



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chester County Branch YMCA Group Fitness Schedule January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM **Barre Above w/ Amy (L 1-3) C 1-3		9:00-10:00 AM **Gentle Flow Yoga (Hatha Style) w/Ashley (L 1-2) C 1-2	8:30-9:30 AM **Barre Above w/ Amy (L 1-3) C 1-3	10:30-11:30AM *Silver Sneakers Classic w/Jennifer	9:00-10:00 AM **BOOT CAMP w/ Sandee
10:30-11:30AM *Silver Sneakers Classic w/Jennifer		10:30-11:30AM *Silver Sneakers Classic w/ Jennifer		<p align="center"><u>Fitness Key</u></p> <p>* = Class Held in Upper Group Fitness Room ** = Class Held in Lower Group Fitness Room</p> <p align="center"><u>L = Level</u></p> <p>L 1 = Beginner L 2 = Intermediate L 3 = Advanced</p> <p align="center"><u>C = Choreography</u></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 (Hatha Style) w/Ashley (L1-2) C 1-3	5:30-6:30 PM *Barre w/ Jan	5:30-6:30 *Latin Dance w/ Jan		
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	9:00-10:00 AM *Chair Yoga w/ Jan (L-1) C-1	6:00-6:45 PM **Power Yoga w/ Ashley (L 2-3) C 2-3		
	6:45 - 7:45 PM **Cutting Edge w/Sandee (L 1-2) C 2	6:30-7:30 PM **Infusion w/Sandee (L1-2) 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

2019

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)**

Power Yoga: A fast-paced 'Vinyassa' style flow, this class focuses on strength and flexibility by using transitioning poses, body resistance, and ends with a deep stretch. **This class is Intermediate/Advanced. (Low-lighting class)**

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! **(Low-lighting class)**

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.

Barre Above: Barre Above is a fusion of ballet, yoga, pilates and strength training. This class incorporates patterns of isometric movements and sequencing patterns to target certain muscle groups. Improves strength, balance, flexibility, posture and body tone. **No dance experience needed!**



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Chester County Branch YMCA Indoor Pool Schedule January 2019

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 POOL HOURS	NOTE: During swim team practice there will still be 2 lanes open for members
9:00-10:00 AM Aquacise Class	9:00-10:00 AM Aquacise Class	9:00-10:00 AM Aquacise Class	9:00-10:00 AM 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 and Guidelines

*** 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

***Swim Team practice hours: Mon. Tues. Thurs. 3:45-5:15 pm (no lap swim or water walk)**

***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**