



OCTOBER 2019 WILKES-BARRE FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EX CLASSES ARE COMPLIMENTARY WITH MEMBERSHIP

STUDIO X IS FEE & SESSION BASED SMALL GROUP PERSONAL TRAINING WITH USE OF MYZONE. MEMBERS RECEIVE A REDUCED RATE. SEE BACK FOR MORE INFO.

MORNING CLASSES

WEEKEND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	45 MINUTES CYCLING 6:00AM - JESS K.	POWER TRAIN 6:00AM - KEVIN	45 MINUTES CYCLING 6:00AM - JESS K.	STRENGTH TRAIN TOGETHER 6:00AM - KIM	NEW ARMS & ABS 8:30AM - ASHLEY BEGINS 10/12
WATER FITNESS 8:15AM	# GERI-FIT® 8:00AM - COLLEEN	WATER FITNESS 8:15AM	# GERI-FIT® 8:00AM - COLLEEN	WATER FITNESS 8:15AM	IT'S BACK! POWER STEP 9:00AM - ASHLEY BEGINS 10/12
STEP & SCULPT 9:15AM - CHRIS	INTERMEDIATE BODY WORX 9:00AM - MARY	# STRONG & BALANCED 9:15AM - CHRIS	INTERMEDIATE BODY WORX 9:00AM - MARY	STRENGTH TRAIN TOGETHER 9:00AM - KAREN B.	STUDIO X 8:00AM MARANDA, MARY & LAURANEL
45 MINUTES CYCLING 10:00AM - KAREN B.	YOGA 10:00AM - GEOFF	# ZUMBA gold 10:00AM - KAREN A.	YOGA 10:00AM - GEOFF	CYCLE TOGETHER 10:00AM - COLLEEN M.	
FLOWFIT 11:00AM - KAREN B.	ZUMBA FITNESS 11:00AM - NATALIYA	45 MINUTES CYCLING 10:00AM - KAREN B.	ZUMBA FITNESS 11:00AM - GIA	HR STRENGTH 11:00AM - MARY	45 MINUTES CYCLING 9:00AM - JESS
STUDIO X 12:00PM - MARY	STUDIO X LEVEL 1 12:00PM - CHRIS	TOP TO BOTTOM 11:00AM - CHRIS	STUDIO X 12:00PM - MARY	YOGA 12:00PM - GEOFF	ZUMBA FITNESS 11:00AM - NATALIYA
STRENGTH TRAIN TOGETHER 12:00PM - KAREN B.	HIIT HOUR 12:00PM - MARY	ADVANCED BODY WORX 12:00PM - MARY	45 MINUTES CYCLING 12:00PM - TONYA		CYCLE 30 TOGETHER 11:00AM - DAWN
45 MINUTES CYCLING 12:00PM - CHRISTINE	45 MINUTES CYCLING 12:00PM - CHRISTINE				

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
# AFAP 4:30PM - ARLETTE/TERRI		# AFAP 2:30PM - ARLETTE/TERRI	# STRONG & BALANCED 4:30PM - CHRIS	# AFAP 4:30PM - ARLETTE/TERRI	45 MINUTES CYCLING 10:00AM - WENDI
	CARDIO & CORE CONDITIONING 4:45PM - MARANDA	# YOGA FUSION 4:30PM - GEOFF	45 MINUTES CYCLING 4:30PM - TALIA		
STUDIO X 5:00PM - MARANDA	STUDIO X LEVEL 1 12:00PM - CHRIS	STUDIO X 5:00PM - CHRIS	STUDIO X 5:00PM - MARANDA	STUDIO X 5:00PM - CANDY	
Zen BARRE 5:15PM - CANDY	CORE WORKS 5:30PM - KIM	45 MINUTES CYCLING 5:00PM - DAWN	ZUMBA FITNESS 5:15PM - CANDY		
45 MINUTES CYCLING 5:00PM - DAWN		BARRE above 5:30PM - KIM			
HIIT HOUR 6:00PM - CANDY	KICKBOX BOSU 6:00PM - CHRIS	STRENGTH TRAIN TOGETHER 6:00PM - DAWN 45 MINUTE CLASS	NEW CARDIO & CORE CONDITIONING 6:00PM - MARANDA 30 MINUTE EXPRESS	ZUMBA FITNESS 6:00PM - NATALIYA	# FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program!
STUDIO X 7:00PM - MARY	45 MINUTES CYCLING 6:00PM - DAWN		RESTORATIVE YOGA 6:30PM - JESSICA		COPILOT MEMBERSHIP REQUIRED

Non-member class policy: All classes are \$10 each for non-members. Guests of Wilkes-Barre Family YMCA Members may take classes for only \$5.

PLEASE NOTE: Classes averaging less than ten (10) participants may be removed from the schedule at any time. Please sign-in for every class you attend. Attendance is tracked to continue to provide the classes you enjoy. Schedule is subject to change with limited notice. Sign up for text alerts to receive the most timely notices.



GROUP EXERCISE CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Arms & Abs Exactly that. Tone your arms, tighten your abs. Done.

Barre Above A fusion of yoga, pilates, strength training, and ballet with sequencing patterns and isometric movements that target specific muscle groups. Exercises performed with the assistance of a barre helps to improve strength, balance, flexibility and posture. This class is low-impact and conducive to all fitness levels.

BodyWorx This class will offer cardio, strength, range of motion and stability! Learn to use body weight with angles and repetition to strengthen and stabilize your body. Amplified classes have more challenging options available than intermediate classes, although both classes have modifications to cater to all levels of fitness. Classes range from 30, 45 and 60 minutes depending on the instructors workout plan for the day.

Cardio & Core Conditioning A sports-inspired cardio class which combines simple athletic movements with strength and stabilization exercises. Simple doesn't mean easy, it just means not complicated. Lots of body weight exercises combined to help you shed fat, increase speed, become more agile and jump higher. Plus bonus killer core round!

Core Works This 30 minute class provides an intense core workout that will be a rock solid compliment to your current exercise regimen. Ideal for tightening your tummy and butt, while also improving functional strength to help you excel in life.

Cycle Together Because of its authentic and athletic design Cycle Together is a fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body. Control the intensity of the workout by adjusting your own bike for 60 minutes! A more intense workout for the avid cyclist looking to train indoors.

Cycle 30 Together A 30-minute cardio workout revolutionizing indoor cycling. Music will make the time fly, and you will feel great working up a sweat! You can make the most out of Cycle 30 Together, no matter if you are just starting an exercise program or have been racing bikes for years. It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time and men and women of all ages.

FlowFit Build flexibility and strength. A beautiful class set to music with flowing movements of yoga, pilates and tai chi followed by an optional meditation and relaxation session.

HR Strength is designed to increase stamina, endurance and strengthen your cardiovascular system i.e. your HEART. Class is filled with moderate body weight and cardio exercises which can be modified for less intensity or built up for those looking for a powerful workout. It is geared towards those looking to increase overall heart health.

HIIT Hour Class will feature a variety of HIIT programs such as insanity, P90X, Metafit and more! Come weekly to get your maximum calorie burn.

Indoor Cycling Bring your outdoor cycling indoors! High intensity group cycling class that includes challenging hill climbs, sprints, and interval training for all fitness abilities.

Kickbox Bosu A fusion of Cardio Kickboxing and use of the BOSU ball. A class that is sure to kick butt!

Restorative Yoga Passive stretching with props to deepen stretches while being fully supported. Fully release your burdens and toxins with this meditative class. Participants are encouraged to bring their own pillow. Individual Reiki energy healing and personal adjustments are offered at the end of each session.

Power Step A true favorite! This class will drive your heart rate up while giving your legs and butt a fantastic workout. Excellent music is a bonus.

Power Train Pump up your body. Designed to increase strength and muscular endurance with the use of free weights and plate loaded barbells and more. Non-choreographed power focused weight training.

Step & Sculpt Movements performed on and off of step platform, with or without risers. Class consists of basic step patterns for the new stepper and options for the more advance participant. Intensity level is determined by speed, travel, and execution of movement. Increase your cardiovascular strength and endurance.

Strength Train Together Blast your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music will get your heart rate up, make you sweat and push you to a personal best.

Strong & Balanced Enhance your muscle strength, flexibility and balance! This cardio class combines movement and wrist/ankle weights (chair optional). This is a beginner/intermediate class.

Top to Bottom Get in shape from top to bottom! Class will be different each week using a variety of equipment and exercises for all levels of fitness.

Water Fitness A low impact fun and invigorating way to exercise! Most classes are conducted in the shallow end of the pool and enhanced by music. Each class is designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress, improve physical appearance, and develop a sense of well-being.

Yoga Promoting flexibility & strength. Various breathing techniques & poses combined to reduce stress, increase flexibility, and enhance general well-being.

Yoga Fusion This class utilizes exercises drawn from tai chi and yoga to create an invigorating yet stress relieving workout. Gentle tai chi movements blended with slightly more vigorous yoga sequences are designed to relieve stress, boost energy levels, balance internal organs, and bolster immunity.

Zen Barre® Provides a challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. This class will provide the ultimate workout using a combination of barre and pilates moves connecting with the mind, body, spirit philosophies of yoga.

Zumba® Zumba® fuses hypnotic Latin rhythms & easy to follow moves creating a dynamic fitness program that will blow you away. The principle behind Zumba® is incredibly simple; get fit and have fun! There are no complicated moves to learn and you don't need the coordination of a standard aerobics class.

Zumba® Gold Designed for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

STUDIO X

Our signature small group training program led by certified instructors provides cross training exercises based on constantly varied functional movements. STUDIO X includes the use of MyZone, a tracking device with 99.4% accuracy as compared to an EKG. See you actual calorie burn, learn about your heart rate, monitor your effort and more. Use equipment reserved for STUDIO X only and enjoy an unparalleled fitness experience.

OUR VISION

- We pride ourselves on offering diverse options
- We to cater to all fitness levels
- We believe everyone deserves to be successful
- We use weight and resistance to challenge you or assist you when needed
- We sprinkle in cardio and HIIT training
- We play games and have friendly competitions
- We are a team environment
- We create accountability and forge friendships

STUDIO X is requires for registration. Classes are held in sessions. Cost is \$2/class for family members; \$3/class for members and \$10/class for non-members.

Just want to pop in? Email lauranel.banks@wbymca.org to schedule a drop-in for \$10.

SIGN UP FOR TEXT ALERTS

Text **FILLMEIN** to **84483** to receive **Facility** alerts.

Text **GROUPEX** to **84483** to receive **Group Exercise** alerts.

Text **POOLALERTS** to **84483** to receive **Mericle Pool** alerts.

Text **YGYMS** to **84483** to receive **Gym Alerts** alerts.

Text **YCHILDCARE** to **84483** to receive **Childcare** alerts.

Text **YCKDAY** to **84483** to receive **Day Camp** alerts.

Text **WBYCW** to **84483** to receive **Child Watch** alerts.

Text **WBFAM** to **84483** to receive **Youth & Family Programming** alerts.

By signing up for alerts, you will also be added to full facility marketing messages and announcements. Messages and alerts are limited. Standard text messaging and data rate apply.

FOLLOW US ON SOCIAL MEDIA

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WILKES-BARRE FAMILY YMCA ACTIVE OLDER ADULT & SILVERSNEAKERS®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WATER FITNESS 8:15AM</p>	<p>GERI-FIT® 8:00AM - COLLEEN</p>	<p>WATER FITNESS 8:15AM</p>	<p>GERI-FIT® 8:00AM - COLLEEN</p>	<p>WATER FITNESS 8:15AM</p>
		<p>STRONG & BALANCED 9:15AM - CHRIS</p>		
		<p>ZUMBA® gold 10:00AM - KAREN A.</p>		
<p>ENHANCE FITNESS® 10:00AM - EF TEAM</p>		<p>ENHANCE FITNESS® 10:00AM - EF TEAM</p>		<p>ENHANCE FITNESS® 10:00AM - EF TEAM</p>
<p>FIT & STRONG! 1:00PM MARY REGISTRATION REQUIRED. BEGINS 10/2 NO DROP-INS</p>	<p>CLASSIC 1:30PM- JOAN</p>	<p>FIT & STRONG! 1:00PM MARY REGISTRATION REQUIRED. BEGINS 10/2 NO DROP-INS</p>	<p>CLASSIC 1:30PM- JOAN</p>	<p>FIT & STRONG! 1:00PM MARY REGISTRATION REQUIRED. BEGINS 10/2 NO DROP-INS</p>
		<p>AFAP 2:30PM ARTHRITIS FOUNDATION AQUATIC PROGRAM</p>		
<p>AFAP 4:30PM ARTHRITIS FOUNDATION AQUATIC PROGRAM</p>		<p>YOGA FUSION 4:30PM - GEOFF</p>	<p>STRONG & BALANCED 4:30PM - CHRIS</p>	<p>AFAP 4:30PM ARTHRITIS FOUNDATION AQUATIC PROGRAM</p>

ALL CLASSES ARE EXCELLENT FOR ACTIVE OLDER ADULTS AND SENIORS SEEKING WORKOUTS TO ENHANCE THEIR LIFESTYLE.

Workout intensity ranges based on class. Please see reverse for descriptions.

SILVER SNEAKERS MEMBERSHIP

Silver Sneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. It's a fun, energizing program that helps you take greater control of your health by encouraging physical activity in a social atmosphere. Many individuals can be members with us for little or no cost. Check with your insurance company to see if you're eligible for this full-facility membership! Need help? Just Ask!

‡ AREA AGENCY ON AGING PRIME TIME HEALTH

Thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program, all classes marked with ‡ are FREE to anyone age 50+ regardless of Wilkes-Barre Family YMCA membership. Join us at any time! Copilot Membership Required.



WILKES-BARRE FAMILY YMCA

ACTIVE OLDER ADULT & SILVERSNEAKERS®

FOR YOUTH DEVELOPMENT®
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Class Descriptions

AFAP – ARTHRITIS FOUNDATION AQUATIC PROGRAM: Led by a certified AFAP instructor, this class uses the water’s buoyancy to reduce the impact on joints allowing those with arthritis to enjoy a workout. Classes can help improve cardiovascular fitness, balance and range of motion. **FREE** to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Copilot Membership Required

Enhance Fitness: NEXT CLASS IN JANUARY Enhance Fitness is geared toward older adults, and those with a chronic condition, such as arthritis, need not worry; you’ll never have to do anything that hurts. We have chairs you can use for support, if necessary. When you’re ready you can add soft ankle and wrist weights to your workout. Registration required. Call 570-970-5022 to learn more and register for class.

Fit & Strong! NEW CLASS IN OCTOBER Fit & Strong! is an award-winning, multi-component, evidence-based physical activity program for older adults. This 25 session program targets older adults with osteoarthritis and has demonstrated significant functional and physical activity improvements in this population. Registration & Copilot Membership required. Next session begins in October. Call 570-970-5012 to learn more and register for the next class.

Gerifit: This 8 week sessions based strength training program is ideal for older adults. Rebuild strength that’s been lost through the aging process and help ease arthritic pain that’s associated with aging bodies. **FREE** to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Copilot Membership Required

Silver Sneakers 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 Silver Sneakers ball are offered for resistance. A chair is available for seated or standing support. YMCA or Silversneaker Membership Required

Strong & Balanced: Enhance your muscle strength, flexibility and balance! This cardio class combines movement and wrist/ankle weights (chair optional). Beginner/Intermediate class. **FREE** to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Copilot Membership Required

Water Fitness: A low impact fun and invigorating way to exercise! Most classes are conducted in the shallow end of the pool and enhanced by music. Each class is designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress, improve physical appearance, and develop a sense of well-being. YMCA or Silversneaker Membership Required

Yoga Fusion: This class utilizes exercises drawn from tai chi and yoga to create an invigorating yet stress relieving workout. Gentle tai chi movements blended with slightly more vigorous yoga sequences are designed to relieve stress, boost energy levels, balance internal organs, and bolster immunity. Copilot Membership Required

Zumba® Gold Designed for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Copilot Membership Required

CO-PILOT

Co-pilot is a both a type of membership and a check-in system. Both members and non-members of our YMCA must be registered with co-pilot to attend these classes. Check-in is required at the co-pilot system before attending each class. Attendance is tracked and occasional additional paperwork is required for state reporting purposes to keep these classes free for our community. We appreciate your cooperation.

To apply for co-pilot membership, visit our front desk and fill out a simple one-page form. This will allow you to be able to attend all classes that are sponsored by the Area Agency of Aging Prime Time Health Program.

Age requirements for this membership are 55+.

Classes available with co-pilot membership are designated by this symbol: †

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