



# HEALTHY LIVING – BLAIR REGIONAL YMCA

## LAND FITNESS CLASS SCHEDULE – NOVEMBER 2024

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 Pop-Up Black Friday Triple Threat (11.29)		
7:15-8am <b>Pilates</b> Randi		7:15-8am <b>Ab/Booty Burner</b> Randi	7:15-8am <b>Pilates</b> Randi		7-7:45am BALListic Core Courtney	
8-9am Barre Fit Randi	8-8:45am Senior Strength Julie O.	8-9am Core Focus Randi	8-8:45am Senior Strength Julie O.		8-8:45am PiYo® LIVE Kelly (No Class 11.2)	
9:15-10:15am P90X® LIVE Linda	9-9:45am Country Heat ® LIVE Julie O.	9:15-10:15am 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						
10-10:45am Zumba Gold Toning® Julie O. Court 2	10-10:30am Quick Lift + Julie O.	10-10:45am Zumba Gold® Julie O. Court 2		10-10:45am Zumba Gold® Julie O. Court 2		10:15-11am Strong NationÜ Kelly (No Class 11.3)
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. (No Class 11.29)		
4-4:45pm Kickboxing Courtney				4:30-5:30 Fitness Mashup Deena		
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	5:45-6:30pm Strong Nation™ Steph	5:45-6:30pm PiYo® LIVE Kelly/Courtney	5:45-6:30pm Kettlebell AMPD® Steph			
6:45-7:45pm Yoga Basics Greg			7:30-8:30pm Somatic Stretch Yoga Heather			

### REVOLUTIONS CLASS SCHEDULE

5:45-6:30am Kathleen	5:45-6:30am Stacy	6-6:45am Dianne	5:45-6:30am Stacy	5:45-6:30am Dianne Pop-Up Black Friday Triple Threat (11.29)	7:45-8:45am Torque & Burn Jen (No Class 11.16)	
9-9:45am Dianne	9:15-10am Cammy	9-9:45am Julie O.	9:15-10am Cammy		9-9:45AM (Pop-Up Spin Class) 11/16 & 11/30 Deena	11:15-12pm Spin & Sculpt Kathy (No Class 11.10)
4:30-5:30pm Pedal & Press Deena	4:30-5:30pm Pedal & Press Deena		4:30-5:30pm Pedal & Press Deena			
		5:45-6:15pm Speedy Spin Deena				

**THE BLAIR REGIONAL YMCA WILL BE CLOSED THURSDAY, NOVEMBER 28<sup>TH</sup> FOR THANKSGIVING**  
**There will be NO Child Watch Wednesday (Evening), November 27<sup>th</sup> or Friday (All Day), November 29<sup>th</sup>**

\*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!\*

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 }

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

- **Ab/Booty Burn**- A low impact cardio and strength training class that will focus on lower body and abs. 10 SPOT LIMIT
- **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.
- **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.
- **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.
- **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.
- **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 11.2)
- **P90 X® 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.
- **Quick Lift**- Get your strength training workout in 30 minutes. All levels welcome.
- **Quick Lift +** - 30-minute full body strength workout with optional restorative stretch after. **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. (No Class 11.29)
- **SilverSneakers® Yoga**- Increase flexibility, balance and mobility while naturally releasing tension in your body, mind and muscles with gentle movement and stretching.
- **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 Ū**- 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 11.3)
- **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.
- **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!
- **Yin Yoga Basics**- This class delves into the practice of mindful breathing, gentle stretching, and long held postures to promote deep relaxation and flexibility. Each session offers a unique exploration of techniques that cultivate inner calm, balance, and a heightened sense of awareness.
- **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!
- **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.
- **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.
- **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.
- **Black Friday Triple Threat**- 20 minute spin | 20 minute toning | 20 minute resistance ball (Only 11.29)