



Winter 2023 GROUP EX SCHEDULE

ALLEGHENY VALLEY • KISKI VALLEY • NEW KENSINGTON

Classes marked with (L) are low intensity.

	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 (L) (30 mins)		
9:00 AM	Body Sculpt & Pilates (60 mins)	Hooping (L) (45 mins)	Yoga (60 mins)		SS Classic (L) (45 mins)	Yoga (60 mins)
9:15 AM	Group Cycling (50 mins)	Burn Workout (50 mins)	Group Cycling (50 mins)	Burn Workout (50 mins)	Group Cycling (50 mins)	Group Cycling (50 mins)
		Turbo Kick (50 mins)	Group Cycling (50 mins)	Group Circuit (45 mins)	Country Heat (45 mins)	Group Cycling (50 mins)
		(BBW) Bouyant Body Works (L)* (POOL 45 mins)		(BBW) Bouyant Body Works (L)* (POOL 45 mins)		
9:30 AM	SS Circuit (L) (45 mins)	Aquacise (L)* 9:35 AM (POOL 45 mins)		Aquacise (L)* 9:35 AM (POOL 45 mins)		
9:45 AM	Arthritis Aquacise (L)* (POOL 45 mins)		Arthritis Aquacise (L)* (POOL 45 mins)		Arthritis Aquacise (L)* (POOL 45 mins)	
10:00 AM		Pilates (45 min)		Pilates (45 min)		
		SS Yoga (L) (45 mins)			SS Cardio (L) (45 mins)	
		SS Boom Muscle (L) (45 mins)	SS Circuit (L) (45 mins)	SS Boom Muscle (L) (45 mins)	SS Classic (L) (45 mins)	
10:15 AM	Cardio & Strength (L) (60 mins)		Yoga (60 mins)	Cardio & Strength (L) (60 mins)		Yoga (60 mins)
11:00 AM		SS Yoga (L) (45 mins)	SS Classic (L) (45 mins)			
11:15 AM		SS Yoga (L) (45 mins)		SS Yoga (L) (45 mins)		
	SS Splash (L) (POOL 45 mins)	SS Splash (L) (POOL 45 mins)	SS Splash (L) (POOL 45 mins)	SS Splash (L) (POOL 45 mins)		
11:30 AM				SS Yoga (L) (45 mins)		
12:00 PM	Tai Chi (L) (45 mins)	SS Yoga (L) (45 mins)	Tai Chi (L) (45 mins)	Cardio & Strength (L) (45 mins)		
12:15 PM		Yoga (60 mins)		Yoga (60 mins)		
5:15 PM			Group Circuit 5:30 (45 mins)	Tabata Strength Repeat** (45 mins)		
6:00 PM	Zumba (60 mins)		Zumba (60 mins)	Power Sculpt (45 mins)		
	Full Body Blast (60 mins)	Pilates (45 mins)	Full Body Blast (60 mins)	Pilates (45 mins)		
6:15 PM	Burn Workout (50 mins)	Group Cycling (50 mins)				
		Group Cycling (50 mins)		Group Cycling (50 mins)		
7:15 PM		Aquacise (L)* (POOL 45 mins)		Aquacise (L)* (POOL 45 mins)		

- Must be at least 13 years old to participate.
- RESERVATIONS REQUIRED: Reserve your spot in person, by phone or at vpfymca.org up to one week in advance.
- For more classes, visit vpfymca.org and register for Y Wellness 24/7.

* Paid classes

** Repeat classes are live classes recorded and shown again with a virtual instructor.

Contact the Welcome Center for details or register online.

GROUP EXERCISE CLASS OVERVIEW:

AQUACIZE

This shallow and deep-water class provides a low to medium cardio workout focusing on aerobic conditioning, muscular toning and strengthening. Some swimming skills required.

ARTHRITIS AQUATICS

This class provides an opportunity for people with arthritis to join in a recreational exercise program. No swimming skills are required. Low to medium cardio workout.

BODY SCULPT & PILATES

A one hour, all in one workout that includes cardio and strength, finishing with balance, core and/or mobility using the step.

BOUYANT BODY WORKS (BBW)

Use your entire body with a combination of cardio respiratory endurance and muscle conditioning. This class is done in deep water, with a float belt to enhance one's own natural buoyancy. The workout involves high to low intensity combinations of sets for designated time periods. Must be a swimmer to join.

BURN WORKOUT

A 45 minute interval style workout that incorporates strength and mobility.

CARDIO & STRENGTH

This class is geared towards beginners and active older adults. It fuses strength and cardio exercises to keep you active.

COUNTRY HEAT

High-energy, low-impact dance workout with easy-to-follow dance moves set to country music hits.

FOAM ROLLING

30 minutes of self-message! 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 loosen and relax your muscles.

FULL BODY BLAST

A strength class that will challenge all muscle groups through the use of barbells and dumbbells.

GROUP CIRCUIT

This class goes through multiple circuits of strength and cardio exercises using the step.

GROUP CYCLING

50 minutes of varying cardio intervals that change up in intensity, movement, speed and resistance.

HOOPING

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

POWER SCULPT

Designed to build strength, add definition, and build confidence.

PILATES

Improve posture, balance, and strength focusing on the core.

SILVERSNEAKERS BOOM MUSCLE

This class incorporates athletic exercise that boosts overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve both strength and functional skills.

SILVERSNEAKERS CARDIO

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

SILVERSNEAKERS CIRCUIT

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

SILVERSNEAKERS CLASSIC

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

SILVERSNEAKERS SPLASH

A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

SILVERSNEAKERS YOGA

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

TABATA STRENGTH *REPEAT

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. *This is a pre-recorded class.

TAI CHI

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

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.

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!