



HEALTHY LIVING LAND FITNESS CLASS SCHEDULE – SEPTEMBER

Please check the schedule every month for changes

*Starts 9.5.2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30am Total Toning Paula	5:30-6am Get On the Ball Kathleen	5:45-6:30am Total Toning Paula	5:45-6:30am Total Toning Paula		
	7:45-8:45am Be Kind to Yourself Yoga Shannon			7:45-8:45am Be Kind to Yourself Yoga Shannon		
8-9am Barre Fit Randi	8:15-9am Curls and Crunches Randi. Community Room 3	8-9am Core Focus Randi	8-8:55am Chair to Floor Yoga Flow Julie D		8-8:45am PiYo@LIVE Kelly	
9:15-10:15am P90X@LIVE Linda	9-9:45am Country Heat @LIVE Julie O. (No class 9/5)	9:15-10:15am Cardio Tabata Linda	9-9:50am Strength & Cardio Intervals Julie O.	9:15-10:15am H.I.I.T. Linda	9-9:45am Zumba@ Kelly	
9:15-9:45am Cardio Walk & Fit Phyllis Court 2	9:15-10am Ab and Booty Burner Randi Community Room 3					
10-10:45am Zumba Gold Toning@ Julie O. Court 2	10-10:30am Quick Lift Julie O. (No class 9/5)	10-10:45am Zumba Gold@ Julie O. Court 2	10-10:50am PiYo@LIVE Julie O	10-10:45am Zumba Gold@ Julie O. Court 2		
	10:30-11am PiYo Flow Julie O. (No class 9/5)					10:15-11am Strong Nation™ Kelly
11-11:45am SilverSneakers@ Classic Julie O.	11-12pm SilverSneakers@ Circuit Cammy	11-11:45am SilverSneakers@ Classic Cammy	11-12pm SilverSneakers@ Circuit Cammy	11-11:45am SilverSneakers@ Classic Julie O.		
		11:15-11:45am 30 Minute Abs Randi Community Room 3				
12-12:30pm 30 Minute Abs Randi Community Room 3		12-12:30pm Total Body Circuit Melinda Community Room 3				
					12:15-1:15pm Pilates Annie	12:15-1:15pm Pilates Annie
5-5:30pm 30 Minute Shred Kathy		5-5:30pm 30 Minute Shred Kathy	5-5:30pm Quick Lift Kathy			
5:45-6:30pm Zumba@ Sandy	5:45-6:45pm Strong Nation™ Steph	5:45-6:30pm PiYo@LIVE Kelly	5:45-6:45pm Kettlebell AMPD@ Steph			
6:45-7:45pm Yoga Basics Ralphie		6:45-7:45pm Yoga Basics Ralphie (No class 9/13)				
	7:15-8:15pm H.I.I.T. Annie		7:15-8:15pm H.I.I.T. Annie			

BLAIR REGIONAL YMCA

814.695.4467 | www.blairregionalyymca.org

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 delayed 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.

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		
9:00-9:45am Rick	9:15-10:00am Cammy	9:00-9:45am Julie O.	9:15-10:00am Cammy	.	9-9:45am 9/2-Kathy 9/9-Dianne 9/16-Rick 9/23-Cammy 9/30-Kathleen	11:15-12pm Spin & Sculpt Kathy
					1:30-2:30pm Annie	1:30-2:30pm Annie
5:45-6:30 pm Spin & Sculpt Dianne		5:45-6:15pm Speedy Spin Kathy				

- o **Ab and Booty Burner**—This is a strength and endurance workout that targets the core and glutes. You will strengthen and lengthen your abs and glutes through a variety of exercises challenging the core and enforcing balance.
- o **Barre Fit**— Low impact, total body workout combining ballet barre, Pilates, and strength training. We will use bands and light weights for this intermediate class level.
- o **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.
- o **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.
- o **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.
- o **Chair to Floor Yoga Flow**—This yoga-based class uses a chair as a prop to move through yoga poses from standing, to sitting to floor. We focus on balance, strengthening postural muscles for better alignment and increased flexibility. It's easily adapted to your flexibility level, but you should be comfortable going to the floor.
- o **Core Focus**—A low impact class focuses on core activation, improving balance, flexibility, strength, and body awareness through movements. Exercises are performed on the mat and standing.
- o **Country Heat@ LIVE**—A country inspired cardio dance fitness class for all fitness levels. (No class 9/5)
- o **Curls and Crunches**—An upper body strength training class focusing on stabilizing your core and strengthening your arms. It incorporates weight training and body weight exercises to build all upper body muscles.
- o **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.
- o **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.
- o **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 of calorie torching fun.
- o **Pilates**—A slow workout focusing on strength, stability, posture, proper breath control, and flexibility through the use of low resistance and high repetitions.
- o **PiYo@LIVE!**—A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement.
- o **PiYo@Flow**— You will get the flexibility of yoga with non-stop movement in this class. (No class 9/5)
- o **P90X@LIVE!**—A result driven, full body strength training format featuring unique blocks of work Cardio X, Lower Strength, Upper Strength, & X Core. Powerful moves that motivate participants to push their limits while also including modifications for those just getting started.
- o **Quick Lift**—Get your strength training workout in 30 minutes. All levels welcome. (No class 9/5)
- o **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 your 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 present when class starts your seat may be given away. If you fail to cancel twice you may not reserve a seat for 2 months.
- o **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.
- o **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.
- o **Speedy Spin**—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.
- o **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.
- o **Strength & Cardio Intervals**—An upper and lower body strength training workout with intervals of cardio and core work.
- o **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.
- o **Total Body Circuit**—Work at your own pace as your instructor takes you through a series of stations of both strength training and cardio full body movements that'll have you sweating and your muscles burning.
- o **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!
- o **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! (No class 9/13)
- o **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!
- o **Zumba Gold@**—A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant.
- o **Zumba Gold Toning@**—A traditional Zumba Gold class PLUS the added benefit of muscle strength and toning using weighted toning sticks or handheld weights.
- o **30 Minute Abs**— This class features intense core work. You will work not only your core but learn new exercises to help sculpt your entire body.
- o **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.