

# LOWER BUCKS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### Fall II 2017 | October 30 – December 24

#### DAYTIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>Cycle/Abs</b> 6:00-7:00 AM Roe   Cycle Studio	<b>Trim &amp; Tone</b> 5:45-6:30 AM Rovena   Studio 1	<b>Cycle/Abs</b> 6:00-7:00 AM Roe   Cycle Studio	<b>Trim &amp; Tone</b> 5:45-6:30 AM Roe   Studio 1	<b>Cross Training</b> 8:00-9:00 AM Irene   Studio 1	<b>Yoga</b> 7:00-8:00 AM Heather   MPR
<b>Cycle</b> 9:15-10:15 AM Rose   Cycle Studio	<b>Trim &amp; Tone</b> 8:00-9:00 AM Roe   Studio 1	<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>Cycle</b> 8:00-9:00 AM Rose   Cycle Studio	<b>Group Power</b> 8:00-9:00 AM Rose   Studio 1	<b>Cycle</b> 8:00-9:00 AM Jo   Cycle Studio	<b>Zumba</b> 9:00-10:00 AM Johana   Studio 1
<b>Butts-N-Guts</b> 9:20-10:20 AM Andrea   Studio 1	<b>S.S. Classic</b> 9:15-10:15 AM Marie   Studio 1	<b>Cycle</b> 9:15-10:15 AM Glady   Cycle Studio	<b>Yoga</b> 9:15-10:30 AM Evey   MPR	<b>Barre</b> 9:15-10:15am Glady   Studio 1	<b>Group Blast</b> 9:05-10:05 AM Irene   Studio 1 <b>Effective 12/16</b>	<b>Cycle</b> 9:30-10:30 AM Stacy   Cycle Studio
<b>Yoga</b> 9:45-11:00 AM Elda   MPR	<b>POUND</b> 9:15-10:15 AM Erin   GYM	<b>20/20/20</b> 9:15-10:15 AM Andrea   Studio 1	<b>Trim &amp; Tone</b> 9:30-10:30 AM Andrea   Studio 1	<b>Cycle</b> 9:15-10:15 AM Rose   Cycle Studio	<b>Yoga</b> 9:00-10:00 AM Loretta   MPR	
<b>S.S. Classic</b> 10:15-11:15 AM Rose   GYM	<b>Yoga</b> 9:30-10:30 AM Elda   MPR	<b>Anything Goes!</b> 9:30-10:15 AM Evey   MPR	<b>XYZ</b> 10:30-11:30 AM Rose   Studio 1	<b>Yoga</b> 10:00-11:15 AM Elda   MPR	<b>ZUMBA</b> 9:00-10:00 AM Diane   Gym	
<b>ZUMBA Gold</b> 10:45-11:45 AM Diane   Studio 1	<b>XYZ</b> 10:30-11:30 AM Debbie   Studio 1	<b>S.S. Classic</b> 10:15-11:15 AM Rose & Lynne   GYM	<b>S.S. Classic</b> 11:00-12:00 PM Marie   MPR	<b>S.S. Classic</b> 10:15-11:15 AM Rose   GYM	<b>Group Power</b> 10:15-11:15 AM Loretta   Studio 1	
<b>S.S. Yoga</b> 11:45-12:45 PM Sara   MPR	<b>S.S. Classic</b> 11:45-12:45 PM Rovena   MPR	<b>Pilates</b> 10:25-11:15 AM Evey   MPR	<b>S.S. Classic</b> 12:30-1:30 PM Rovena   MPR	<b>Tai Chi</b> 11:30-12:30 PM Clyde   Studio 1		
<b>S.S. Yoga</b> 1:00-2:00 PM Roe   MPR		<b>ZUMBA Gold</b> 10:30-11:30 AM Rovena   Studio 1		<b>S.S. Cardio</b> 11:30-12:30 PM Marie   MPR		
		<b>S.S. Yoga</b> 11:30-12:30 PM Sara   MPR				
		<b>Tai Chi</b> 11:40-12:40 PM Clyde   Studio 1				

#### EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 5:30-6:30 PM Stacy   Cycle Studio	<b>Group Blast</b> 5:30-6:15 PM Irene   Studio 1	<b>Cycle</b> 6:00-7:00 PM Lynne   Cycle Studio	<b>ZUMBA</b> 4:45 - 5:45 PM Diane   Studio 1	<b>Barre</b> 5:00 - 6:00 PM Glady   MPR		
<b>Step It Up</b> 5:30-6:30 PM Loretta   Studio 1	<b>Pilates</b> 6:00-6:50 PM Lauren/Andrea   MPR	<b>PLYOGA</b> 6:00-7:00 PM Kymberlee   MPR	<b>Spartan Training</b> 6:00-6:45 PM Jamie   Studio 1	<b>Pilates</b> 6:00-7:00 PM Andrea   MPR		
<b>ZUMBA</b> 6:30-7:30 PM Carolyn   Studio 1	<b>Cross Training</b> 6:15-7:00 PM Irene   Studio 1	<b>Cardio Sculpt</b> 6:00-7:00 PM Loretta   Studio 1	<b>Cycle</b> 6:00-7:00 PM Kymberlee   Cycle Studio	<b>Body Toning</b> 6:00-7:00 PM Loretta   Studio 1		
<b>Cycle</b> 7:00-8:00 PM Val   Cycle Studio	<b>Cycle</b> 6:30-7:30 PM Jo   Cycle Studio	<b>POUND</b> 7:00-8:00 PM Erin   MPR	<b>Kickboxing</b> 7:00-8:00 PM Jamie   Studio 1	<b>Latin Dance</b> 7:00-8:00 PM Rovena   Studio 1	<b>LOWER BUCKS FAMILY YMCA</b> <b>GROUP EXERCISE SCHEDULE</b> Fall II 2017   October 30 – December 24  PLEASE NOTE THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CHECK ONLINE FOR MOST UPDATED CLASS SCHEDULE.  NO REGISTRATION NEED FOR MEMBERS. Just drop in!  Unlimited Free Classes included with membership.  Daily guest fee includes access to group exercise classes listed on schedule. Contact Andrea Brown with any questions at 215-949-3400 ex. 68 or agbrown@lbymca.org	
<b>Group Power</b> 7:30-8:30 PM Loretta   Studio 1	<b>Yoga</b> 7:00-8:00 PM Evey   MPR	<b>Group Power</b> 7:00-8:00 PM Loretta   Studio 1				
	<b>Kickboxing</b> 7:10-8:00 PM Jamie   Studio 1	<b>Yoga</b> 8:05-9:05 PM Loretta   MPR				
	<b>ZUMBA</b> 8:00-9:00 PM Johana   Studio 1					<b>11.21.17</b>

# CLASS DESCRIPTIONS

<p><b>20/20/20</b> - Get it all in one class. 20 minutes of floor/step aerobics, 20 minutes of toning and 20 minutes of stretching makes this class a great part of your fitness regimen.</p>	<p><b>Group Power</b> - This 60 minute barbell program strengthens all your major muscle in an inspiring, motivating group environment with fantastic music and awesome instructors. You will use simple athletic movements such as squats, lunges, curls, and presses. Group Power is for all ages and fitness levels.</p>
<p><b>ZUMBA</b> - This program is a fusion of Latin and International dance themes that create a dynamic, exciting, and effective fitness routine. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. No experience needed Come join the fun.</p>	<p><b>Latin Dance</b> - This class is an introduction to the principles of authentic Latin dancing. The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata, and Cha-Cha-Cha.</p>
<p><b>Body Toning</b> - Energetic workout including strength, cardio and core in one workout.</p>	<p><b>Step it up!</b> - Step Cardio, Interval weights, toning, core and stretch.</p>
<p><b>Spartan Training</b> - Want to take it to the next level? Than this is the class for you. Short burst of high intensity training followed by a short active recovery period. Burn more calories, increase your endurance and strength.</p>	<p><b>Group Blast</b> - Get your cardio fix with 60minutes of step training. Improve your fitness, agility, balance &amp; strength with athletic exercises that utilize the step in a dynamic new way.</p>
<p><b>Kickboxing</b> - Aerobic conditioning with a punch. Kick your regime up a notch and see. May use kicking bags and jump ropes.</p>	<p><b>Pilates</b> - Increase core stabilization, strength, flexibility and balance using controlled breathing and mindful movement</p>
<p><b>Butts-N-Guts</b> - A workout focused on working the glutes and abdominals with lots of core conditioning.</p>	<p><b>Cycle and Abs</b> - 45 Minutes of Cycling followed by 15 minutes of intense core work.</p>
<p><b>Cardio Sculpt</b> - Cardio, Strength, Toning, Core.</p>	<p><b>Yoga</b> - Enhance relaxation, reduce stress, develop flexibility, increase strength and tone your body!</p>
<p><b>Cycle</b> - These traditional indoor cycling classes offer a non-impact, highly effective way to build cardiovascular strength and endurance. Designed for all levels, these classes offer a challenging opportunity to get your heart pumping, burn serious calories and leave you with a feeling of accomplishment and perhaps a desire to be out on the road. Cycle shoes are optional - SPD compatible.</p>	<p><b>Cross Training</b> - This class will change weekly keeping the routines fresh, new and body shocking! Full body workout offering a variety of cardio styles including kickboxing, step, military drills just to name a few. This class will also incorporate strength training using weights, resistance and medicine balls.</p>
<p><b>Barre</b> - Barre is a dynamic, energizing class that integrates the ballet Barre, weighted balls, resistance bands and other equipment to provide a full body stretch and strength workout.</p>	<p><b>Trim &amp; Tone</b> - A workout consisting of both muscle toning and cardio exercises for the entire body. Weights, resistance bands, BOSU trainers, and stability balls are used in this class.</p>
<p><b>Tai Chi</b> - Learn basic form and meditative movements. You will be taught to apply knowledge to everyday life, improve your natural healing ability and wellness.</p>	<p><b>XYZ - Xtra Years of Zest</b> - Moderate paced, lower-impact workout emphasizing strength, cardiovascular endurance and flexibility. Suitable for active older adults.</p>
<p><b>PLYOGA</b> - PLYOGA is a four part interval training system using the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement. PLYOGA is for everyone from a fitness beginner to a perennial athlete trying to connect with their inner athlete. No equipment. Just you.</p>	<p><b>ZUMBA Gold</b> - Easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Perfect for active older adults who are looking for a modified Zumba class that recreates the original moved you love at a lower intensity. Come ready to sweat, and prepare to leave empowered and feeling strong.</p>
<p><b>Anything Goes!</b> - A <i>light</i> cardio/weight combo workout where every class is something different and it's a surprise every time! With sculpting, dance, step and a variety of equipment, you'll get a great 50-minute workout that will start your "over-the-hump day" with a fit feeling and a smile! The class is designed for those who want a low impact, light to moderate workout.</p>	<p><b>POUND</b> - Using Ripstix®, lightly weighted drumsticks, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you <i>become</i> the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.</p>