



# HEALTHY LIVING – BLAIR REGIONAL YMCA

## LAND FITNESS CLASS SCHEDULE – SEPTEMBER 2025 (CLOSED 9.1.2025)

| 5:00A–9:00P<br>MONDAY                                                                | 5:00A–9:00P<br>TUESDAY                             | 5:00A–9:00P<br>WEDNESDAY                                   | 5:00A–9:00P<br>THURSDAY                                                             | 5:00A–7:30P<br>FRIDAY                                                                                                                                    | 7:00A–3:00P<br>SATURDAY                                  | 10:00A–4:00P<br>SUNDAY                                |
|--------------------------------------------------------------------------------------|----------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|
|                                                                                      | 5:45–6:30am<br><b>Total Toning</b><br>Paula        | 5:30–6am<br><b>Get On the Ball</b><br>Kathleen             | 5:45–6:30am<br><b>Total Toning</b><br>Paula                                         |                                                                                                                                                          |                                                          |                                                       |
|                                                                                      |                                                    |                                                            |                                                                                     |                                                                                                                                                          | 7–7:45am<br><b>BALListic Core</b><br>Courtney            |                                                       |
| 8–9am<br><b>Barre Intensity</b><br>Jo<br>*(No Class 9.1)                             | 8–8:45am<br><b>Senior Strength</b><br>Julie        | 8–9am<br><b>Slow Yoga Flow</b><br>Dianne                   | 8–8:45am<br><b>Senior Strength</b><br>Julie                                         | 8–9am<br><b>Slow Yoga Flow</b><br>Dianne<br>*(No Class 9.19)                                                                                             | 8–8:45am<br><b>PiYo@LIVE</b><br>Kelly                    |                                                       |
| 9:15–10:15am<br><b>P90X@LIVE</b><br>Linda<br>*(No Class 9.1/9.22)                    | 9–9:45am<br><b>Cardio Dance Fitness</b><br>Julie   | 9:15–10:15am<br><b>Tabata</b><br>Linda<br>*(No Class 9.24) | 9–9:50am<br><b>Strength &amp; Cardio Intervals</b><br>Julie                         | 9:15–10:15am<br><b>H.I.I.T.</b><br>Linda<br>*(No Class 9.26)                                                                                             | 9–9:45am<br><b>Zumba®</b><br>Kelly                       |                                                       |
| 9:15–9:45am<br><b>Cardio Walk &amp; Fit</b><br>Phyllis<br>Court 2<br>*(No Class 9.1) |                                                    |                                                            | 10–10:45am<br><b>Barre Intensity</b><br>Jo                                          |                                                                                                                                                          |                                                          |                                                       |
| 10–10:45am<br><b>Zumba Gold Toning®</b><br>Julie<br>Court 2<br>*(No Class 9.1)       | 10–10:50am<br><b>Quick Lift +</b><br>Julie         | 10–10:45am<br><b>Zumba Gold®</b><br>Julie<br>OCourt 2      |                                                                                     | 10–10:45am<br><b>Zumba Gold®</b><br>Julie<br>Court 2                                                                                                     | 10–11am<br><b>Cardio Barre</b><br>Jo<br>*(No Class 9.20) | 10:15–11am<br><b>Strong Nation™</b><br>Kelly          |
|                                                                                      |                                                    | 10–10:45am<br><b>TRX Training</b><br>Jo<br>(Starting 9.10) |                                                                                     |                                                                                                                                                          |                                                          |                                                       |
| 11–11:45am<br><b>SilverSneakers® Classic</b><br>Julie<br>*(No Class 9.1)             | 11–12pm<br><b>SilverSneakers® Circuit</b><br>Cammy | 11–11:45am<br><b>SilverSneakers® Classic</b><br>Cammy      | 11–12pm<br><b>SilverSneakers® Circuit</b><br>Cammy                                  | 11–11:45am<br><b>SilverSneakers® Classic</b><br>Julie                                                                                                    |                                                          | 1–2:30pm<br><b>Pop-Up Fitness Bootcamp</b><br>*(9.28) |
| 4–4:45pm<br><b>Kickboxing</b><br>Courtney<br>*(No Class 9.1)                         | 4:30–5:30pm<br><b>Cardio Barre</b><br>Jo           |                                                            |                                                                                     | 4:30–5:30<br><b>Fitness Mashup</b><br>Deena                                                                                                              |                                                          |                                                       |
| 5–5:30pm<br><b>30 Minute Shred</b><br>Kathy<br>*(No Class 9.1)                       |                                                    | 5–5:30pm<br><b>30 Minute Shred</b><br>Kathy                | 5–5:30pm<br><b>Quick Lift</b><br>Kathy                                              | <b>*Pop-Up Fitness Bootcamp - 9/28 at 1-2pm will have 10-minute intervals at designated stations including TRX, Zumba Step, Weights, Bosu, plus more</b> |                                                          |                                                       |
| 5:45–6:30pm<br><b>Zumba®</b><br>Sandy<br>*(No Class 9.1)                             | 5:45–6:30pm<br><b>Interval Craze</b><br>Deena      | 5:45–6:30pm<br><b>PiYo@LIVE</b><br>Kelly/Courtney          | 5:45–6:30pm<br><b>High Fitness</b><br>Brandy                                        |                                                                                                                                                          |                                                          |                                                       |
|                                                                                      |                                                    |                                                            | 7:30–8:30pm<br><b>Somatic Stretch</b><br><b>Yoga</b><br>Heather<br>*(No Class 9.11) |                                                                                                                                                          |                                                          |                                                       |

### REVOLUTIONS CLASS SCHEDULE–SPIN ROOM

|                                                                     |                                                  |                                                                 |                                                  |                                                                    |                                                                   |                                                 |
|---------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------|
| 5:45–6:30am<br>Kathleen<br>*(No Class 9.1)                          | 5:45–6:30am<br>Stacy                             | 6–6:45am<br>Dianne                                              | 5:45–6:30am<br>Stacy                             | 5:45–6:30am<br>Dianne<br>*(No Class 9.19)                          | 7:45–8:45am<br><b>Torque &amp; Burn</b><br>Jen<br>(No class 9.13) |                                                 |
| 9–9:30am<br><b>Speedy Spin</b><br>Julie<br>*(No Class 9.1)          | 9:15–10am<br>Cammy                               | 9:15–9:45am<br><b>Speedy Spin</b><br>Dianne<br>*(No Class 9.17) | 9:15–10am<br>Cammy                               | 10:15–11:15am<br><b>Cycling &amp; TRX</b><br>Jo<br>(No Class 9.19) | 9–9:45AM<br><b>(Pop-Up Spin)</b><br>9,6,9,20<br>Deena             | 11:15–12pm<br><b>Spin &amp; Sculpt</b><br>Kathy |
| 4:30–5:30pm<br><b>Pedal &amp; Press</b><br>Deena<br>*(No Class 9.1) | 4:30–5:30pm<br><b>Pedal &amp; Press</b><br>Deena | 5:45–6:15pm<br><b>Speedy Spin</b><br>Kathy                      | 4:30–5:30pm<br><b>Pedal &amp; Press</b><br>Deena |                                                                    |                                                                   |                                                 |

\*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! \*

#### \*\*INCLEMENT WEATHER POLICY\*\*

In the event of inclement weather, all morning Land classes **WILL BE HELD**.

Any schedule changes will be announced no later than 8:30p the night before and all participants on instructor's list will only be notified by instructor if class is cancelled.

Participants are strongly encouraged to provide contact information to the instructor for communication purposes. In the event inclement weather begins during the day or on weekends, the decision to cancel classes will be the responsibility of the instructor.

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

**DROP-IN CLASS RATE: MEMBERS-FREE | PUBLIC-\$10/CLASS**

**LAND FITNESS PASSPORTS: \$70 – 10 CLASSES | \$130 – 20 CLASSES**

- **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 Intensity**– Full body sculpting workout using the Barre, light weights, and bands. Barre focuses on engaging specific muscle groups until reaching fatigue. Improves balance and muscle strengthening. (No class 9.1)
- **Cardio Barre**– Full body workout combining cardio and strength conditioning using the Barre, light weights, and bands. Goals are to build body strength and improve balance. (No Class 8/6)(\*Zumba Step 9.20)
- **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 9.1)
- **Cardio Dance Fitness** –Alternating weeks of Country Cardio Dance Fitness and Pop Cardio Dance Fitness. (Pop Cardio Dance– 9/2, 9/16, 9/30 and Country Cardio Dance– 9/9, 9/23)
- **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.
- **High Fitness**– A fun heart-pumping workout choreographed to music that combines aerobic and anaerobic training with active recovery tracks to create an interval training workout.
- **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. (No class 9.26)
- **Interval Craze**– This class will combine different interval styles to work all muscles. All are welcome! Come join us and leave sweaty!!
- **Kickboxing**– This class combines elements of boxing and aerobics to provide overall physical conditioning and toning. No prior experience. (No class 9.1)
- **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.
- **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. (No class 9.1, 9.22)
- **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.
- **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 9.1)
- **Slow Yoga Flow**– This class will synchronize movements with breathing using common yoga poses emphasizing a mind and body connection. Benefits can include flexibility, strength, and balance. All levels welcome. (No class 9.19)
- **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. (No class 9.11)
- **Strength & Cardio Intervals**–An upper and lower body strength training workout with intervals of cardio and core work.
- **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.
- **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. (No class 9.24)
- **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!
- **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 9.1)
- **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. (No class 9.1)
- **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. (No class 9.1)
- **Cycling & TRX**– A high intensity cycling class incorporating 30 minutes of cycling and 30 minutes of TRX. (No class 9.19)
- **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. (No Class 9.1)
- **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. (No class 9/1 @ 5:45–6:30am, & 9/19 @ 5:45–6:30am) \*Pop-up class at 9am on 9/6 & 9/20 with Deena.
- **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. (No class 9.1, 9.17 @ 9:15–9:45am)
- **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 9.13)