



Group Exercise Schedule

SEPTEMBER 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Follow 'SCHUYLKILL YMCA'
on FB for daily class updates

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

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

Amy - Silver Sneakers Circuit; **Val** - Group Cycle AM; **Sue** - SilverSneakers

Lauren - Chair Yoga, CardiYoga, Hatha Yoga; **Nancy** - Retro-Robics; **Joshua** - Walking Club

Maria - Total Body, Group Cycle PM; **Michele** - Kickin' Combo, Low Impact, Happy Hour; **Hannah** - Sunrise Yoga, Vinyasa Yoga

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.

Chair Yoga- Enhance your mind and body connection through gentle stretching using a chair for balance, support and Yoga poses.

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.

Lunch Bunch- Lunch Bunch is open to all YMCA members. Bring a covered dish/dessert to share with the group, and come enjoy an afternoon of socialization and great food!

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.

Sunrise Yoga- The perfect 1 hour class to start your day. Gradually warm the body & awaken the mind to this energizing flow for all levels.

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.

Vinyasa Yoga- Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body

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.