

LOWER BUCKS FAMILY YMCA

GROUP EXERCISE SCHEDULE

Fall I 2018 | September 4 – October 28

DAYTIME

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|---|---|
| Muscle Up 8:00-9:00 AM Roe Studio 1 | Cycle/Abs 6:00-7:00 AM Roe Cycle Studio | Trim & Tone 5:45-6:30 AM Rovena Studio 1 | Cycle/Abs 6:00-7:00 AM Roe Cycle Studio | Trim & Tone 5:45-6:30 AM Roe Studio 1 | Cross Training 8:00-9:00 AM Irene Studio 1 | Yoga 7:00-8:00 AM Heather MPR |
| Cycle 9:15-10:15 AM Alexandra Cycle Studio | Trim & Tone 8:00-9:00 AM Roe Studio 1 | Les Mills BODYPUMP 8:00-9:00 AM Glady Studio 1 | Yoga 9:05-10:20 AM Evey MPR | Les Mills BODYPUMP 8:00-9:00 AM Glady Studio 1 | Cycle 8:00-9:00 AM Jo Cycle Studio | ZUMBA 9:00-10:00 AM Johana Studio 1 |
| 20/20/20 9:20-10:20 AM Andrea Studio 1 | S.S. Classic 9:15-10:15 AM Marie Studio 1 | Cycle 9:15-10:00 AM Glady Cycle Studio | Trim & Tone 9:20-10:20 AM Andrea Studio 1 | Barre 9:05-10:05am Glady Studio 1 | Yoga 9:00-10:00 AM Loretta MPR | Cycle 9:30-10:30 AM Stacy Cycle Studio |
| Yoga 9:45-11:00 AM Elda MPR | POUND 9:15-10:15 AM Erin GYM | Les Mills BODYSTEP 9:15-10:15 AM Andrea Studio 1 | XYZ 10:30-11:30 AM Evey Studio 1 | Cycle 9:30-10:30 AM Renee Cycle Studio | ZUMBA 9:00-10:00 AM Diane Gym | |
| S.S. Classic 10:25-11:25 AM Betsy GYM | Yoga 9:30-10:30 AM Elda MPR | Anything Goes! 9:30-10:15 AM Evey MPR | S.S. Circuit 11:00-12:00 PM Marie MPR | Yoga 10:00-11:15 AM Elda MPR | | |
| ZUMBA Gold 10:30-11:30 AM Diane Studio 1 | XYZ 10:30-11:30 AM Debbie Studio 1 | S.S. Classic 10:15-11:15 AM Glady GYM | S.S. Classic 12:30-1:30 PM Rovena MPR | S.S. Classic 10:15-11:15 AM Glady GYM | | |
| S.S. Yoga 11:35-12:35 PM Sara MPR | S.S. Classic 11:45-12:45 PM Rovena MPR | Pilates 10:25-11:15 AM Evey MPR | | Tai Chi 11:30-12:30 PM Clyde Studio 1 | | |
| S.S. Yoga 1:00-2:00 PM Roe MPR | | ZUMBA Gold 10:30-11:30 AM Rovena Studio 1 | | | | |
| | | S.S. Yoga 11:30-12:30 PM Sara MPR | | | | |
| | | Tai Chi 11:40-12:40 PM Clyde Studio 1 | | | | |

EVENING

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|---|---|--------|
| Cycle 5:30-6:30 PM Stacy Cycle Studio | Les Mills BODYSTEP 5:15-6:15 PM Irene Studio 1 | PLYOGA 6:00-7:00 PM Kymberlee MPR | Teen Boot Camp 5:00 - 6:00 PM Ages 12 - 17 Aaron MPR | Barre 5:00 - 6:00 PM Glady MPR | | |
| Step It Up 5:30-6:30 PM Loretta Studio 1 | Pilates 6:00-6:50 PM Lauren/Andrea MPR | Cardio Sculpt 6:00-7:00 PM Loretta Studio 1 | ZUMBA 4:45 - 5:45 PM Diane Studio 1 | Pilates 6:00-7:00 PM Andrea MPR | | |
| ZUMBA 6:30-7:30 PM Carolyn Studio 1 | Cross Training 6:15-7:00 PM Irene Studio 1 | POUND 7:00-8:00 PM Erin MPR | Spartan Training 6:00-6:45 PM Jamie Studio 1 | Les Mills BODYPUMP 6:00-7:00 PM Loretta Studio 1 | | |
| Cycle 7:00-8:00 PM Val Cycle Studio | Cycle 6:30-7:30 PM Jo Cycle Studio | Les Mills BODYPUMP 7:00-8:00 PM Loretta Studio 1 | Kickboxing 7:00-8:00 PM Jamie Studio 1 | Latin Dance 7:00-8:00 PM Rovena Studio 1 | LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE Fall I 2018 September 4 – October 28 PLEASE NOTE THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CHECK ONLINE FOR MOST UPDATED CLASS SCHEDULE. NO REGISTRATION NEEDED 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 | |
| Les Mills BODYPUMP 7:30-8:30 PM Loretta Studio 1 | Yoga 7:00-8:00 PM Caris MPR | Yoga 8:05-9:05 PM Loretta MPR | | | | |
| | Kickboxing 7:10-8:00 PM Jamie Studio 1 | Tai Chi 8:15-9:15 PM Clyde Studio 1 | | | | |
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CLASS DESCRIPTIONS

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| <p>Les Mills BODYPUMP – A barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights and lots of repetition, Les Mills BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own!</p> | <p>Les Mills BODYSTEP – Basic stepping, just like walking up and down stairs, is at the heart of Les Mills BODYSTEP – a full body cardio workout to really tone your butt and thighs. In a BODYSTEP Athletic class you will combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. BODYSTEP Classic features fancy quicker stepping and the chance to showcase your rhythm and flair. There are always lots of options to get you through the workout safely and you can burn up to 620 calories.</p> |
| <p>ZUMBA – 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>Latin Dance – 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>Muscle Up – A low impact total body workout utilizing barbells, dumbbells and bodyweight designed to build muscle, strengthen the core, and transform your body.</p> | <p>Step it up! – Step Cardio, Interval weights, toning, core and stretch.</p> |
| <p>Spartan Training – 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>20/20/20 - 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>Kickboxing – Aerobic conditioning with a punch. Kick your regime up a notch and see. May use kicking bags and jump ropes.</p> | <p>Pilates – Increase core stabilization, strength, flexibility and balance using controlled breathing and mindful movement</p> |
| <p>Butts-N-Guts – A workout focused on working the glutes and abdominals with lots of core conditioning.</p> | <p>Cycle and Abs – 45 Minutes of Cycling followed by 15 minutes of intense core work.</p> |
| <p>Cardio Sculpt – Cardio, Strength, Toning, Core.</p> | <p>Yoga – Enhance relaxation, reduce stress, develop flexibility, increase strength and tone your body!</p> |
| <p>Cycle – 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>Cross Training – 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 bands and medicine balls.</p> |
| <p>Barre - 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>Trim & Tone – 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>Tai Chi – 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>XYZ – Xtra Years of Zest – Moderate paced, lower-impact workout emphasizing strength, cardiovascular endurance and flexibility. Suitable for active older adults.</p> |
| <p>PLYOGA – 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>ZUMBA Gold – 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>Anything Goes! – 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>POUND - 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> |
| <p>Silver Sneakers Classic (S.S. Classic) – Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.</p> | <p>Silver Sneakers Circuit (S.S. Circuit) – Offers standing, low-impact choreography alternated with standing upper-body strength work A chair is used for standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.</p> |
| <p>Silver Sneakers Yoga (S.S. Yoga) – Participants will move though both seated and standing yoga poses, designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.</p> | <p>BOOM Muscle/Mind – 30 minutes of athletic exercises that boost overall fitness with muscle conditioning blocks and activity-specific drills to improve strength and functional skill and 30 minutes of a yoga and Pilates fusion class designed to relax the body and mind and focus on core muscles, lower body strength and balance.</p> |