



FEBRUARY 2020
WILKES-BARRE FAMILY YMCA

GROUP EXERCISE & CYCLING SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00AM - ASHLEY	6:00AM - JESS K.	6:00AM - KEVIN	6:00AM - JESS K.	6:00AM - KIM
8:15AM - SAM	8:00AM - COLLEEN	8:15AM - SAM	8:00AM - COLLEEN	8:15AM - SAM
9:15AM - CHRIS	9:00AM - MARY	9:15AM - CHRIS	9:00AM - MARY	9:00AM - KAREN B.
10:00AM - KAREN B.	10:00AM - GEOFF	10:00AM - KAREN B.	10:00AM - GEOFF	10:00AM - COLLEEN
11:00AM - KAREN B.	11:00AM - NATALIA C.	11:00AM - CHRIS	11:00AM - GIA	11:00AM - MARY
12:00PM - CHRISTINE	12:00PM - CHRISTINE		12:00PM - TONYA	
12:00PM - KAREN B.	12:00PM - MARY	12:00PM - MARY		12:00PM - GEOFF

WEEKEND CLASSES

SATURDAY
7:45AM - ASHLEY
9:00AM - LAURANEL
9:00AM - JESS
11:00AM - NATALIYA G.
11:00AM - DAWN
SUNDAY
10:00AM - WENDI
11:00AM - GEOFF PAID PROGRAMMING REQUIRES BIMONTHLY REGISTRATION

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30PM ARLETTE/TERRI		2:30PM ARLETTE/TERRI		4:30PM ARLETTE/TERRI
4:30PM - LAURANEL NOW 45 MINUTES	4:45PM - MARANDA	4:30PM - GEOFF	4:30PM - CHRIS	
5:15PM - DAWN		5:15PM - DAWN	5:00PM - TALIA	
5:15PM - CANDY	5:30PM - KIM	5:30PM - KIM NOW 45 MINUTES!	5:15PM - MARANDA	
6:00PM - CANDY	6:00PM - CHRIS	6:15PM - DAWN 45 MINUTE EXPRESS	6:00PM - MARANDA	6:00PM - NATALIYA G.
	6:00PM - DAWN			

CLASS KEY
* STRENGTH & WEIGHTS
CYCLING
MIND & BODY
ATHLETIC CONDITIONING & MARTIAL ARTS
CORE TRAINING
AEROBIC/WEIGHT MIX
INTERVAL 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

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 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. Cycle Together is 60 minutes and a more intense workout. The format is easy to follow with great music to 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 lass 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](#)

FOLLOW US ON SOCIAL MEDIA

Facebook

Wilkes-Barre Family YMCA

Instagram

@wilkes_barrefamilyymca

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.



FEBRUARY 2020
WILKES-BARRE FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT & SILVER SNEAKERS

‡ 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>	SilverSneakers CLASSIC 1:30PM- JOAN	‡ FIT & STRONG 1:00PM - MARY <small>REGISTRATION REQUIRED. NO DROP-INS</small>	SilverSneakers 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 & SILVER SNEAKERS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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: 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! 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 Silver sneaker 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 Silver sneaker 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: †

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

Facebook
Wilkes-Barre Family YMCA

Instagram
@wilkes_barrefamilyymca



FEBRUARY 2020
WILKES-BARRE FAMILY YMCA

VIRTUAL MYZONE & STUDIO X SCHEDULE

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7am - Virtual Class Xtreme Burn Abs/Core	7am - Virtual Class Xtreme Burn Abs/Core	7am - Virtual Class Xtreme Burn HIIT 30	7am - Virtual Class Xtreme Burn Abs/Core	7am - Virtual Class Xtreme Burn HIIT 30
10am - Virtual Class Dance & Sweat 1				10am - Virtual Class Dance & Sweat 1
	* STUDIO X LEVEL 1 12:00PM - CHRIS PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	MONTHLY FIT TEST 12pm - Wed. 2/19 IN SPIN ROOM FOR MYZONE USERS SEE BACK FOR DEATILS	* STUDIO X 12:00PM - MARY PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	

SATURDAY
MONTHLY FIT TEST 7:15am - Sat. 2/22 IN SPIN ROOM FOR MYZONE USERS SEE BACK FOR DEATILS
10am - Virtual Class Xtreme Burn Abs/Core
12pm - Virtual Class Xtreme Burn HIIT 30

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30pm - Virtual Class TaeBo Shred	4pm - Virtual Class Piloxing	3:30pm - Virtual Class TaeBo Shred	4pm - Virtual Class Piloxing	3:30pm - Virtual Class TaeBo Shred
* STUDIO X 5:00PM - MARANDA PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	MONTHLY FIT TEST 5:30pm - Tues. 2/18 IN SPIN ROOM FOR MYZONE USERS SEE BACK FOR DEATILS	* STUDIO X 5:00PM - CHRIS PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	* STUDIO X 6:00PM - DEREK PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	* STUDIO X PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8
* STUDIO X 7:00PM - MARY PAID PROGRAMMING JAN/FEB - Now Drop-ins only MAR/APR REGISTRATION Members - 2/1 Non-member - 2/8	7:30pm - Virtual Class Tone It Up 1 Total Body Workout	7:30pm - Virtual Class Yoga Warehouse	7:30pm - Virtual Class Tone It Up 1 Total Body Workout	
8:15pm - Virtual Class Yoga Beach	8:15pm - Virtual Class Piloxing		8:15pm - Virtual Class Piloxing	8:15pm - Virtual Class Yoga Beach

WEEKEND CLASSES

SUNDAY
2pm - Virtual Class Tone It Up 1 Total Body Workout
3:30pm - Virtual Class TaeBo Shred
1pm - Virtual Class Dance & Sweat 1
2pm - Virtual Class Piloxing

CLASS KEY

INTENSE 90% - 100% EFFORT
HARD 80% - 89% EFFORT
MODERATE 70% - 79% EFFORT
LIGHT 60% - 69% EFFORT
RELAXATION 50%-59% EFFORT
SMALL GROUP PERSONAL TRAINING
* PAID PROGRAMMING. Advanced registration required.
SEE BACK FOR DETAILS



CLASS DESCRIPTIONS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL MYZONE CLASSES

- All virtual classes automatically start at the time listed.
- A Myzone Activity Belt enhances experience and guides participants but is not required.
- An in person instructor is not present. YMCA staff do not monitor virtual classes.
- All virtual classes are held in Studio X. The studio holds 12 participants comfortably. Space is first come, first serve.

Fit Test (11 Minutes) Myzone fitness tests are a great way to track improvement and progress by matching HR zones to the best of your ability. During the test you will be prompted to spend 1 minute in gray, 3 minutes in blue, 3 minutes in green and 3 minutes in purple (a special zone for the test that is 80%-85%). At the end of 10 minutes you will STOP and your Myzone belt will monitor your recovery and provide you fitness score and/or zone % match. Over time you can watch your numbers improve. Fitness tests are BEST performed on a spin bike and in a similar atmosphere each time. We will host 3 exclusive fit tests for Myzone users each month. Join one each month. Bikes are first come first serve.

Dance & Sweat 1 (50 Minutes) Dance & sweat through this full-body toning workout. No prior dance experience needed! With this class that's fun and exciting, you will be worked hard from head to toe following choreographed moves to copy on screen.

Piloxing (30 Minutes) Push beyond your limits in this cardio mix of standing pilates, boxing and dance. Plyometric and functional training utilizing Pilates principles increases your fitness level, boosts your confidence and strength, gives results. This work out improves fitness levels for beginners while it maintains and builds endurance for intermediate athletes.

TaeBo Shred (60 Minutes) Join fitness legend Billy Blanks in his TaeBo + Bootcamp fat-shredding workout! This is high cardio plus hard-core strength training for a total body workout that really shreds. More jumping, explosive techniques and the biggest fat burn yet! You can trim down quickly as you tone and tighten all over.

Tone It Up 1 - Total Body Workout (35 Minutes) Join fitness celebrities Karena & Katrina of Tone It Up for a full-body toning workout. Get ready to WORK it and define your total body, sculpting every inch from head to toe. You're going to feel that amazing burn in your arms, abs, legs and bum.

Xtreme Burn Abs/Core (20 Minutes) In this Abs/Core workout led by YouTube fitness superstar, Kym Nonstop, this 20-minute workout goes above and beyond what you expect in an ab routine. Sculpt, lengthen and define your core for a tighter midsection. You'll see exactly how she earned the name, Kym Nonstop.

Xtreme Burn HIIT 30 (30 Minutes) A total body, high intensity workout that is a fast paced combination of dynamic functional strength moves and intense bursts of cardio. Modifications are provided, so no matter what fitness level you're at, you will get the most out of this program.

Yoga Beach (30 Minutes) Take it to the beach with a full body yoga class.

Yoga Warehouse (60 Minutes) Join Yoga celebrity teacher Tara Stiles for a full body yoga class aimed to stretch and strengthen your body. In these classes, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement.

STUDIO X CLASSES

Small group personal training is when a group of people come together for the extra motivation of exercising with others while minimizing costs. It's an ideal setting to join with friends, teammates and co-workers as it strengthens bonds. For those looking to expand their support system, small group training provides an avenue to meet new people with like-minded fitness goals.

Studio X is our signature small group personal training program. Led by certified instructors, Studio X provides a cross training experience based on constantly varied functional movements. It's an ever-changing, truly 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 a variety of weight and resistance equipment
- 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

2020 BIMONTHLY CLASS SESSIONS

JANUARY/FEBRUARY; MARCH/APRIL; MAY/JUNE; JULY/AUGUST;
SEPTEMBER/OCTOBER; NOVEMBER/DECEMBER

Member registration opens the first of the month prior.

Non-member registration opens one week later.

Classes require a minimum of 8 participants to roster.

Family Members \$20 | Members \$30 | Non-members \$80

DAYS & TIMES

Monday and Thursday – 12pm

Monday, Wednesday, Friday – 5pm

Tuesday, Thursday – 6pm

Monday – 7pm

Level One Classes – Tuesday -12pm

MYZONE BELTS

RETAIL VALUE \$149.99

SAVE \$50

To purchase a Myzone belt for only \$99.99 please visit the front desk.

A member of our wellness staff will meet with you to give you your belt, help you set it and understand its features. Please have 5-10 minutes available.

DEMO BELTS

Please ask your instructor or a wellness staff member to try a demo belt today!