



Group Exercise Schedule

January 2021

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 CLOSED	2 CLOSED
3 CLOSED	4 SS Circuit 8:00 am Kickin Combo 5:15 pm Total Body 6:30 pm CardiYoga 7:45 pm	5 Group Cycle 9:00 am SilverSneakers 10:15 am Retro Robics 5:15 pm Group Cycle 6:30 pm	6 Silver Sneakers 9:30am Total Body 6:30pm	7 Group Cycle 9:00 am Silver Sneakers 10:15 am Low Impact 5:15 pm Retro Robics 6:30 pm Hatha Yoga 7:45 pm	8 Happy Hour 5:15 pm	9
10 CLOSED	11 SS Circuit 8:00 am Kickin Combo 5:15 pm Total Body 6:30 pm CardiYoga 7:45 pm	12 Group Cycle 9:00 am SilverSneakers 10:15 am Retro Robics 5:15 pm Group Cycle 6:30 pm	13 Silver Sneakers 9:30am Total Body 6:30pm	14 Group Cycle 9:00 am Silver Sneakers 10:15 am Low Impact 5:15 pm Retro Robics 6:30 pm Hatha Yoga 7:45 pm	15 Happy Hour 5:15 pm	16
17 CLOSED	18 SS Circuit 8:00 am Kickin Combo 5:15 pm Total Body 6:30 pm CardiYoga 7:45 pm	19 Group Cycle 9:00 am SilverSneakers 10:15 am Retro Robics 5:15 pm Group Cycle 6:30 pm	20 Silver Sneakers 9:30am Total Body 6:30pm	21 Group Cycle 9:00 am Silver Sneakers 10:15 am Low Impact 5:15 pm Retro Robics 6:30 pm Hatha Yoga 7:45 pm	22 Happy Hour 5:15 pm	23
24/31 CLOSED	25 SS Circuit 8:00 am Kickin Combo 5:15 pm Total Body 6:30 pm CardiYoga 7:45 pm	26 Group Cycle 9:00 am SilverSneakers 10:15 am Retro Robics 5:15 pm Group Cycle 6:30 pm	27 Silver Sneakers 9:30am Total Body 6:30pm	28 Group Cycle 9:00 am Silver Sneakers 10:15 am Low Impact 5:15 pm Retro Robics 6:30 pm Hatha Yoga 7:45 pm	29 Happy Hour 5:15 pm	30

****For your convenience please pre-register for classes at the front desk****

Amy - Silver Sneakers Circuit; **Val** - Group Cycle AM; **Sue** - SilverSneakers; **Nancy** - Retro-Robics; **Lauren** - CardiYoga, Hatha Yoga
Maria - Total Body, Group Cycle PM; **Michele** - Kickin' Combo, Low Impact, Happy Hour; **YMCA**- Walking Club

CLASS DESCRIPTIONS

CardiYoga- A blend of cardio exercises to get your heart pumping and warm up your muscles, and Yoga poses to strengthen and balance your entire body.

Group Cycle– Group Cycling is a high energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike’s resistance.

Happy Hour– Start your weekend with a Friday Happy Hour workout! Get rid of your end-of-the-week stress with some aerobic training and resistance training.

Hatha Yoga- Hatha Yoga encompasses gentle stretching and strengthening done in a relaxed and mindful manner. Helping you develop your mind and body connection to enhance your sense of wellbeing.

Kickin’ Combo– No bags, no gloves, just a “knockout” workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Low Impact– Low impact doesn’t have to mean low intensity! This is a fat-burning workout that keeps one foot on the ground at all times.

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

SilverSneakers Circuit®– Experience low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. A chair is available for seated or standing support.

SilverSneakers Classic®– 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 small balls are used for resistance. A chair is available for seated or standing support.

Total Body– Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.

Walking Club- Join our instructor in Pottsville and enjoy walking at a brisk, leisurely or moderate pace. This class is for members to enjoy their community, build friendships, and increase aerobic activity by walking together.