



# HEALTHY LIVING – BLAIR REGIONAL YMCA

## LAND FITNESS CLASS SCHEDULE – MAY 1<sup>st</sup>–19<sup>th</sup> 2024

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		
			8–8:55am <b>Chair to Floor Yoga Flow</b> Julie D. (Comm. Room 3) (Last Class 5.16)		7–7:45am <b>BALListic Core</b> Courtney	
8–9am <b>Barre Fit</b> Randi	8–8:45am <b>Senior Strength</b> Julie O.	8–9am <b>Core Focus</b> Randi (No Class 5.8)	8–8:45am <b>Senior Strength</b> Julie O.		8–8:45am <b>PiYo@LIVE</b> Kelly (No Class 5.11)	
9:15–10:15am <b>P90X@LIVE</b> Linda	9–9:45am <b>Country Heat @LIVE</b> Julie O.	9:15–10:15am <b>Tabata</b> Linda	9–9:50am <b>Strength &amp; Cardio Intervals</b> Julie O.	9:15–10:15am <b>H.I.I.T.</b> Linda	9–9:45am <b>Zumba@</b> Kelly (No Class 5.11)	
9:15–9:45am <b>Cardio Walk &amp; Fit</b> Phyllis Court 2		9:15–9:45am <b>30 Minute Abs</b> Randi (Comm. Room 3) (No Class 5.8)	9–9:30am <b>Pilates</b> Randi (Comm. Room 3) (No Class 5.16)			
9:15–9:30am <b>Pilates</b> Randi (Comm. Room 3)			9:30–10am <b>Ab/Booty Burner</b> Randi (Comm. Room 3)			
10–10:45am <b>Zumba Gold 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	10–10:50am <b>PiYo@LIVE</b> Julie O.	10–10:45am <b>Zumba Gold@</b> Julie O. Court 2		
	10:30–11am <b>PiYo Flow</b> Julie O.					10:15–11am <b>Strong Nation™</b> Kelly (No Class 5.12)
11–11:45am <b>SilverSneakers@ Classic</b> Julie O.	11–12pm <b>SilverSneakers@ Circuit</b> Cammy	11–11:45am <b>SilverSneakers@ Classic</b> Cammy	11–12pm <b>SilverSneakers@ Circuit</b> Cammy	11–11:45am <b>SilverSneakers@ Classic</b> Julie O.		
4–4:45pm <b>Kickboxing</b> Courtney	4:45–5:30 <b>Kettlebell Pulse</b> Kaitlyn	4–4:30pm <b>30 Minute Abs</b> Randi		4:30–5:30 <b>Fitness Mashup</b> Deena		
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			
5:45–6:30pm <b>Zumba@</b> Sandy	5:45–6:30pm <b>Strong Nation™</b> Steph	5:45–6:30pm <b>PiYo@LIVE</b> Kelly/Courtney	5:45–6:30pm <b>Kettlebell AMPD@</b> Steph			
6:45–7:45pm <b>Yoga Basics</b> Ralphie		6:45–7:45pm <b>Yoga Basics</b> Ralphie	7:30–8:30pm <b>Somatic Stretch Yoga</b> Heather			

### REVOLUTIONS CLASS SCHEDULE

5:45–6:30am Kathleen	5:45–6:30am Rick	6–6:45am Dianne	5:45–6:30am Rick	5:45–6:30am Dianne	7:45–8:45am <b>Torque &amp; Burn</b> Jen (No Class 5/4, 11, or 18)	
9:00–9:45am Rick	9:15–10:00am Cammy	9:00–9:45am Julie O.	9:15–10:00am Cammy		9–9:45am 5/4–Alison 5/11–Deena 5/18–Dianne 5/25–Rick	11:15–12pm <b>Spin &amp; Sculpt</b> Kathy
4:30–5:30 pm <b>Pedal &amp; Press</b> Deena	4:30–5:30 pm <b>Pedal &amp; Press</b> Deena		4:30–5:30 pm <b>Pedal &amp; Press</b> Deena			
5:45–6:30 pm <b>Spin &amp; Sculpt</b> Dianne		5:45–6:15pm <b>Speedy Spin</b> Kathy				

\*All classes in Stuckey Room will be limited to 18 class participants except SilverSneakers and Yoga, which will be limited to 20 participants. Please register in advance! \*

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

**DROP-IN CLASS RATE: MEMBERS-FREE | PUBLIC-\$9/CLASS**

**LAND FITNESS PASSPORTS: \$65 – 10 CLASSES | \$120 – 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. { 814.695.4467 OR BlairRegionalYMCA.org }**

- **Ab/Booty Burn**– A low impact cardio and strength training class that will focus on lower body and abs. 10 spot limit. (No class 5/16)
- **BALListic Core**– This class will define, tone, and strengthen your entire body using a stability ball with light weights. Low impact class modified for all levels.
- **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.
- **Tabata**–This class yields the most benefits in a short amount of time. There are eight rounds of 20 seconds of exercise (steps and/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.
- **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. (Last Class 5/16)
- **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. (No Class 5/8)
- **Country Heat® LIVE**–A country inspired cardio dance fitness class for all fitness levels.
- **Fitness Mashup**– This workout is always different, and you will always be moving, working, and having fun. All levels are welcome!
- **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 of calorie torching fun.
- **Kettlebell Pulse**– Each song includes choreographed moves to fun music, guaranteed to get your heart pumping! All fitness levels welcome.
- **Kickboxing**– This class combines elements of boxing and aerobics to provide overall physical conditioning and toning. No prior experience needed.
- **PiYo@LIVE!**– This challenging body sculpting workout is a blend of Pilates, yoga, strength, and core exercises set to the beat of music.\*Intermediate to advanced level class. (No class 5/11)
- **PiYo@Flow**– Shortened version of PiYo Live. See description above.
- **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.
- **Pilates**– This class is a great way to learn the fundamentals of Pilates method. Pilates mat work helps develop overall strength, flexibility, and body awareness. It is suitable for all levels. (No class 5/16)
- **Quick Lift**–Get your strength training workout in 30 minutes. All levels welcome.
- **Senior Strength**– This strength training class for active older adults will focus on helping you maintain muscle mass and bone density through a variety of resistance exercises.
- **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.
- **Strength & Cardio Intervals**–An upper and lower body strength training workout with intervals of cardio and core work.
- **Somatic Stretch Yoga**– Come stretch your body and mind. Increase strength, balance, flexibility, recovery, sleep, and athletic performance. Take health and wellness to the next level with Somatic Yoga Stretch.
- **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. (No Class 5/12)
- **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!
- **Yoga Stretch**– Come stretch your body and mind. Increase strength, balance, flexibility, recovery, sleep, and athletic performance. Take health and wellness to the next level with Yoga Stretch.
- **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! ((No Class 5/11)
- **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 Abs**– This class features intense core work. You will work not only your core but learn new exercises to help sculpt your entire body. (No Class 5/8)
- **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.
- **Peddle and Press**– Wanna ride? Want a full body workout? Try Peddle and Press. We'll warm up and push our muscles working them with a ride then pump them up with weights.
- **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 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.
- **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 building 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.
- **Torque and Burn**– A high intensity cycling class incorporating a variety of moves with quick transitions, combining resistance training and speed intervals for a total body workout. (No Class 5/4, 5/11, 5/18)