



# HEALTHY LIVING

## LAND FITNESS CLASS SCHEDULE – January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45–6:30am <b>Total Toning</b> Paula	5:30–6am <b>Get On the Ball</b> Kathleen	5:45–6:30am <b>Total Toning</b> Paula	5:45–6:30am <b>Total Toning</b> Paula		
8–8:45am <b>Core Focus</b> Randi (No class 1/16)	8–8:55am <b>Be Kind to Yourself</b> Yoga Shannon	8–8:45am <b>Core Focus</b> Randi	8–8:55am <b>Barre Yoga-cise</b> Julie D.			8–8:45am <b>PiYo@LIVE</b> Kelly
9:15–10:15am <b>P90X@LIVE</b> Linda	9–9:45am <b>Country Heat @LIVE</b> Julie O.	9:15–10:15am <b>Cardio Tabata</b> Linda	9–10am <b>Kettlebell HIIT</b> Paula	9:15–10:15am <b>H.I.I.T.</b> Linda	9–9:45am <b>Zumba@</b> Kelly	
9:15–9:45am <b>Cardio Walk &amp; Fit</b> Phyllis (court 2) (No class 1/2)			10–10:50am <b>PiYo@LIVE</b> Julie O.			
10–10:45am <b>Zumba Gold</b> <b>Toning@</b> Julie O. (court 2)	10–10:30am <b>Quick Lift</b> Julie O.	10–10:45am <b>Zumba Gold@</b> Julie O. (court 2)		10–10:45am <b>Zumba Gold@</b> Julie O. (court 2)		
	10:30–11am <b>PiYo Flow</b> Julie O.					
11–11:45am <b>SilverSneakers@</b> <b>Classic</b> Julie O.	11–12pm <b>SilverSneakers@</b> <b>Circuit</b> Cammy	11–11:45am <b>SilverSneakers@</b> <b>Classic</b> Cammy	11–12pm <b>SilverSneakers@</b> <b>Circuit</b> Cammy	11–11:45am <b>SilverSneakers@</b> <b>Classic</b> Julie O.		10:15–11am <b>Strong</b> <b>Nation™</b> Kelly
5–5:30pm <b>30 Minute Shred</b> Kathy		5–5:30pm <b>30 Minute Shred</b> Kathy	5–5:30pm <b>Quick Lift</b> Kathy			
			5:45–6:45pm <b>Kettlebell AMPD@</b> Steph			
5:45–6:30pm <b>Zumba@</b> Sandy (Starting 1/16)	5:45–6:45pm <b>Strong Nation™</b> Steph	5:45–6:30pm <b>PiYo@LIVE</b> Kelly				
6:45–7:45pm <b>Yoga Basics</b> Ralphie		6:45–7:45pm <b>Yoga Basics</b> Ralphie				

## REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45–6:30am Kathleen	5:45–6:30am Rick	6–6:45am Dianne	5:45–6:30am Rick	5:45–6:30am Dianne	9–9:45am 1/7–Dianne 1/14–Rick	
9:00–9:45am Julie O.	9:15–10:00am Cammy	9:00–9:45am Julie O.	9:15–10:00am Cammy		1/21–Cammy 1/28–Kathleen	11:15–12pm <b>Spin &amp; Sculpt</b> Kathy
5:45–6:30 pm <b>Spin &amp; Sculpt</b> Allison	5:45–6:30pm Dianne	5:45–6:15pm <b>Speedy Spin</b> Kathy				

BLAIR REGIONAL YMCA  
814.695.4467 | [www.blairregionallymca.org](http://www.blairregionallymca.org)

PLEASE CHECK SCHEDULE EACH MONTH FOR CHANGES!

- **Barre Yoga-cise**– Increase your strength and balance while doing Yoga poses. We use the back of a chair as a barre to ensure safety while increasing strength, flexibility and balance. Then wind down with breathing and relaxation techniques. Good for all ages and levels. Must be comfortable going to the floor.
- **Be Kind to Yourself Yoga**–This restorative gentle yoga class will help unite your body, mind, and spirit. We will practice calming breathing techniques and centering while doing gentle yoga stretches.
- **Cardio Tabata**–This class yields the most benefits in a short amount of time. There are eight rounds of 20 seconds of cardio exercise (steps or weights may be incorporated) followed by 10 seconds of rest in each Tabata.
- **Cardio Walk & Fit**–This class enables the participant to actively engage in functional walking movement which affords mobility and stability in lower and upper extremities. Balance, reaching, bending and agility is what this class is about. (no class 1/2)
- **Core Focus**–A low impact class focuses on core activation, improving balance, flex with strength and body awareness through movements. Exercises are performed on the mat and standing.(no class 1/16)
- **Country Heat@ LIVE**–A country inspired cardio dance fitness class for all fitness levels.
- **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.
- **H.I.I.T.**–An interval training class with high intensity movements to increase the heart rate followed by short periods of lower intensity movements. This may include circuits on some Fridays.
- **Kettlebell AMPD**–This class is a fun, heart-pumping group fitness format integrating kettlebell weights with upbeat music. Using choreographed moves and traditional strength training, the workout engages the entire body for 45 minutes of calorie torching fun.
- **Kettlebell HIIT**–A one-of-a-kind class that improves strength, endurance and cardiovascular fitness using high intensity interval training with the Russian kettlebell.
- **PiYo@LIVE!**–A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement.
- **PiYo@Flow**– You will get the flexibility of yoga with non-stop movement in this class.
- **P90X@LIVE!**–A result driven, full body strength training format featuring unique blocks of work Cardio X, Lower Strength, Upper Strength, & X Core. It is unlike anything else in Group Exercise and 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.
- **Speedy Spin**– Think you need 45 minutes of cycling for a good workout? Think again! This 30-minute spin is fast and intense, but YOU control your own intensity level! Burn calories like crazy while improving cardiovascular endurance and build strength especially in the quadriceps, gluteus, hamstrings and calf muscles.
- **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 Basics**– A relaxed pace yoga class suitable for all levels, from first time student to long time practitioner. Focus is on listening to our body and letting it decide what we are capable of for the day. No flexibility required!
- **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.
- **Zumba Gold Toning@**–A traditional Zumba Gold class PLUS the added benefit of muscle strength and toning using weighted toning sticks or handheld weights.
- **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, \$90 – 20 CLASSES**

**If HASD schools are on a delay or canceled due to snow/inclement weather, all morning Land classes will be canceled (including Silver Sneakers). In the event inclement weather begins after school hours or on weekends, the decision to cancel classes will be the responsibility of the instructor. Participants are encouraged to check with the YMCA, or the YMCA's website.**