



# LAND FITNESS SCHEDULE 9-3-19 to 10-26-19

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

Certified Fitness Instructors: Group Exercise Coordinator: Mickey Stewart  
 Penny Birch/Dee Demby/Kellie Donahue/Kimberly Donovan/Rachel Dzagulones/Suzie Faloney/Beth Gillan/Rochelle Graham  
 Sandy Ihlenfeld/Cynthia Johnston/Jamie Knauff/Tammy McGaughey/Heidi Nicholls-Bowser/Alice Norris/Alice O'Melia  
 Evonne Patterson/Darcie Paule/Alyssa Pietropaolo/Mickey Stewart/Bill Weber/Kati Weiland/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> 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		A.M. YOGA Mickey		<u>9:45-10:30</u> Parent-Child Yoga Rachel Program Center ★	A.M. YOGA Mickey	Vinyasa YOGA Rachel 1,2,3 Program Center ★
9:30 AM - 10:30 AM	Cardio Strength Intervals Alice O. 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	Fun Friday Step Party Mickey 1,2,3	<u>9:15-10:00</u> CARDIO SURPRISE Rotation 1,2,3
10:00 AM - 11:00 AM		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 Combos Mickey 1,2,3	
SEE TIMES	<u>11:00-11:45</u> Gentle Yoga Mickey Program Center ★	<u>11:15-12:15</u> Line Dancing Alice N. 1,2 Program Center ★		<u>11:00-11:30</u> BARRE Heidi 1,2,3	<u>11:00-11:45</u> Gentle Yoga Mickey	
SEE TIMES	<u>12:00-12:45</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 ★	
12:30 PM - 1:30 PM		TAI CHI Advanced 2 Bill *Program Fee		<u>12:15-12:45</u> MINI YOGA Mickey	TAI CHI Advanced 2 Bill *Program Fee	1 = Beginner 2 = Intermediate 3 = Advanced
1:35 PM - 2:35 PM		TAI CHI Continuing Bill *Program Fee Begins Sept 17	All Tai Chi classes begin the week of September 16th and will run for 8 weeks.			Numbers are a guide to let you know what to <b>expect. Don't let</b> a number keep you out of a class! Feel free to adjust your workout to <i>what you like</i> .
SEE TIMES	<u>5:30-6:15</u> Cardio/Strength Penny 1,2,3	<u>5:15-6:00</u> Cardio Kickboxing Sandy 2,3	<u>5:30-6:15</u> PURE STRENGTH Cynthia 2,3		<u>4:45-7:00</u> Youth Ballet Dance Classes *Program Fee Group Ex Studio	
6:00 PM - 7:00 PM	<u>6:15-7:15</u> MINI BALL YOGA Kimberly	Advanced Weight Training Beth 2,3	<u>6:15-7:00</u> Turbo Kick Alyssa 2,3	Weight Training Complexes Kimberly 1,2,3	Schedules available on our mobile app! Download by searching Butler County Family YMCA	
7:00 PM - 8:00 PM		Power Vinyasa Yoga Rachel		TAI CHI Beginner Bill *Program Fee Begins Sept 19	Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no	
7:15 PM - 8:15 PM	ZUMBA® Kati 1,2,3		ZUMBA® Kati 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 & 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.

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 Kickboxing - Experience the cardio workout of step and the intensity of kickboxing put together for one great high intensity calorie burner!

Cardio Strength - Awesome music, abs, cardio and weights! Using max interval training we will complete a high intensity workout, incorporating plyometric, weights and a variety of equipment!

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!

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.

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

Fun Friday Step Party - combination of all step modalities...intervals/ combinations/ HIIT... whatever is fun!

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

Low Impact 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!

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!

Mini Ball Yoga - Class will include traditional sun salutation, warrior, balance & flexibility poses. Mini ball included for strength conditioning. This class is for all levels, prior yoga experience not necessary, but participant needs to be able to get up/down from the mat easily & willingness to pace yourself. FOAM ROLLER on first Mondays will incorporate a foam roller for fascia release, stability and core strength. Participants must bring their own foam roller (36" soft density roller recommended).

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

Power Vinyasa Yoga - The movement is aligned & linked with the breath so that you move with each inhale & exhale. POWER class will incorporate more core strength training.

Pure Strength - Great for those looking for guided strength training in a group fitness atmosphere. This class will get the heart rate up with some cardio bursts intermixed! Come challenge yourself in this form focused, pure strength atmosphere where participants will have the opportunity to achieve a full body strength workout in 45 minutes.

Strength Combos - This class will focus on strengthening all major muscle groups.

Tai Chi - 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. Beginner class and Continuing class is offered one day per week. Advanced class is two days per week. Registration and fee required.

Turbo Kick - Perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting! Ready to become a total knockout?

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

Weight Training Complexes - A complex is a series of 4-5 strength movements performed back-to-back with little rest. Your break is between the complex rounds. Complexes are great for building muscle and endurance, adding strength-based cardio to your workouts and burning fat. Class will utilize a variety of equipment: dumbbells, barbells, step, stability ball, bosu and more! Core strength components of the class will utilize the mini ball to work deep core muscles smarter, more efficiently and effectively.

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:  
Group Exercise Coordinator - Mickey Stewart  
Butler YMCA • 339 North Washington St • Butler PA  
724-287-4733 • [www.bcfymca.org](http://www.bcfymca.org)