

CLARION COUNTY YMCA
Group Exercise Schedule



JANUARY SESSION: 1/1- 1/31

Unlimited Month Fee is \$15 YMCA Member, \$50 Non-members. Drop-in Fee \$5/ class
 Senior Group Exercise Fees: \$1/class for Members; \$3/class for Non-Members
 Senior group ex classes are free to those who have memberships through SilverSneakers or Silver and Fit.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
	Sunrise Yoga 7:45- 8:45 am with Tiffany (Upstairs in loft)		Sunrise Yoga 7:45- 8:45 am with Tiffany (Upstairs in loft)		ZUMBA fitness 7:30-8:30 am with April
Senior Step-Up 8:00-9:00 am with Renee		Senior Step-Up 8:00-9:00 am with Renee		Senior Step-Up 8:00-9:00 am with Renee	Ab Blast 8:35-9:05 am with April
Senior on the Ball 9:30-10:20 am with Renee		Senior on the Ball 9:30-10:20 am with Renee		Senior on the Ball 9:30-10:20 am with Renee	
SilverSneakers Classic 10:30-11:20 am with Renee		SilverSneakers Classic 10:30-11:20 am with Renee		SilverSneakers Yoga 10:30-11:20 am with Renee	
Evening Classes					
	Body Blast 4:00-5:00 pm with April				
Core and More 5:30-6:30 pm with Susan	Pilates 5:30-6:30 pm with Susan	Core and More 5:30-6:30 pm with Susan	Pilates 5:30-6:30 pm with Jamie (Upstairs in loft)		
INDO ROW WaterRower 6:45-7:45 pm with Duane		The Gauntlet 6:45-7:45 pm with Duane	ZUMBA fitness 6:00 - 7:00 pm		

Rev:12/14/18

See reverse side for class descriptions. Information may also be found at www.clarioncountyyymca.org/group-exercise
 Class schedule is subject to change. Stay updated for changes or cancellations by providing your email at the desk.
 Follow Clarion County YMCA on Facebook for up-to-date news and info.



CLARION COUNTY YMCA Group Exercise Class Descriptions

Ab Blast (with April)- A 30 minute core focused class to improve on toning the abs and strengthening the back to improve posture and core strength. Standing functional core training is combined with floor ab exercises to give you a vital core strengthening experience.

Body Blast (with April)- A tabata-style workout, designed to improve strength and build lean muscle while challenging the core. This class uses a variety of formats and equipment including barbell, resistance tubing, dumbbells and body weight exercises to blast all major muscle groups. The workout will never be the same, so this class will keep you on your toes while keeping the mind and body equally engaged.

Core and More (with Susan)- A one hour class that focuses on the core of your body by incorporating weight resistance with isometric strengthening. You will get a total body workout in a fun, energetic atmosphere. You will use a variety of exercise tools to keep a little bit of variety in the mix.

Indo-Row (with Duane)- "The perfect calorie burn" incorporates a total body workout with the minimal impact of rowing. You will experience "skills and drills", "waves and recovery" and team-building exercises to reach your desired goal. A Certified Instructor will teach proper technique and safety. The WaterRower produces a full stroke that works 87% of the muscle in your body and includes 9 major muscle groups. This is a low-impact class that's fun and effective.

Pilates (with Susan (T) Jamie (TH))- Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Exercises will be presented at multiple levels which allows you to follow at beginning, intermediate, or advanced pace. Pilates is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

Sunrise Yoga (with Tiffany)- The morning is considered as a "divine time" and when an individual's spiritual energy is at its peak. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. To achieve optimum personal results, it is recommended to practice yoga in the morning. Sunrise yoga brings your body more energy and nourishes you with a positive attitude to fully prepare for the challenges of the day ahead.

The Gauntlet (with Duane)- This 45 minute class will fly by as we use specific sets of exercises to BUILD strength and BURN calories!! Each set progresses you closer to the Focus compound exercise in the final round! Classes may include barbells, steps, med balls, body bars, dumbbells, bodyweight, and more while we mix tabata with upper, lower and core exercises. ALL fitness levels can have fun while we work our way to healthier bodies!

Yoga (with Cathie)- You will be guided through a soothing yoga experience. Practiced by people of all ages and levels. Yoga, increases body awareness, posture, strength, flexibility, and helps to develop calmness and clarity of mind. Loosen up and relax with this class.

Zumba (with April)- Ditch the Workout and Join the Party! Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other wellness class like Zumba. It's easy to do, effective, and totally exhilarating - often building a deep-rooted community among returning participants.

SilverSneakers Wellness Program for Older Adults

The SilverSneakers Wellness Classes are free for those who are members of SilverSneakers and UPMC Silver & Fit.

SilverSneakers Classic (with Renee)- Have fun and move to the music with this basic class for older adults. You will be led through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and SilverSneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

Senior On The Ball (with Renee)- For the older adult who needs a bit more of a challenge. This class includes a variety of muscular strength and range of movement activities all done while seated on a stability ball. If you prefer, you may sit in a chair rather than on the ball.

Senior Step Up (with Renee)- For the older adult who needs a bit more of a challenge in their workout. Class includes cardio, strength and flexibility training, through low-impact methods. A "step above" the Senior on the Ball class.

SilverSneakers Yoga (with Renee)- Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.