

the **Y** HEALTHY LIVING

LAND FITNESS CLASS SCHEDULE – October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Y Fit Nikki	5:45-6:30am Total Toning Paula D.	5:30-6am Get On The Ball Kathleen	5:45-6:30am Total Toning Paula D.	5:45-6:30am Total Toning Paula D.		
	8-8:45am Flexibility for Life Julie D.		8-8:45am Gentle Yoga Shannon		8-8:45am PiYo@LIVE Kelly	
9:15-10am P90X@LIVE Linda	9-9:45am Country Heat @LIVE Julie O.	9:15-10am Performance Training Linda	9:15-10am Kettlebell HIIT Paula D.	9:15-10am P90X@LIVE Linda	9-9:45am Zumba@ Kelly	
10:15-11am Active Adult Fitness Julie O.	10-10:30am Quick Lift Julie O.	10:15-11am Zumba Gold® Julie O.	10:15-11am PiYo@LIVE Julie O.	10:15-11am Zumba Gold® Julie O.	10-10:45am Cardio Kickboxing Breana	
11:15-12pm SilverSneakers® Classic Julie O.	11:15-12pm SilverSneakers® Circuit Cammy	11:15-12pm SilverSneakers® Classic Cammy	11:15-12pm SilverSneakers® Circuit Cammy	11:15-12pm SilverSneakers® Classic Julie O.		12:15-1pm Strong Nation™ Kelly
5-5:30pm 30 Minute Shred Kathy	5-5:30pm Butts & Guts Dianne	5-5:30pm 30 Minute Shred Kathy	5:30-6:15pm Strong Nation™ Steph			
5:45-6:30pm Insanity@LIVE Julie O.	5:45-6:30pm Strong Nation™ Steph	5:45-6:30pm MetCon John				
6:45-7:30 PiYo@LIVE Julie O.		6:45-7:30pm PiYo@LIVE Kelly				

REVOLUTIONS CLASS SCHEDULE – STUCKEY ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Kathleen	5:45-6:30am Rick	6:00-6:45am Dianne	5:45-6:30am Rick	6:00-6:45am Dianne	8:00-8:45am 10/3-Cammy	
9:00-9:45am Julie O.	9:15-10:00am Cammy	9:00-9:45am Julie O.	9:15-10:00am Cammy		10/10- Kathleen	
5:45-6:30pm Spin & Sculpt Allison	5:45-6:30pm Dianne	5:45-6:30pm Kathy	5:00-5:45 pm Spin & Sculpt Dianne/Kathy		10/17-Kathy	
					10/24-Dianne	
					10/31-Rick	

BLAIR REGIONAL YMCA

814.695.4467 | www.blairregionallymca.org

Please check schedule each month for changes!

- **Active Adult Fitness**-Low impact cardio followed by strength and toning.
- **Butts & Guts**-30 minutes of intense muscle strength and endurance work targeting abs, hips, glutes, hamstrings, quads & lower back.
- **Cardio Kickboxing**-This dynamic workout combines cardio kickboxing with athletic drills to sculpt your most important assets. You will punch, kick and sweat your way to increased power and strength. All fitness levels welcome!(Starting 3/8)
- **Country Heat® LIVE**-A country inspired cardio dance fitness class for all fitness levels.
- **Flexibility for Life**-This class will be customized for your needs, corrective exercise for rehab and better posture, stretching for sports, breathing and visualizing. So release stress and increase relaxation. Good for anyone and all abilities.
- **Gentle Yoga**- Learn yoga basics along with breathing/relaxation techniques.
- **Get On The Ball**-Sculpted arms, a strong core, tight glutes and firm legs are the focus of this 30-minute muscle toning workout. All moves are done using the stability ball and hand-held weights. All fitness levels welcome
- **Insanity® LIVE!**-This MAX Interval Training class uses maximum-intensity exercise with short periods of rest. This high-intensity activity forces the body to work for longer periods at a higher capacity than traditional workouts. Workout can be modified for a lower impact.
- **Kettlebell HIIT**-A one of a kind class that improves strength, endurance and cardiovascular fitness using high intensity interval training with the Russian kettlebell.
- **MetCon (Metabolic Conditioning)**-A class using all 3 energy systems for maximal strength and endurance in minimal time. We start with technique education followed by a non-stop 20 minute bodyweight circuit adaptable to many ability levels. Sign up for class one day in advance. 10 spots available.
- **Performance Training**-This class will challenge you with HIIT, Tabata and boot camp workouts. There are modifications for those just getting started.
- **PiYo®LIVE!**-A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement.
- **P90X®LIVE!**-A result driven, full body strength training format featuring unique blocks of work XCardio, Lower Strength, Upper Strength, & XCore. It is unlike anything else in Group Exercise and features powerful moves that motivate participants to push their limits while also including modifications for those just getting started.
- **Quick Lift**-Get your strength training workout in 30 minutes. All levels welcome.
- **Revolutions**-Participants of all levels welcome - you control your own intensity level. You'll burn calories like crazy while improving your cardiovascular endurance and building strength especially in the quadriceps, gluteus, hamstrings and calf muscles. Please arrive 10 minutes early to set up bike and bring a towel and water bottle. Members may sign up at the front desk for class 24 hours in advance and nonmembers 1 hour in advance. If not there when class starts your seat may be given away. If you fail to cancel twice you may not reserve a seat for 2 months.
- **SilverSneakers® Circuit**-This is an interval class which includes warm-up, 10 minutes low impact aerobics, 5 minutes of weights, 10 minutes of low impact aerobics, 5 minutes of bands, 10 minutes low impact aerobics, 5 minutes with ball, stretch, cool down and relaxation.
- **SilverSneakers® Classic**-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance and a chair is used for seated and/or standing support.
- **Spin & Sculpt**- Integrating traditional spin class with core, arm and glute sculpting on and off the bike! This 45 minute class includes a half hour of spinning with 10 minutes of sculpting exercises.
- **Strong Nation™**-A music led interval training class. The music was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone and definition as well as an increased after burn.
- **Total Toning**- This intermediate-advanced strength training class will focus on a specific muscle group each session. If you want to see your body composition change, these muscle-specific workouts are for you!
- **Yoga**-In Yoga, we are going to focus on gaining and using flexibility, strength and balance in our bodies. We will do this through a series of poses and exercises that flow together to stretch, strengthen and empower our bodies
- **Y Fit**-A combination class of basic sport component and strength training exercises. This class will focus on speed, agility, power, flexibility, balance and strength exercises for the entire body.
- **Zumba®**-A Latin inspired, calorie burning, dance fitness class that mixes body sculpting moves with easy to follow steps. Participants of all levels welcome. Come join the party!
- **Zumba Gold®**-A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant
- **30 Minute Shred**- Four rounds, eight exercises of a total body workout that will keep your heart rate up while working the lower and upper body muscles.

CLASSES MAY BE ADDED OR CANCELED TO SERVE THE NEEDS OF MEMBERS.

LAND FITNESS PASSPORTS - \$55 - 10 CLASSES, \$80 - 20 CLASSES