

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
	CLOSED!!! HAVE A VERY HAPPY NEW YEAR!!!	5:30AM GRIT Plyo – Jess 9:00AM RPM – Lacey 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Circuit – 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 – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyCombat30/CX Worx – Jess 6:30PM Zumba – Terri	5:30AM BodyPump – Jess 9:00AM RPM – Phyllis	7:45AM GRIT Strength LAUNCH – GRIT Team 8:30AM BodyPump – Sheila 9:30AM BodyStep – Sheila 9:30AM RPM - Phyllis	9:00AM RPM – Tereza 10:00AM BodyFlow – Tereza
7	8	9	10	11	12	13
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 - 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 BodyStep – Sheila 5:30 RPM - Barry	5:30AM GRIT Strength – Jeanne 9:00AM RPM – Phyllis 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Circuit – 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 Cardio – Jess 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess 6:30PM Zumba – Judi	5:30AM BodyPump – Jess 9:00AM RPM – Barry	7:45AM GRIT Plyo – Jess 8:30AM BodyPump – Jess 9:30AM Zumba Sentao – Judi –NEW!!!– 9:30AM RPM - Barry	9:00AM Cycling – Jess 10:00AM PiYo Live! - Jess
14	15	16	17	18	19	20
5:30AM GRIT Plyo – Tiff 9:00AM RPM - Lacey 4:10PM BodyPump Express – Sheila 5:00PM BodyStep – 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 LAUNCH – Sheila 5:30 RPM - Barry	5:30AM GRIT Cardio – Jess 9:00AM RPM – Lacey 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Circuit - 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 Athletic LAUNCH – GRIT Team 5:30PM RPM – Jeanne 5:30PM BodyCombat30/CX Worx30 – Jess 6:30PM Zumba – Judi	5:30AM BodyPump – Jess 9:00AM RPM – Phyllis	7:45AM GRIT Strength– Tiff 8:30AM BodyPump – Sheila 9:30AM Attack30/Step30 – Sheila 9:30AM RPM - Phyllis	9:00AM RPM - Jeanne 10:00AM CXWorx/Stretch - Jeanne
21	22	23	24	25	26	27
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 BodyStep - Sheila 9:00AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30PM Step30/Combat30 – Sheila & Jess 5:30 RPM - Barry	5:30AM GRIT Cardio – Jeanne 9:00AM RPM – Lacey 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Circuit - 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 Athletic - Tiff 5:30PM RPM LAUNCH – RPM Team 5:30PM BodyCombat LAUNCH – Combat Team 6:30PM Zumba – Judi	5:30AM BodyPump – Jess 9:00AM RPM – Lacey	7:45AM GRIT Cardio LAUNCH – GRIT Team 8:30AM BodyPump LAUNCH – Pump Team 9:30AM BodyCombat - Terri 9:30AM RPM - Barry	9:00AM Cycling – Jess 10:00AM PiYo Live! – Jess
28	29	30	31			
5:30AM GRIT Cardio – Tiff 9:00AM RPM - Barry 4:10PM BodyPump Express LAUNCH – Sheila 5:00PM BodyAttack – Sheila 5:30PM BodyPump Launch Encore – 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 LAUNCH – Worx Team 5:30PM BodyStep LAUNCH - Sheila 5:30 RPM - Barry	5:30AM GRIT Strength – Jess 9:00AM RPM – Barry 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Circuit – Jess 5:30PM BodyPump – Tereza 6:30PM BodyFlow LAUNCH - Tereza	5:30AM RPM – Barry 8:00AM BodyStep - Sheila 9:00AM BodyPump – Sheila 10:00AM CX Worx – Sheila 5:00PM GRIT Athletic – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess 6:30PM Zumba – Judi			



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.

*GRIT Plyo will be rebranding as GRIT Athletic – New format at the official launch on 1/17!!!

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 CIRCUIT -- 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. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process



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