



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chester County Branch YMCA Group Fitness Schedule September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Y will be closed for Labor Day!!!		9:00-10:00 AM **Gentle Flow Yoga w/Ashley (L1-2) C 1-2		10:30-11:30AM *Silver Sneakers Classic w/Jennifer	
10:30-11:30AM *Silver Sneakers Classic w/Jennifer		10:30-11:30AM *Silver Sneakers Classic w/ Jennifer	10:00-11:00 AM *Chair Yoga w/ Jan ! NEW CLASS (L-1) C-1 *Begins Sept. 14*	<p align="center">Fitness Key</p> <p>* = Upper Group Fitness Room ** = Lower Group Fitness Room</p> <p align="center">L = Level</p> <p>L 1 = Beginner L 2 = Intermediate L 3 = Advanced</p> <p align="center">C = Choreography</p> <p>C 1 = Low C 2 = Moderate C 3 = High</p>	
5:30-6:30 PM **Hip-Hop Cardio w/Ashley (L1-3) C 1-3	5:30-6:30 PM **Practical Yoga w/Ashley (L1-2) C 1-3		5:30-6:20 PM **Hip-Hop Cardio w/Ashley (L1-3) C1-3		
6:15-7:00 PM Cycle w/Iva (L 1-3) C 1	6:30 -7:30 PM *Latin Dance Fitness w/ Jan (L 1-3) C 1-3		6:30-7:15 PM **Pi-Yo (focus on core strength) w/ Ashley (L 2-3) C 2-3		
	6:45 - 7:45 PM **Infusion w/Sandee (L 1-2) C 2		6:45 - 7:45 PM *Cutting Edge w/Sandee (L 1-2) C 2		

Have You Tried Well Beats?

A video-based group fitness class projected from a drop down screen and led by group fitness experts. Well Beats has a wide variety of fitness class options. It's available to members when there isn't a scheduled class!

<p align="center"><u>Child Watch Hours</u> (Ages 8 wks. - 5 yrs. old) Monday - Thursday 4:00 - 8:00 PM</p>	<p align="center"><u>Zone Hours</u> (Ages 6+) Monday - Thursday 4:00 - 8:00 PM</p>
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Chester County Branch YMCA

Fitness Class Descriptions

2017

Cycle: A fun, exhilarating cardio workout that burns fat and improves endurance. This indoor cycling class sets the mood with dim lighting, stars, and motivating music. Bring a towel and water bottle and get ready to sweat! (Low-lighting class)

Infusion: Body resistance, toning and defining the overall body.

Cutting Edge: 15 min. focus on abs, 15 min. with free weights, and 30 min. of step-aerobics. Build strength and stamina with this energizing workout. .Come prepared to sweat!

Gentle Flow Yoga: A gentle class focusing on Yoga postures, breathing, balance, and releasing tension while listening to a selection of soothing music. This class is great for beginners, active older adults, or anyone wanting a feel-good stretch and relaxation. (Low-lighting class)

Practical Yoga: Based on Hatha-style yoga, this class focuses on strength, balance, toning, flexibility and breathing. The flowing transition poses also address basic body alignment and keeping the spine flexible. This class will leave you feeling energized both physically and mentally. (Low-lighting class)

Pi-Yo: A combination of Yoga and Pilates focusing on core strength. Incorporates the use of resistance bands and the body's own resistance.

Cardio Dance Fitness: A mix of rhythms and hip-hop dance styles to bring your heart rate up! Let go and lose yourself in the music. Classes are held in low lighting for a disco-type atmosphere, all you need is energy and a smile. Shake your endorphins and dance!

Latin Dance Fitness: This Latin and World rhythms dance-fitness class takes the "work" out of workout! Exercise in disguise, this fun and energetic class will make you feel amazing.

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are used for resistance. A chair is available if needed for seated or standing support.

Chair Yoga: A gentle form of Yoga that is practiced seated in a chair or using a chair for standing support. Perfect for seniors or anyone with difficulty sitting on the floor.



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Chester County Branch YMCA Indoor Pool Schedule September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-9:00 AM Open Swim	6:30-9:00 AM Open Swim		6:30-9:00 AM Open Swim		12:00-5:00 PM	NOTE: During swim team practice there will still be 2 lanes open for members
9:00-10:00 AM 5:30-6:30 PM Aquacise Class	9:00-10:00 AM Aquacise Class	9:00-10:00 AM Aquacise Class	9:00-10:00 AM 5:30-6:30 PM Aquacise Class	9:00-10:00 AM Aquacise Class		
10:00-2:00 PM Open Swim	10:00-2:00 PM Open Swim	10:00-2:00 PM Open Swim	10:00-2:00 PM Open Swim	10:00-2:00 PM Open Swim	12:00-3:00 PM Open Swim	
2:00-3:30 PM Pool Closed Cleaning	2:00-3:30 PM Pool Closed Cleaning	2:00-3:30 PM Pool Closed Cleaning	2:00-3:30 PM Pool Closed Cleaning	2:00-3:30 PM Pool Closed Cleaning	3:00-4:50 PM Adult/Family Swim	2:00-3:30 PM Open Swim
3:30-5:30 PM Family Swim	3:30-5:30 PM Open Swim	3:30-5:30 PM Family Swim	3:30-5:30 PM Open Swim	3:30-5:30 PM Family Swim		3:30-4:50 Adult/Family Swim
5:30-7:50 PM Adult/Family Swim	5:30-7:50 PM Adult/Family Swim	5:30-7:50 PM Adult/Family Swim	5:30-7:50 PM Adult/Family Swim	5:30-7:50 PM Adult/Family Swim		

Safety Tips

- * All children under 11 years must be accompanied by an adult at all times.
- * During "Family/Adult Swim" 17 yrs. and under must be accompanied by their MEMBERSHIP PARENT.
- * Adults are 18 and older by YMCA standards.
- * Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.

Please Note

- * Pool closes Monday thru Friday @ 2:00 PM for cleaning.
- * Multiple activities are often scheduled at the same time.
- * Pool parties may be scheduled Saturdays or Sundays.