



LAND FITNESS SCHEDULE 4-26-21 to 6-26-21

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

Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart

Penny Birch/Jessie Chastain/Justin D'Antonio/Dee Demby/Kimberly Donovan/Rochelle Graham/Penny Guiste
Sandy Ihlenfeld/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser/Alice Norris
Alice O'Melia/Evonne Patterson/Mickey Stewart/Bill Weber/Kati Weiland/Lou Yossa

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 6:45 AM	Advanced Weight Training Evonne 2,3			Advanced Weight Training Justin 2,3		7:00-7:45am Advanced Weight Training Justin/Angela 2,3
8:00 AM - 9:00 AM		YOGA FOR ALL Mickey			YOGA FOR ALL Mickey	
9:15 AM - 10:00 AM		Advanced Weight Training Sandy 2,3		Advanced Weight Training Sandy 2,3		
9:30 AM - 10:15 AM	Functional Training Alice O. 1,2,3		CORE WORX Barb 2,3		Step 45 Fun Mickey 1,2,3	
10:15 AM - 11:00 AM		Bootcamp MaXX H.I.I.T. Heidi 2,3		Bootcamp MaXX Cardio Evonne 2,3		
11:00 AM - 11:45 AM		11:15am-12:00pm BARRE Barb 1,2,3	HATHA YOGA ★ Program Center Dee	11:30a-12:30p TAI CHI ADVANCED Bill *Fee		
12:00 PM - 1:00 PM	Exercise for Parkinson's Program Center Lou *Fee ★		Exercise for Parkinson's Program Center Lou *Fee ★			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 <i>what you like</i> .
5:30 PM - 6:15 PM	Pumped Up HIIT w/ Awesome Arms & ABS Penny 2,3		Step Intervals Sandy 2,3	Bootcamp MaXX PM Heidi 2,3	Schedules available on our mobile app! Download by searching Butler County Family YMCA  	
6:00 PM - 6:45 PM		TaBata MiXer Jamie 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.	
6:30 PM - 7:15 PM	FUNCTIONAL YOGA Kimberly		ZUMBA® Kati 1,2,3	Interval Strength Rochelle 2,3	★ This symbol indicates the class will be held in the Program Center.	

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 and conditioning. Instructor is a certified Personal Trainer.

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 and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

Bootcamp MaXX (H.I.I.T on Tues/Cardio and MaXX PM 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.

Core Worx - This 45-minute class features intense **CORE ACTIVATION**, using both dynamic large muscle group exercises, plus targeted core strength and stability!

Exercise for Parkinson's - Life-changing exercise & mobility program designed for people diagnosed with Parkinson's Disease. *Program Fee applies, please register.

Functional Training - Using the principles of everyday movement, this fun workout will increase your strength, balance & mobility while giving you a cardio blast that gets you moving!

Functional Yoga - Yoga that is designed to be useful in your every day life. Emphasis on mobility over flexibility. In order to move freely and easily, you need a combination of strength, suppleness, balance & coordination. The class will intentionally provide variability to challenge you. This is an opportunity to understand your body better. Class will also incorporate the mini ball to work our deep core muscles more efficiently and effectively. Class is for all levels. Prior Yoga experience not necessary, but participants need to be able to get up & down from the mat.

Hatha Yoga - Because of its slower pace, **Hatha** is a great class if you're just starting your **yoga** practice. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Interval Strength - This class will be time based (interval) strength training which can include body weight exercises as well as use of a variety of equipment, dumbbells, steps, ball, sliders etc. Similar to AWT, but time based rather than reps.

Pumped UP HIIT w/Awesome Arms & ABS - All you need is your BODY to CRUSH this full body HIIT workout! MAX results by pumping and building strength in record time! Finish with Awesome Arm & AB work!

Step 45 FUN! - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

Step Intervals - This is a sweat fest! Get all of the proven benefits of Cardio Interval training in this dynamic class that will utilize the cardio step, body weight, jump ropes and more!

TaBata MiXer - This high intensity class utilizes the proven principles of Tabata interval training. Super effective yet simple, the Tabata method will blast calories and improve cardiorespiratory fitness faster than you ever thought possible! Expect a mix of bodyweight, strength and core.

Tai Chi (Advanced) - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring constant motion.
*Program Fee applies, please register.

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

ZUMBA® - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour meant to tone & sculpt your body & burn 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:
Membership & Healthy Living Director
Heidi Nicholls Bowser
Group Exercise Coordinator - Mickey Stewart
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