

# LOWER BUCKS FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### Spring II 2018 | April 23 – June 17

#### DAYTIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Cycle</b> 9:15-10:15 AM Alexandra   Cycle Studio	<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>Butts-N-Guts</b> 9:20-10:20 AM Andrea   Studio 1	<b>Trim &amp; Tone</b> 8:00-9:00 AM Roe   Studio 1	<b>Les Mills BODYPUMP</b> 8:00-9:00 AM Glady   Studio 1	<b>Yoga</b> 9:05-10:20 AM Evey   MPR	<b>Les Mills BODYPUMP</b> 8:00-8:45 AM Glady   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>Yoga</b> 9:45-11:00 AM Elda   MPR	<b>S.S. Classic</b> 9:15-10:15 AM Marie   Studio 1	<b>Cycle</b> 9:15-10:00 AM Glady   Cycle Studio	<b>Trim &amp; Tone</b> 9:20-10:20 AM Andrea   Studio 1	<b>Barre</b> 9:05-10:05am Glady   Studio 1	<b>Les Mills BODYSTEP</b> 9:05 – 10:05 AM Irene   Studio 1	<b>Cycle</b> 9:30-10:30 AM Stacy   Cycle Studio
<b>S.S. Classic</b> 10:15-11:15 AM Betsy   GYM	<b>POUND</b> 9:15-10:15 AM Erin   GYM	<b>Les Mills BODYSTEP</b> 9:15-10:15 AM Andrea   Studio 1	<b>XYZ</b> 10:30-11:30 AM Evey   Studio 1	<b>Cycle</b> 9:30-10:30 AM Renee   Cycle Studio	<b>Yoga</b> 9:00-10:00 AM Loretta   MPR	
<b>ZUMBA Gold</b> 10:45-11:45 AM Diane   Studio 1	<b>Yoga</b> 9:30-10:30 AM Elda   MPR	<b>Anything Goes!</b> 9:30-10:15 AM Evey   MPR	<b>S.S. Classic</b> 11:00-12:00 PM Marie   MPR	<b>Yoga</b> 10:00-11:15 AM Elda   MPR	<b>ZUMBA</b> 9:00-10:00 AM Diane   Gym	
<b>S.S. Yoga</b> 11:45-12:45 PM Sara   MPR	<b>XYZ</b> 10:30-11:30 AM Debbie   Studio 1	<b>S.S. Classic</b> 10:15-11:15 AM Glady   GYM	<b>S.S. Classic</b> 12:30-1:30 PM Rovena   MPR	<b>S.S. Classic</b> 10:15-11:15 AM Glady   GYM		
<b>S.S. Yoga</b> 1:00-2:00 PM Roe   MPR	<b>S.S. Classic</b> 11:45-12:45 PM Rovena   MPR	<b>Pilates</b> 10:25-11:15 AM Evey   MPR		<b>Tai Chi</b> 11:30-12:30 PM Clyde   Studio 1		
		<b>ZUMBA Gold</b> 10:30-11:30 AM Rovena   Studio 1		<b>S.S. Circuit</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>Les Mills BODYSTEP</b> 5:15-6:15 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>Kickboxing</b> 7:00-8:00 PM Jamie   Studio 1	<b>Les Mills BODYPUMP</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>Latin Dance</b> 7:00-8:00 PM Rovena   Studio 1	<b>LOWER BUCKS FAMILY YMCA GROUP EXERCISE SCHEDULE</b> Spring II 2018   April 23 – June 17	
<b>Les Mills BODYPUMP</b> 7:30-8:30 PM Loretta   Studio 1	<b>Yoga</b> 7:00-8:00 PM Shari   MPR	<b>Les Mills BODYPUMP</b> 7:00-8:00 PM Loretta   Studio 1			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.	
	<b>Kickboxing</b> 7:10-8:00 PM Jamie   Studio 1	<b>Yoga</b> 8:05-9:05 PM Loretta   MPR			Daily guest fee includes access to group exercise classes listed on schedule. Contact Andrea Brown with any questions at 215-949-3400 ext. 68 or agbrown@lbymca.org	

04.08.18

# CLASS DESCRIPTIONS

<p><b>Les Mills BODYPUMP</b> – 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><b>Les Mills BODYSTEP</b> – 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 Classis 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><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>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>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>
<p><b>Silver Sneakers Classic (S.S. Classic)</b> – 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><b>Silver Sneakers Circuit (S.S. Circuit)</b> – 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><b>Silver Sneakers Yoga (S.S. Yoga)</b> – 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</p>	<p><b>BOOM Muscle/Mind</b> – 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</p>

mental clarity.

core muscles, lower body strength and balance.