

March 2019

Lewisburg Group Exercise

| Mon | Tues | Weds | Thurs | Fri | Sat | Sun |
|--|---|---|--|---|--|---|
| |  | | | 1 | 2 | 3 |
| | | | | 5:30AM BodyPump – Jess 8AM BodyFlow - Lacey 9AM RPM – Lacey | 7:45AM GRIT Strength -Jeanne 8:30AM BodyPump-Sheila 9:30AM Step/CX - Sheila 9:30AM RPM – Lacey | 9AM Cycling – Jess 10AM PiYo Live! - Jess |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5:30AM GRIT Athletic – Jeanne 9AM RPM - Jeanne 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 8AM BodyAttack - Sheila 9AM BodyPump-Sheila 5PM CX Worx-Sheila 5:30 BodyStep-Sheila 5:30 RPM – Barry 6:30 BodyFlow** | 5:30AM GRIT Strength – Jess 9AM RPM – Phyllis 4:10PM – BodyPump Express – Tiff 5PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM BodyFlow-Tereza | 5:30AM RPM – Barry 8AM BodyStep - Sheila 9AM BodyPump – Sheila 10AM CX Worx - Sheila 5PM GRIT Cardio – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess | 5:30AM BodyPump – Jess 9AM RPM – Phyllis | 7:45AM GRIT Athletic – Jess 8:30AM BodyPump– Jess 9:30AM BodyAttack – Sheila 9:30AM RPM - Barry | 9AM RPM – Jeanne 10AM CX Worx 30/BodyFlow 30 - Jeanne |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 5:30AM GRIT Cardio – Jess 9AM 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 8AM BodyStep - Sheila 9AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyAttack – Sheila 5:30 RPM - Barry | 5:30AM GRIT Athletic – Jeanne 9AM 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 8AM BodyAttack - Sheila 9AM BodyPump – Sheila 10AM CX Worx - Sheila 5PM GRIT Strength – Jess 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess | 5:30AM BodyPump – Jess 9:00AM RPM – Jeanne | 7:45AM GRIT Cardio/Strength – Tiff & Jeanne 8:30AM BodyPump – Tereza 9:30AM RPM – Jeanne 9:30AM BodyFlow – Tereza | 9AM Cycling - Jess 10AM PiYo Live! Jess |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 5:30AM GRIT Strength – Jeanne 9AM 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 5PM CX Worx – Sheila 5:30 BodyStep – Sheila 5:30 RPM - Barry | 5:30AM GRIT Cardio – Jess 9AM RPM – Phyllis 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Jess 5:30PM BodyPump – Tereza 6:30PM BodyFlow-Tereza | 5:30AM RPM – Barry 8:00AM BodyStep - Sheila 9AM BodyPump-Sheila 10:00AM CX Worx - Sheila 5PM GRIT Athletic-Jess 5:30PM RPM – Jeanne 5:30PM BodyCombat – Jess 6:30PM BodyFlow** | 5:30AM BodyPump – Jess 8AM BodyFlow - Lacey 9AM RPM – Lacey | 7:45AM GRIT Strength – Tiff 8:30AM BodyPump – Tiff 9:30AM RPM – Barry 9:30AM BodyFlow – Lacey | 9AM RPM – Tereza 10AM BodyFlow - Tereza |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 5:30AM BodyCombat - Terri 9AM 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 RPM – Barry 8AM BodyStep – Sheila 9AM BodyPump – Sheila 5:00PM CX Worx – Sheila 5:30 BodyStep – Sheila 5:30 RPM - Jeanne | 5:30AM GRIT Strength – Jeanne 9AM RPM – Phyllis 4:10PM – BodyPump Express – Tiff 5:00PM Tabata Bootcamp - Heidi 5:30PM BodyPump – Tereza 6:30PM Body Flow – Tereza | 5:30AM RPM –Barry 8:00AM BodyFlow - Jeanne 9AM BodyPump – Sheila 10AM CX Worx – Sheila 5:00PM GRIT Cardio – Jeanne 5:30PM RPM – Jeanne 5:30PM BodyAttack – Sheila | 5:30AM BodyPump Express – Tiff 9AM RPM – Tereza | 7:45AM GRIT Athletic – Tiff 8:30AM BodyPump – Sheila 9:30AM RPM - Barb 9:30AM BodyStep - Sheila | 9AM RPM – Amy 10AM BodyFlow - Amy |

CLASS DESCRIPTIONS

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

BODYFLOW** -- Practice classes led by our in-training BodyFlow instructors.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.

LES MILLS 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.



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