





# LAND FITNESS SCHEDULE Begins April 25, 2022

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

**Certified Fitness Instructors: Group Exercise Coordinator:** Mickey Stewart

Corrado Bello/Penny Birch/Dee Demby/Kimberly Donovan/Heather Gerlach/Rochelle Graham/Penny Guiste  
Sandy Ihlenfeld/Cynthia Johnston/Jamie Knauff/Barb Maxwell/Tammy McGaughey/Heidi Nicholls-Bowser  
Alice Norris/Alice O'Melia/Evonne Patterson/Mickey Stewart/Jake Taciuch/Bill Weber/Kati Weiland

| TIMES               | MONDAY   | TUESDAY                               | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---------------------|--|---------------------------------------|--|---|---|---|
| 6:00 AM - 7:00 AM   | ALL Weight Training<br>Tammy 1,2,3                           |                                       | ALL Weight Training<br>Tammy 1,2,3                           |   | 7:00-7:45am<br>ALL Weight Training<br>Evonne 1,2,3  |   |
| SEE TIMES           |  | 8:00-8:45am<br>YOGA FOR ALL<br>Mickey | 9:00-9:45am<br>Functional Walk Gym 1<br>Evonne 1,2,3         |   | 8:00-9:00am<br>YOGA FOR ALL<br>Mickey   | 8:30-9:30am<br>20/20/20<br>Penny B., Jamie or Rochelle1,2,3   |
| 8:50 AM - 9:50 AM   |  | ALL Weight Training<br>Sandy 1,2,3    |  | ALL Weight Training<br>Sandy 1,2,3                  |   |   |
| 9:30 AM - 10:15 AM  | Classic Step Party<br>Heidi 1,2,3                            |                                       | CORE WORX<br>Barb 2,3  |   | Step 45 Fun<br>Mickey 1,2,3   |   |
| 10:00 AM - 10:45 AM |  | Glute-Camp MaXX<br>Heidi 2,3          |  | Bootcamp MaXX Cardio<br>Cynthia 2,3                 | 10:30-11:15am<br>Circuit Training<br>Cynthia 1,2,3  |   |
| 11:00 AM - 11:45 AM |  | BARRE<br>Barb 1,2,3                   | HATHA YOGA<br>Program Center<br>Dee ★                        | 11:00-11:30am<br>Tai Chi for Arthritis<br>Bill *Fee | CHAIR YOGA<br>Program Center<br>Mickey ★  |   |
| 11:30 AM - 12:30 PM | Tai Chi Advanced<br>Bill *Fee                                |                                       |  | Tai Chi Advanced<br>Bill *Fee                       |   | 1= Beginner<br>2= Intermediate<br>3= Advanced<br><br>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. |
| 12:00 PM - 1:00 PM  | Exercise for Parkinson's<br>Program Center<br>Jake *Fee<br>★ |                                       | Exercise for Parkinson's<br>Program Center<br>Jake *Fee<br>★ |   | Parkinson's Walk<br>Program Center<br>Jake *Fee<br>★  |   |
| 5:15 PM - 6:00 PM   |  | Interval Strength<br>Penny 1,2,3      | Classic Step Party<br>Sandy 1,2,3                            |   |   |   |
| 5:30 PM - 6:15 PM   | Pumped Up HIIT w/<br>Awesome Arms & ABS<br>Penny 2,3         |                                       |  | Bootcamp MaXX PM<br>Heidi 2,3                       | Schedules available on our mobile app!<br>Download by searching<br>Butler County Family YMCA<br>  |   |
| 6:30 PM - 7:15 PM   |  |                                       | ZUMBA®<br>Kati 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.  |   |
| 6:30 PM - 7:30 PM   | FUNCTIONAL YOGA<br>Kimberly                                  |                                       |  | Tai Chi Advanced<br>Bill *Fee<br>★                  | ★ This symbol indicates the class will be held in the Program Center.   |   |

# FITNESS CLASS DESCRIPTIONS

**20/20/20** - This total body, fusion type class takes you through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of dynamic core work!

**ALL 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.

**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** - 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.

**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.

**Circuit Training** - Level-UP your fitness with this circuit-based class that combines elements of HIIT along with strength training circuits that will bring your fitness to the NEXT LEVEL!

**Classic Step Party** - Dance party music and all of the classic step moves you love will give you a heart pumping and fat burning workout like you won't believe! Additional strength & core work round out this FUN workout!

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

**Functional Walk** - This cardiovascular class will set distance and time goals for variable-paced walking.

**Functional Yoga** - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively. The class does incorporate traditional yoga poses and also includes exercises that are not found in traditional yoga. Participant does need to be able to get up and down from the mat easily and willing to pace yourself.

**Glute-Camp MaXX** This is a high intensity workout that is specially designed to target the glutes and lower body. Dynamic exercises, Cardio H.I.I.T. training and targeted glute exercises will give you a BURN you will feel!

**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!

**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 FUN Zumba class incorporates a variety of Latin-inspired dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun exciting way to build and tone muscle. Improve cardio endurance, promote flexibility and decrease stress.

**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**  
Butler YMCA • 339 North Washington St • Butler PA  
724-287-4733 • [www.bcfymca.org](http://www.bcfymca.org)