sally *Fee	
5:30 - 6:00PM	5:30-6:00pm Cardio Fit Group Exercise Studio Penny		NEW TIME! ↓	5:30-6:00pm Basic Weight Training Group Exercise Studio Kimberly <i>Sept 20-Oct 25</i>	<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!</p> <p style="margin: 0;">Download by searching Butler County Family YMCA</p>	
See Times	6:00-6:30pm Core & Stability Group Exercise Studio Penny		5:00-5:45pm SAIL Program Center Dee	6:00-7:00pm LIIT Strength Training Group Exercise Studio Kimberly		
7:30 - 8:30PM	ZUMBA Group Exercise Studio Kati		ZUMBA Group Exercise Studio THURSDAYS Kati →	7:00-7:30pm YOGA Stretch Group Exercise Studio Kimberly		

LAND CLASSES

AM YOGA/Mini Yoga - All inclusive and accessible practice for everyone offering many options in all the poses.

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! Basic Weight Training - Strength training is fundamental to our health & imperative as we age. Join us to learn proper strength training form using weights, gain endurance, balance, mobility and build muscle.

Cardio Fit - Using a mix of low to moderate intensity movements, you will learn how to train your body to become efficient at burning fat while putting low impact on your joints.

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. Class format is Instructor choice.

Chair Yoga - Introductory class focusing on the fundamentals of yoga. Class will contain yoga poses both seated & standing (using the chair if needed as support), along with modifications of the poses to suit participant's needs.

Core & Stability - Strengthen your core through a variety of movements that focus not only on core strength, but also balance/stability. Using the BOSU & balance on the floor, increase overall core stabilization & improve back support & posture.

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!

NEW! LIIT Strength Training - Effective method to build & maintain lean muscle mass using free weights & body weight.

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

NEW! Parent-Child Yoga - This class will help parents learn how to remain calm & manage their emotions while having 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.

SAIL (Stay Active & Independent for Life) - This class helps provide specific exercises that will help seniors stay active & reduce their chance of falling. Improve overall cardiovascular endurance, strength and balance.

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.

Vinyasa Yoga - The movement is aligned and linked with the breath so that you move with each inhale and exhale.

NEW! YOGA Stretch - Targets all primary muscle groups surrounding the hips, hamstrings, quadriceps, shoulders & back.

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.

Zumba Wake Up - This class will wake up your mind & give you energy to get the day moving in a positive way!

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 Zumba - Aqua Zumba blends the Zumba philosophy with water resistance, for a pool party you shouldn't miss! There is less impact on your joints. Water creates natural resistance, every step is more challenging and helps tone muscles.

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.

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.

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!

Work It In The Water - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, this class will give you the workout you need!

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: Healthy Living Director • Julie Saeler jsaeler@bcfymca.org
Butler YMCA • 339 North Washington St • Butler PA 724-287-4733 • www.bcfymca.org