



JANUARY 2020 WILKES-BARRE FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW 45 MINUTES CYCLING 6:00AM - ASHLEY	45 MINUTES CYCLING 6:00AM - JESS K.	POWER TRAIN 6:00AM - KEVIN	45 MINUTES CYCLING 6:00AM - JESS K.	STRENGTH TRAIN 6:00AM - KIM
WATER FITNESS 8:15AM - SAM	* GERIFIT 8:00AM - COLLEEN	WATER FITNESS 8:15AM - SAM	* GERIFIT 8:00AM - COLLEEN	WATER FITNESS 8:15AM - SAM
STEP & SCULPT 9:15AM - CHRIS	INTERMEDIATE BODY WORX 9:00AM - MARY	* STRONG & BALANCED 9:15AM - CHRIS	INTERMEDIATE BODY WORX 9:00AM - MARY	STRENGTH TRAIN 9:00AM - KAREN B.
45 MINUTES CYCLING 10:00AM - KAREN B.	YOGA 10:00AM - GEOFF	45 MINUTES CYCLING 10:00AM - KAREN B. * ZUMBA 10:00AM - KAREN A.	YOGA 10:00AM - GEOFF	CYCLE TOGETHER 10:00AM - COLLEEN
FLOWFIT 11:00AM - KAREN B.	ZUMBA 11:00AM - NATALIA C.	TOP TO BOTTOM 11:00AM - CHRIS	ZUMBA 11:00AM - GIA	STRENGTH 11:00AM - MARY
45 MINUTES CYCLING 12:00PM - CHRISTINE	45 MINUTES CYCLING 12:00PM - CHRISTINE	ADVANCED BODY WORX 12:00PM - MARY	45 MINUTES CYCLING 12:00PM - TONYA	YOGA 12:00PM - GEOFF
STRENGTH TRAIN 12:00PM - KAREN B.	NEW MET CON 12:00PM - MARY * STUDIO X LEVEL 1 12:00PM - CHRIS		* STUDIO X 12:00PM - MARY	

WEEKEND CLASSES

SATURDAY
NEW 45 MINUTES CYCLING 7:45AM - ASHLEY
TIME CHANGE 9:00AM - LAURANEL
45 MINUTES CYCLING 9:00AM - JESS
ZUMBA 11:00AM - NATALIYA G.
CYCLE 30 TOGETHER 11:00AM - DAWN
SUNDAY
45 MINUTES CYCLING 10:00AM - WENDI
* MEDITATION 11:00AM - GEOFF

CLASS KEY

STRENGTH & WEIGHTS

CYCLING

* MIND & BODY

ATHLETIC CONDITIONING
& MARTIAL ARTS

CORE TRAINING

AEROBIC/WEIGHT MIX

INTERVAL TRAINING

* SMALL GROUP
PERSONAL TRAINING

DANCE

BARRE

POOL

‡ FREE to those 50+ thanks to a
sponsorship by the Area Agency on
Aging Prime Time Health Program!
COPILOT MEMBERSHIP REQUIRED

* PAID PROGRAMMING. Advanced
registration required.

SEE BACK FOR DETAILS

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
* AFAP 4:30PM ARLETTE/TERRI		* AFAP 2:30PM ARLETTE/TERRI		* AFAP 4:30PM ARLETTE/TERRI
POWER TRAIN 4:30PM - LAURANEL NOW 45 MINUTES	CARDIO & CORE CONDITIONING 4:45PM - MARANDA	* YOGA FUSION 4:30PM - GEOFF	* STRONG & BALANCED 4:30PM - CHRIS	
* STUDIO X 5:00PM - MARANDA		* STUDIO X 5:00PM - CHRIS		* STUDIO X 5:00PM - CANDY
45 MINUTES CYCLING 5:15PM - DAWN		45 MINUTES CYCLING 5:15PM - DAWN	45 MINUTES CYCLING 5:00PM - TALIA	
Zen BARRE 5:15PM - CANDY	CORE WORKS 5:30PM - KIM	BARRE above 5:30PM - KIM NOW 45 MINUTES!	CARDIO & CORE CONDITIONING 5:15PM - MARANDA	
NEW MET CON 6:00PM - CANDY	KICKBOX BOSU 6:00PM - CHRIS 45 MINUTES CYCLING 6:00PM - DAWN	STRENGTH TRAIN 6:15PM - DAWN 45 MINUTE EXPRESS	CORE WORKS 6:00PM - MARANDA	ZUMBA 6:00PM - NATALIYA G.
* STUDIO X 7:00PM - MARY	NEW STUDIO X * 6:00PM - DEREK		NEW STUDIO X * 6:00PM - DEREK	

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. Schedule is subject to change with limited notice.



GROUP EXERCISE CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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](#)

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 & Cycle 30 Together Both are 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. Cycle Together is 60 minutes and a more intense workout. Cycle 30 Together is only 30 minutes. Both have formats that are easy to follow, great music and give you the choice to start off slow or strong!

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.

Gerifit This 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](#)

HR Strength is designed to increase stamina, endurance and strengthen your cardiovascular system i.e. your HEART. This is an interval 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.

MET CON is metabolic conditioning via High Intensity Interval Training (HIIT). This is an intense class designed to maximize calorie burn and increase stamina.

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!

Power Train This weight lifting class is a must add to everyone's class routine. Designed to increase strength and muscular endurance with the use of free weights, plate loaded barbells and more. Shape, tone and sculpt your body. Get the strength needed for everyday life.

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. [Copilot Membership Required](#)

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. [Copilot Membership Required](#)

Zen Barre® Provide challenging and unique workouts designed to sculpt and strengthen your entire body as well as increase flexibility. These classes will provide the ultimate workout using a combination of barre and pilates moves connecting with the mind, body, spirit philosophies of yoga. SPARK will just give you a little extra sweat.

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. [Copilot Membership Required](#)

* STUDIO X

Our signature small group training program led by certified instructors provides cross training exercises based on constantly varied functional movements. STUDIO X features MyZone with 99.4% for actual calorie burn, heart rate, effort and more. Participants have access to equipment reserved for STUDIO X and enjoy an unparalleled fitness experience.

OUR VISION

- We pride ourselves on offering diverse options
- We 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 requires registration for each class desired. Cost is \$20 for family members; \$30 for members and \$80 for non-members for two months.

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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JANURAY 2020
WILKES-BARRE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT & SILVERSNEAKERS

‡ 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.

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

CLASS KEY

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

**STRENGTH
& WEIGHTS**

**MIND
& BODY**

**AEROBIC
WEIGHT MIX**

DANCE

POOL



ACTIVE OLDER ADULT & SILVERSNEAKERS

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Class Descriptions

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Enhance Fitness: NEW 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 FEBRUARY 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 February. Call 570-970-5012 to learn more and register for the next class.

Gerifit: This 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

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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 on the schedule. ‡

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