



York Branch YMCA



Aerobic Schedule March

Time Friday	Monday	Tuesday	Wednesday	Thursday	
6:15 AM	Pilates (Paula)	Yoga (Paula)	Cycling (Paula)	Pilates (Paula)	Lo- Impact (Paula)
8:30 AM	Cardio w/ Weights (Wendy)	Step and Abs (Wendy)	Spinning (Paula)	Pilates (Sheri)	Zumba (Julia)
9:00 AM					
10:00 AM	 The Silver Sneakers Fitness Program (Wendy)		Active & Ageless (Wendy)		 The Silver Sneakers Fitness Program (Wendy)
5:15 PM	Pilates (Rae)			Pilates (Rae)	
5:30 PM		Kickboxing- Boot Camp (Kelly)	Instructor's Choice (Kelly, Sherry, Annissa, Patricia)		
6:00 PM	Cardio Kickboxing (Annissa)			Sweat/ Sculpt (Sherry)	

All instructors are aerobics and CPR certified. Child watch is available for most classes. Please see front desk for more details. Descriptions of all classes are on the reverse side of this sheet.

Silver Sneakers Duration – 60 Minutes Level-Beginner

This is a great class that uses chairs and other equipment for the unconditioned or older person looking for a fun and easy class to follow. The pace of this class is much slower than the typical aerobics class.

Combo/Hi-Low Duration – 60 Minutes Level-Intermediate-Advance

The movements are High Intensity/Low Impact and are taught in combination patterns. You will learn one combination, then add another one until you complete 30 minutes of well planned choreography. The last portion of class focuses on strengthening with equipment, lower body, and additional abdominal work. Nothing left out of the class!

Cardio W/ Weights Duration – 60 Minutes Level-Intermediate-Advance

Whether you are a beginner or advanced stepper, this class has a little for everyone. A variety of combinations are performed on a 4 – 8 inch step. 30 – 45 minutes of cardio, followed by floorwork, abdominals, weights, and stretching.

Sweat/Sculpt Duration – 60 Minutes Level-Intermediate-Advance

Different types of cardio with intervals of weight sculpting. This class gives you the opportunity to focus on all major muscle groups using challenging hand weights and different energy systems. Class ends with core exercises and stretching.

Active / Ageless Duration – 60 Minutes Level-Beginner

This is a great class for the unconditioned or older person looking for a fun and easy class to follow. The pace of this class is much slower than the typical aerobics class. Cardio is 30 minutes followed by 10 minutes of discussion, ending with light strengthening. Balancing, stretching, and ways to deal with daily life struggles. Ex. Falling, getting up, reaching, and bending.

Pilates Duration – 45 Minutes Level-Beginner-Intermediate

This class offers an alternative fitness program based upon core conditioning. The sessions will strengthen, lengthen, and stabilize your core muscles as well as enhance your flexibility.

Zumba Duration – 60 Minutes

Level-Beginner-Intermediate-Advance

A unique exercise for all levels of fitness! Zumba is a full body cardio workout with a focus on abdominals, hips and thighs! It is a fusion of Latin and International music dance themes that create a dynamic, exciting, fun workout. Move to the beat of the Latin America salsa, hip-hop and meringue. **No dance knowledge required.** Only requirement: a desire to have fun, let go and feel muscles you didn't know you had. Come on Let's Dance!

Beginner Step / Core Sculpt – 30 minutes of basic steps using a 6-8 inch bench designed to introduce step to those who are interested in graduating into intermediate / advanced step. Core Sculpt is concentrated on the abdomen and back using varying pieces of equipment. Benderballs, weights, tubes, etc. 30 minutes of duration!