



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chester County Branch YMCA Group Fitness Schedule September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 AM *Silver Sneakers Circuit w/ Jennifer (New Class!)		9:00-10:00 AM *Gentle Yoga (Seated or Standing) w/ Jan (L-1) C-1	8:30-9:30 AM *Barre w/ Jan (L 1-3) C 1-3	10:30-11:30AM *Silver Sneakers Classic w/Jennifer	9:00-10:00 AM **BOOT CAMP w/ Sandee <i>(when available)</i>
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>	
4:30-5:15 PM *Barre w/ Angie (L1-3) C 1-2	5:30-6:30 PM **Hatha Yoga w/Ashley (L1-2) C 1-2	4:30-5:15 PM *Barre w/ Angie (L1-3) C 1-2	5:30-6:30 *Latin Dance w/ Jan (L 1-3) C 1-3		
5:30-6:30 PM **Hip-Hop Step w/Ashley (L1-3) C 1-3	6:00 -7:00 PM *Latin Dance Fitness w/ Jan (L 1-3) C 1-3	5:30-6:30 PM *Barre w/ Jan (L-1-3) C-1-3	6:00-6:45 PM **Power Yoga w/ Ashley (L 2-3) C 2-3		
6:15-7:00 PM Cycle w/Iva (L 1-3) C 1 (TOP HALL)	6:45 - 7:45 PM **Muscle Blast w/Sandee (L 1-3) C1-2 <i>(when available)</i>	6:30-7:30 PM **Muscle Blast w/Sandee (L1-3) C 1-2 <i>(when available)</i>	6:45 - 7:45 PM *Muscle Blast w/Sandee (L 1-3) C-2 <i>(when available)</i>		

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><u>Child Watch Hours</u></p> <p>(Ages 8 wks. +11 yrs) Monday – Thursday 4:00 – 7:00 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)**

Muscle Blast: Blast each major muscle group with this full body burning workout. This strength based class will include bodyweight, weighted and resistance training exercise.

Gentle 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)**

Hatha Yoga: Based on Hatha-style yoga, this class focuses on strength, balance, posture, flexibility and breathing. The flowing transition poses also address basic body alignment and keeping the spine flexible. This class will leave you feeling loose and relaxed 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 deep stretch. **This class is Intermediate/Advanced. (Low-lighting class)**

Hip-Hop Step: A mix of fast and slow 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: 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 support.

SilverSneakers Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing **circuit** workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a **SilverSneakers** ball is alternated with low-impact aerobic choreography

Gentle 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: Barre 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!**

Aquatics Arthritis Exercise: Conducted in a heated pool, this class focuses on improving joint flexibility, range of motion, and reducing pain and stiffness in individuals with arthritis and joint replacements.

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.**

***Pool closes Monday thru Friday from 2:00-3:30 PM for cleaning.**

***Multiple activates are often scheduled at the same time.*Pool parties may be scheduled Saturdays or Sundays**