

# CLARION COUNTY YMCA

## Group Exercise Schedule

### January Session 01/04-01/31

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Unlimited Monthly Fee is \$15 for YMCA Members; \$50 for Non-Members; Drop-In Fee \$5/class \*if spots are available\*  
Senior Group Exercise Fees: Free for Members, \$3/class Non-Member, \$25 Unlimited Monthly Non-Member  
Class sizes are limited – Please sign up for all classes once paid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Step-Up 8:00–9:00 am with Renee		Senior Step-Up 8:00–9:00 am with Renee		Senior Step-Up 8:00–9:00 am with Renee	B.L.A.S.T 7:30–8:30 am with April
Senior on the Ball 9:30–10:15 am with Renee	Senior Strength & Stability 9:00–9:45 am with Rachel	Senior on the Ball 9:30–10:15 am with Renee	Senior Strength & Stability 9:00–9:45 am with Rachel	Senior on the Ball 9:30–10:15 am with Renee	Ab Blast 8:30–9:05 am With April
SilverSneakers Classic 10:30–11:15 am with Renee		SilverSneakers Classic 10:30–11:15 am with Renee		SilverSneakers Yoga 10:30–11:15 am with Renee	
		Yoga 2:00–3:00 pm Qigong with Debbie			
		Yoga 3:00–4:00 pm Gentle Yoga with Debbie			
<b>Evening Classes</b>					
	Body Blast 4:15–5:05 pm with April	Spin 4:15–5:05 pm with Carrie	Blast-I.T. 4:15–5:00 pm with April		
Core and More 5:15–6:15 pm with Susan	Pilates 5:15–6:15 pm with Susan	Yoga 4:15–5:15 pm Kid's Yoga with Debbie (MPR2)	Ab Blast 5:00–5:30 pm with April		
	ZUMBA fitness 5:30–6:30 pm with Ron (Gym)	Core and More 5:15–6:15 pm with Susan	ZUMBA fitness 5:30–6:30 pm with Ron (Gym)		
<u>MPR</u> = Full Multi-Purpose Room  <u>MPR2</u> = Half Room		Yoga 6:00–7:00 pm Gentle Yoga with Debbie (MPR)	Pilates 5:30–6:30 pm with Jamie (MPR2)		<u>MPR</u> = Full Multi-Purpose Room  <u>MPR2</u> = Half Room

See reverse side for class descriptions. Class schedule is subject to change. Follow Clarion County YMCA on Facebook for up-to-date news and info. Join the NEW "Group Exercise" Group on Facebook – <https://www.facebook.com/groups/clarioncountyymcagroupex>.

## **CLARION COUNTY YMCA Group Exercise Class Descriptions**

**Ab Blast** (with April) - A 30 minute core focused class to improve on toning the abs and strengthening the back to improve posture and core strength. Standing functional core training is combined with floor ab exercises to give you a vital core strengthening experience.

**Body Blast** (with April) - A Tabata-style workout, designed to improve strength and build lean muscle while challenging the core. This class uses a variety of formats and equipment including barbell, resistance tubing, dumbbells and body weight exercises to blast all major muscle groups. The workout will never be the same, so this class will keep you on your toes while keeping the mind and body equally engaged.

**B.L.A.S.T.** (with April) - **B**urn, **L**ift, **A**erobic, **S**trength, **T**raining uses a variety of exercise equipment (bands, body bars, medicine balls, dumbbells) along with your body weight for a total-body workout. B.L.A.S.T. is designed to make you stronger while improving your balance, stability and toning the entire body. This class is sure to be FUN and inspiring while achieving a total-body workout.

**Blast-I.T.** (with April) - This class is a high-intensity interval training workout which focuses on full body strength conditioning. Get ready to push your limit

**Core and More** (with Susan) - A one hour class that focuses on the core of your body by incorporating weight resistance with isometric strengthening. You will get a total body workout in a fun, energetic atmosphere. You will use a variety of exercise tools to keep a little bit of variety in the mix.

**Pilates** (with Susan & Jamie) - Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Exercises will be presented at multiple levels which allows you to follow at beginning, intermediate, or advanced pace. Pilates is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

**Spin** (with Carrie) - This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

**Slow Flow/Gentle Yoga** (with Debbie) - A slower-paced class for those looking to improve balance, strength and flexibility while easing pain, tightness and tension. We will focus on the breath as we move through a series of postures which build strength, flexibility and balance. The last half of class will be a deeply relaxing, no-sweat floor practice with long-held prop-supported poses, to relieve the grip of muscular and mental tension and help the body with healing and stress reduction. This is an appropriate practice for those recovering from illness or injury, or anyone in need of deep relaxation and inner peace.

**Yoga for Kids** (with Debbie) - A fun and gentle way to begin a life-long love of exercise. Young yogis will be learning yoga poses to stretch and strengthen as well as techniques for bringing body and mind into a relaxed and energized state of inner peace. Classes for ages 5-11.

**Qigong** (with Debbie) - Get your Qi (pronounced chee) Gong going! For those new to Tao arts as well as seasoned practitioners. Qigong is a Chinese health practice based on gentle movements, meditation and breathing. It is a close cousin to Tai Chi. In this class we will use simple and repetitive exercises to develop an awareness of our own chi (life energy) flowing in unique patterns through our body. Qigong balances and harmonizes strength and tranquility.

**Zumba** (with Ron) - Ditch the Workout and Join the Party! Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other wellness class like Zumba. It's easy to do, effective, and totally exhilarating - often building a deep-rooted community among returning participants.

### **SilverSneakers Wellness Program for Older Adults**

**Senior Strength and Stability** (with Rachel) - This class is designed to increase strength, balance, coordination, endurance, and flexibility. Each class consists of a full body workout with the use of bands, hand weights, medicine balls, and your own body weight for resistance exercises. A stability ball and chair are also available if needed to perform each exercise seated. Each class also includes stretches for increased range of motion and movement exercises for balance and agility.

**SilverSneakers Classic** (with Renee) - Have fun and move to the music with this basic class for older adults. You will be led 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 SilverSneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

**Senior On The Ball** (with Renee) - For the older adult who needs a bit more of a challenge. This class includes a variety of muscular strength and range of movement activities all done while seated on a stability ball. If you prefer, you may sit in a chair rather than on the ball.

**Senior Step Up** (with Renee) - For the older adult who needs a bit more of a challenge in their workout. Class includes cardio, strength and flexibility training, through low-impact methods. A "step above" the Senior on the Ball class.

**SilverSneakers Yoga** (with Renee) - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.