



LAND FITNESS SCHEDULE 1-2-19 to 2-23-19

More for your membership! ALL Group Exercise classes are included in your membership!

Certified Fitness Instructors: Healthy Living Director, Julie Saeler / Group Exercise Coordinator: Mickey Stewart
 Alicia Bercury/Penny Birch/Dee Demby/Kellie Donahue/Kimberly Donovan/Rachel Dzagulones/Beth Gillan
 Sandy Ihlenfeld/Jamie Knauff/Ben Knight/Caroline McCarthy/Tammy McGaughey/Heidi Nicholls-Bowser
 Alice Norris/Amanda Ries/Mickey Stewart/Natalie Wall /Bill Weber/Kati Weiland/Lisa Wible/Emily Wingfield/Sally Wood

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEE TIMES	<u>6:00-7:00</u> Advanced Weight Training Tammy 2,3	<u>6:00-7:00</u> A.M. YOGA Sally MONDAYS ★		<u>6:00-7:00</u> Advanced Weight Training Tammy 2,3		<u>7:00-8:00</u> Advanced Weight Training Trainer Rotation 2,3
8:00 AM - 9:00 AM	<u>8:45-9:30</u> Mat Pilates Alicia/Mickey	A.M. YOGA Mickey	<u>9:00-10:00</u> ZUMBA® WAKE UP Caroline 1,2,3 Program Center ★		A.M. YOGA Mickey	Vinyasa YOGA Rachel 1,2,3 Program Center ★
9:30 AM - 10:30 AM	Cardio Kicks Alicia/Kellie 1,2,3	<u>9:00-10:00</u> Advanced Weight Training Sandy 2,3	Mid-Week MASH-UP Mickey 1,2,3	<u>9:00-10:00</u> Advanced Weight Training Sandy 2,3	H.I.I.T. Step Mickey/Kellie 1,2,3	<u>9:15-10:00</u> CARDIO SURPRISE Rotation 1,2,3
10:00 AM - 11:00 AM	<u>10:30-11:00</u> BARRE Alicia/Kellie 1,2,3	Bootcamp MaXX H.I.I.T. Heidi 2,3	<u>10:30-11:00</u> MINI YOGA Mickey	Bootcamp MaXX Cardio Heidi 2,3	<u>10:30-11:00</u> Strength Training Mickey/Kellie 1,2,3	
SEE TIMES	<u>11:00-11:45</u> Gentle Yoga Mickey Program Center ★	<u>11:00-12:00</u> Line Dancing Alice 1,2		<u>11:00-11:30</u> BARRE Heidi 1,2,3	<u>11:00-11:45</u> Gentle Yoga Mickey	
SEE TIMES	<u>11:45-12:30</u> LOW IMPACT CARDIO MASH-UP Mickey 1,2			<u>11:30-12:15</u> LOW IMPACT CARDIO MASH-UP Mickey 1,2	<u>11:00-11:45</u> Chair Yoga Sally Program Center ★	
12:15 PM - 12:45 PM				MINI YOGA Mickey		1 = Beginner 2 = Intermediate 3 = Advanced
						Numbers are a guide to let you know what to expect. Don't let a number keep you out of a class! Feel free to adjust your workout to what you like.
SEE TIMES	<u>5:30-6:00</u> Cardio Fit Penny 1,2,3	<u>5:15-6:00</u> Kickboxing w/ Step Sandy 1,2,3	★ NEW		<u>4:45-7:00</u> Youth Ballet Dance Classes *Program Fee Group Ex Studio	
6:00 PM - 7:00 PM	<u>6:00-6:30</u> Core & Stability Penny 1,2,3	Advanced Weight Training Beth 2,3	<u>5:45-6:30</u> Kickboxing Core De Force Emily 1,2,3	LIIT Strength Training Kimberly 1,2,3	Schedules available on our mobile app! Download by searching Butler County Family YMCA	
6:30 PM - 7:30 PM	FUNCTIONAL YOGA Kimberly		PiYo® Lisa 1,2,3		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.	
7:00 PM - 8:00 PM		Barbell Bootcamp Jamie 2,3		<u>7:00-7:30</u> Yoga Stretch Kimberly 1,2,3	★ This symbol indicates the class will be held in the Program Center.	
7:30 PM - 8:30 PM	ZUMBA® Kati 1,2,3	<u>8:00-9:00</u> MI NDFUL YOGA Ben		ZUMBA® Kati 1,2,3		

FITNESS CLASS DESCRIPTIONS

Advanced Weight Training - Class focuses on core stability & progression in strength training. All muscle groups are worked in each class. A variety of equipment is used and varies each week to continually challenge your body. Format is based on the latest science to effectively build strength & conditioning. Instructor is a certified Personal Trainer.

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

Barbell Bootcamp - Pure strength training using the bars and weight plates. Learn how to perform various strength & power exercises!

Barre - This is a safe, low impact program that will tone & strengthen your body. It is 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.

Bootcamp MaXX (H.I.I.T on Tues/Cardio on Thurs) - Take your fitness to the MaXX with this high intensity workout. Body weight exercises, plyometrics & high intensity intervals to build power, speed, agility, endurance & core strength.

Cardio Kicks - A little bit of kickboxing mixed with a variety of other cardio style exercises.

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! Fast and effective. Great for beginners and Active Older Adults!

Cardio Surprise - This is 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 and stability. Using the BOSU, as well as balance on the floor, you will be able to increase overall core stabilization and improve back support and posture.

Delay the Disease - This program is a life-changing exercise and mobility program expressly designed for people with **a diagnosis of Parkinson's Disease. Exercise will be modified as needed for all levels of PD participants.**

Functional Yoga - A dynamic class with energetic music that utilizes sun salutations, warrior poses and multiple balance and core poses to build strength, flexibility & agility. Class ends with focused stretching. For all fitness levels, prior yoga experience not necessary, but participants need to be able to get up & down from the mat easily.

Gentle Yoga - Blend of Yoga styles. Great for the beginner!

H.I.I.T. Step - Fun choreography and intervals.

Insanity - High intensity interval training class that welcomes beginner to advanced participants to use their body weight for athletic movements to build stamina and endurance.

NEW! Kickboxing (Core De Force) - Core De Force workouts are broken into 3-minute "rounds." For 3 minutes, we will attack kickboxing and bodyweight moves, along with a fat-blasting cardio spike in every round!

Kickboxing w/Step - A hybrid class for all levels! Experience the cardio workout of step and the intensity of kickboxing put together for one great high intensity calorie burner!

LIIT Strength Training - Lower Intensity Interval Training is a safe & effective method to build & maintain lean muscle mass using free weights and body weight.

Line Dancing - Research shows thinking and moving is superb for Active Older Adults.

Mat Pilates - Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of core, which span from your hips to your shoulders. Borrows from disciplines such as dance, yoga and classic calisthenics.

Mid-Week MASH-UP - **A blend of exercise style... H.I.I.T, Tabata, a touch of PiYo® while incorporating a plethora of "toys". Class changes each week. Fun, Effective, Different and Challenging!**

Mindful Yoga - Each class will begin with a short guided meditation, linked with breathing & awareness of the body. All poses will be very low impact and presented in a way that is suitable for everyone.

PiYo® - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. This is a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

Strength Training - Involves strengthening of all major muscle groups.

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

YOGA Stretch - This class targets all primary muscle groups surrounding the hips, hamstrings, quadriceps, shoulders & back. Recommended for those who do weight training, endurance sports & repetitive motion activities.

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.

AGES 14 AND OLDER WELCOME!
JUNIOR GROUP EXERCISE PARTICIPANT POLICY:
Ages 12-13 may attend adult classes with a parent.
Youth must not be a distraction to the adult class.

YMCA Contact information: Healthy Living Director
Julie Saeler jsaeler@bcfymca.org
Butler YMCA • 339 North Washington St • Butler PA
724-287-4733 x147 • www.bcfymca.org