

# October 2022 GROUP EX SCHEDULE



- Must be at least 12 years old to participate
- RESERVATIONS REQUIRED: Reserve your spot in person, by phone or at [vpfymca.org](http://vpfymca.org) up to one week in advance
- For more classes, visit [vpfymca.org](http://vpfymca.org) and register for Y Wellness 24/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10 AM	Group Cycling (50 mins)		Group Cycling (50 mins)		Group Cycling (50 mins)	
8:30 AM				Foam Rolling* (30 mins)		
9:00 AM	Shape Up (60 mins)	Hooping (45 mins)	Yoga (60 mins)	Total Body Tone (45 mins)		Yoga (60 mins)
9:15 AM	Group Cycling (50 mins)		Group Cycling (50 mins)		Group Cycling (50 mins)	Group Cycling (50 mins)
	Group Cycling (50 mins)		Group Cycling (50 mins)	Group Circuit (45 mins)	Country Heat (45 mins)	Group Cycling (50 mins)
10:15 AM			Barre Pilates (50 mins)			TRX Repeat** (45 mins)
11:00 AM					Upper/Lower Core (30 mins)	
12:15 PM		Yoga (60 mins)		Yoga (60 mins)	<b>Allegheny Valley Branch</b> <b>Kiski Valley Branch</b> <b>New Kensington</b> ** Repeat classes are live classes recorded and shown again with a virtual instructor \$7 class passes available for non-members	
5:15 PM	Upper/Lower Core Repeat** (30 mins)	Tabata Strength (45mins)	TRX Live 10/12 Repeat** (45 mins)	Tabata Strength Repeat** (45 Mins)		
6:00 PM	Zumba (60 mins)					
			Zumba (60 mins)	Power Sculpt (45 mins)		
6:15 PM		Group Cycling (50 mins)				
		Group Cycling (50 mins)		Group Cycling (50 mins)		
6:30 PM	Full Body Blast (60 mins)	Cardio Blast (60 mins)	Full Body Blast (60 mins)	Turbo Kick (45 mins)		

# Low Intensity Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 AM				Foam Rolling (30 mins)		<b>Allegheny Valley Branch</b>  <b>Kiski Valley Branch</b>  <b>New Kensington Branch</b>  <b>RESERVATION REQUIRED</b> Reserve your spot in Person or at <a href="http://vpfymca.org">vpfymca.org</a> Class reservation will open one week in advance
9:00 AM		Hooping (45 mins)			SS Classic (45 mins)	
9:30 AM	SS Circuit (45 Mins)					
10:00 AM		SS Yoga (45 mins)			SS Cardio (45 mins)	
		SS Boom Muscle (45 mins)	SS Circuit (45 mins)	SS Boom Muscle (45 mins)	SS Classic (45 mins)	
10:15 AM	Cardio & Strength (60 mins)			Cardio and Strength (60 mins)		
11:00 AM			SS Classic (45 mins)			
11:15 AM		SS Yoga (45 mins)		SS Yoga (45 mins)		
11:30 AM				SS Yoga (45 mins)		
12:00 PM	Tai Chi (45 mins)	SS Yoga (45 mins)	Tai Chi (45 mins)	Cardio & Strength (45 mins)		





**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## HEALTH & WELLNESS

### **BARRE PILATES**

A fusion of ballet, pilates, yoga and strength training for a full body workout that leaves you feeling great.

### **CARDIO BLAST**

One hour of cardio intervals that will boost your fitness and mobility.

### **CARDIO & STRENGTH**

Class geared towards beginners or active older adults that fuses strength and cardio exercises to keep you active for one full hour.

### **COUNTRY HEAT**

Country Heat is a high-energy, low-impact dance workout with easy-to-follow dance moves set to country music hits.

### **FOAM ROLLING**

30 minutes of self-massage! Bring your own 36" low-density foam roller with a 6" diameter and have our instructor guide you through a deep tissue workout that will help loosen and relax your muscles.

### **FULL BODY BLAST**

Strength classes that will challenge all your major muscle groups through the use of barbells & dumbbells.

### **GROUP CIRCUIT**

A combination of cardio and strength, this class goes through multiple circuits of a variety of strength exercises along with cardio on the step.

### **GROUP CYCLING**

50 minutes of varying cardio intervals that change up intensity, movement, speed and resistance for a workout that will leave you satisfied and proud.

### **HOOPING**

A mega core workout using weighted hula hoops and fun music.

### **POWER SCULPT/TOTAL BODY TONE**

Designed to build strength, add definition and make you confident.

### **REPEAT CLASSES**

Join us at the Y for a previously recorded class led by a virtual instructor.

### **SHAPE UP**

A one hour all in one workout. 20 minutes of cardio, 20 minutes of strength, finishing with 20 minutes of balance, core and mobility.

### **SILVERSNREAKERS BOOM MUSCLE**

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

### **SILVERSNREAKERS CARDIO**

Easy-to-follow, low-impact movements for cardio, upper-body strength, abdominal conditioning, stretching and relaxation.

### **SILVERSNREAKERS CIRCUIT**

Cardiovascular workout with a side of strength training using resistance bands and free weights. Chairs are used for balance and seated exercises.

### **SILVERSNREAKERS CLASSIC**

A variety of cardio and strength exercises using free weights, resistance bands, exercise balls and chair stabilization.

### **SILVERSNREAKERS YOGA**

Emphasizes breathing, relaxation and restoration through a combination of seated and standing stretches. Floor exercises are not conducted in this class.

### **TABATA STRENGTH**

This strength class uses short intervals/rest periods to take you through an upbeat full-body workout that will boost your calorie burn and tone your body.

### **TAI CHI**

Uses your inner energy in a series of moves that incorporate balance, strength, and meditation.

### **TRX**

Suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability with cardio infused.

### **TURBO KICK**

An upbeat, full body workout that takes you through high-paced intervals, kickboxing specific strength/endurance training sequences and easy-to-follow combinations.

### **UPPER LOWER CORE**

A full-body strength workout completed in sections, first working your upper body, then your lower body and finishing with core and stretching. Sets are done at a fast pace to keep your heart rate up and your workout done in 30 minutes.

### **YOGA**

Unites mind and body through a series of poses that focus on breathing, strength, flexibility and restoration.

### **ZUMBA**

Latin-inspired dance moves that keep you moving and having fun!