

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
				1	2	3
				5:30AM BodyPump – Jess 9:00AM RPM – Barb	7:45AM GRIT Cardio – Jeanne 8:30AM BodyPump – Tereza 9:30AM BodyCombat - Terri 9:30AM RPM - Jeanne	9:00AM RPM – Jeanne 10:00AM CXWorx/S tretch - Jeanne
4	5	6	7	8	9	10
5:30AM GRIT Strength – Tiff 9:00AM RPM - Phyllis 4:10PM BodyPump Express – Sheila 5:00PM BodyAttack – Sheila 5:30PM BodyPump – Tiff 6:35PM Zumba - Terri	5:30AM Classic Strength Trg – Roni 5:30AM Cycling – Jess 8:00AM BodyAttack - Sheila 9:00AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyStep – Sheila 5:30 RPM - Barry	5:30AM GRIT Athletic – Jess 9:00AM RPM – Phyllis 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM Body Flow - Tereza	5:30AM RPM – Barry 8:00AM BodyStep - Sheila 9:00AM BodyPump – Sheila 10:00AM CX Worx - Sheila 5:00PM GRIT Cardio – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess	5:30AM BodyPump – Jess 9:00AM RPM – Barry	7:45AM GRIT Strength – Jess 8:30AM BodyPump – Sheila 9:30AM BodyAttack – Sheila 9:30AM RPM - Barry	9:00AM Cycling – Jess 10:00AM PiYo Live! - Jess
11	12	13	14	15	16	17
5:30AM GRIT Cardio – Tiff 9:00AM RPM - Phyllis 4:10PM BodyPump Express – Sheila 5:00PM BodyAttack – Sheila 5:30PM BodyPump – Tiff 6:35PM Zumba PARTY – Terri & Judi	5:30AM Classic Strength Trg – Roni 5:30AM Cycling – Jess 8:00AM BodyStep - Sheila 9:00AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyStep – Sheila 5:30 RPM - Barry	5:30AM GRIT Strength – Jeanne 9:00AM RPM – Lacey 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM Body Flow - Tereza	5:30AM RPM – Barry 8:00AM BodyAttack - Sheila 9:00AM BodyPump – Sheila 10:00AM CX Worx - Sheila 5:00PM BE MY GRIT VALENTINE TEAM PARTY! 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess	5:30AM BodyPump – Jess 9:00AM RPM – Jeanne	7:45AM GRIT Athletic – Tiff 8:30AM BodyPump – Tiff 9:30AM RPM - Barry	9:00AM RPM - Tereza 10:00AM BodyFlow - Tereza
18	19	20	21	22	23	24
5:30AM GRIT Athletic – Tiff 9:00AM RPM - Phyllis 4:10PM BodyPump Express – Sheila 5:00PM BodyAttack – Sheila 5:30PM BodyPump – Tiff 6:35PM Zumba - Terri	5:30AM Classic Strength Trg – Roni 5:30AM Cycling – Jess 8:00AM BodyStep - Sheila 9:00AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyAttack – Sheila 5:30 RPM - Barry	5:30AM GRIT Cardio – Jeanne 9:00AM RPM – Barry 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM Body Flow - Tereza	5:30AM RPM – Barry 8:00AM BodyAttack - Sheila 9:00AM BodyPump – Sheila 10:00AM CX Worx - Sheila 5:00PM GRIT Strength – Jess 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess	5:30AM BodyPump – Jess 9:00AM RPM – Phyllis	7:45AM GRIT Cardio – Tiff 8:30AM BodyPump – Tiff 9:30AM Zumba Sentao 30/Toning 30 - Judi 9:30AM RPM - Jeanne	9:00AM RPM – Jeanne 10:00AM CXWorx/S tretch - Jeanne
25	26	27	28			
5:30AM GRIT Strength – Tiff 9:00AM RPM - Lacey 4:10PM BodyPump Express – Sheila 5:00PM BodyAttack – Sheila 5:30PM BodyPump – Tiff 6:35PM Zumba - Judi	5:30AM Classic Strength Trg – Roni 5:30AM Cycling – Jess 8:00AM BodyAttack – Sheila 9:00AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyStep – Sheila 5:30 RPM - Barry	5:30AM GRIT Athletic – Jess 9:00AM RPM – Lacey 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM Body Flow - Tereza	5:30AM RPM – Barry 8:00AM BodyStep - Sheila 9:00AM BodyPump – Sheila 10:00AM CX Worx – Sheila 5:00PM GRIT Cardio – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess			

CLASS DESCRIPTIONS

LESMILLS BODYATTACK -- A high-energy, athletically challenging, calorie-consuming workout that pushes you with strong, simple moves and pumping music. This workout is guaranteed to take no prisoners.

LESMILLS BODYCOMBAT -- High-energy, non-contact martial arts-inspired workout. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Punch and kick your way to stress release, have a blast and feel like a champ.

LESMILLS BODYFLOW -- Yoga, Tai Chi, & Pilates combine to build flexibility and strength. Controlled breathing and a structured series of stretches, moves and poses create a holistic workout that promotes harmony and balance.

LESMILLS BODYPUMP -- BodyPump instructors coach their members in the use of light to moderate weights with lots of repetition for a total body workout that builds tone and strengthens all major muscle groups.

--**EXPRESS** -- This 45-minute version of BodyPump still works all major muscle groups, only specific muscle groups are paired in certain tracks to deliver the same powerhouse workout in a shorter period of time.

LESMILLS BODYSTEP -- BodyStep takes a height-adjustable step and structures simple movements on, over and around the step for total body conditioning that pushes fat burning systems into high gear.

LESMILLS CXWORX -- CXWorx is the path to a tight and toned core. Its dynamic training hones in on abs, glutes, obliques and "slings" connecting the upper and lower body, and leaves you looking and feeling good.

LESMILLS GRIT -- Add High Intensity Interval Training to your routine with three unique Les Mills Grit workouts and take your fitness to the next level. GRIT will cycle through 3 specialties; strength-weight training, Plyometric-power, and cardio-speed workouts.

LESMILLS RPM -- Take the ultimate ride! Incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride.

CLASSIC STRENGTH TRAINING -- This traditional, total-body training class uses barbells, dumbbells, & other equipment for improved body tone and composition, and moderate reps will help boost overall strength and endurance.

CYCLING -- Ride like you stole it! Our certified cycling instructor will take you on a wild ride to Sweatsville, burning calories and increasing cardio endurance and strength along the way.

SILVERSNEAKERS CIRCUIT -- Have fun while increasing cardiovascular and muscular endurance with a standing circuit workout. CIRCUIT alternates hand weights, resistance tubing, and a squeeze ball with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SILVERSNEAKERS CLASSIC -- This class offers something for everyone, regardless of fitness level. Using hand weights, a resistance band, and a squeeze ball, your instructor guides you through exercises that can help improve overall strength, flexibility, and balance. A chair is available for seated and/or standing support, stretching and relaxation.

SILVERSNEAKERS YOGA -- SilverSneakers Yoga moves the body through senior-friendly yoga poses. Participants use a chair to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

TABATA BOOTCAMP -- This multi-station workout focuses on using weights, cardio, abs and whole body movements in 20-second intervals. This get-in-shape class will tone the entire body while blasting fat and calories.

ZUMBA™ FITNESS -- Fuses Latin and world rhythms and easy-to-follow dance moves to create a one-of-a-kind fitness program that will blow you away.

ZUMBA SENTAO -- This ain't your momma's chair workout. Zumba Sentao combines strength and resistance training with innovative dance moves, using a chair as your dance partner. This high-intensity workout focuses on defining muscles, improving cardiovascular health and burning major calories.

ZUMBA TONING -- Combines body-sculpting exercises and high-energy cardio work to create a calorie-torching, strength-training dance fitness party. Using light-weight dumbbells, you'll work every muscle group while you groove.



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