

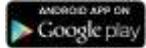


LAND FITNESS SCHEDULE 8-31-20 to 10-23-20

You may reserve your class up to 3 days in advance at the Welcome Desk. Please call if unable to attend.

Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart

Penny Birch/Jessie Chastain/Dee Demby/Kimberly Donovan/Rachel Dzagulones/Rochelle Graham/Sandy Ihlenfeld
Cynthia Johnston/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser/Alice Norris
Alice O'Melia/Evonne Patterson/Mickey Stewart/Bill Weber

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 6:45 AM	Advanced Weight Training Tammy 2,3			Advanced Weight Training Tammy 2,3		7:00-7:45am Advanced Weight Training Jessica/Evonne 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 Heidi 2,3		
11:00 AM - 11:45 AM		11:15am-12:00pm BARRE Barb 1,2,3	HATHA YOGA Program Center Dee ★			
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> .
1:00 PM - 2:00 PM	TAI CHI ADVANCED Bill *Fee					
2:15 PM - 3:15 PM	TAI CHI BEGINNER Bill *Fee			TAI CHI BEGINNER Bill *Fee		
5:30 PM - 6:15 PM	Cardio Strength Intervals Penny 1,2		Interval Circuits Cynthia 1,2,3	Step & Strength Penny 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			BARRE Rochelle 1,2,3	★ 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 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 Strength Intervals - varying time lengths of body weight cardio combined with strength training for a high intensity total body workout. Keep your heart rate high and build strength for improved stamina!

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.

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 and down from the mat easily and willingness to pace yourself.

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 Circuits - This RESULTS driven body weight & strength circuit workout will take your fitness to the next level! Cardio intervals plus dynamic strength training in one heart-pumping workout.

Step & Strength - This 45-minute class is a step party and muscle builder all in one! Simple, yet effective cardio step moves will be mixed in with strength training for an efficient workout!

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

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 Beginner (2x per wk)/Advanced (1x per wk) - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. *Program Fee applies.

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

**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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724-287-4733 • www.bcfymca.org