


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Happy New Year!</p>	<p>2 5:30am- Step Express w/Roni (A) 10 & 11am **SS Circuit w/Richelle (A) 5:30pm- Ball & Boogie w/Deb (A) 5:30pm- Yoga Kids w/Tama (B)</p>	<p>3 5:30am- Buns N Guns w/Vicki (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 4:30pm- Express Cycle w/Richelle (B) 5:30pm- PiYo Live w/Nicole (A)</p>	<p>4 5:30am- Cycle Core w/Vicki (B & A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A)</p>	<p>5 8:15am- Mash Up w/Vicki (A) 9:30am- Yoga Slow Flow w/Tama (B)</p>
<p>7 5:30am- PiYo Live w/Richelle (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Step & Sculpt w/Deb (A) 5:30pm- Extreme Cycle w/Vicki (B)</p>	<p>8 5:30am- Tabata Cardio & Strength w/Vicki (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 5:30pm- Yoga Power Flow w/Tama (B)</p>	<p>9 5:30am- Yoga Slow Flow w/Taylor (B) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- PiYo Live w/Nicole (A) 5:30pm- Yoga Kids w/Tama (B) (child watch)</p>	<p>10 5:30am- Great Plate w/Vicki (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 4:30pm- Express Cycle w/Richelle (B) 5:30pm- Sculpt & Tone w/Richelle (A)</p>	<p>11 5:30am- Hustle & Flow w/Taylor (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A)</p>	<p>12 8:15am- Circuit Training w/Vicki (A) 9:30am- Restorative Yoga w/Tama (B)</p>
<p>14 5:30am- Yoga Slow Flow w/Taylor (B) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Boot Camp w/Richelle (A) 5:30pm- Cycle Pump w/Vicki (B)</p>	<p>15 5:30am- Dirty 30 w/Taylor 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 5:30pm- Cardio Boxing Express w/Vicki (A) 6:30pm- Yoga Express w/Tama (B)</p>	<p>16 5:30am- Step Express w/Roni (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Yoga Power & Stretch w/Taylor (A)</p>	<p>17 5:30am- Upper Body Blast w/Vicki (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 4:30pm- Express Cycle w/Vicki (B) 5:30pm- PiYo Live w/Nicole (A)</p>	<p>18 5:30am- Express Cycle w/Richelle (B) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A)</p>	<p>19 8:15am- Scavenger Hunt w/Richelle (A) 9:30- Yoga Power Flow w/Tama (B)</p>
<p>21 5:30am- PiYo Live w/Nicole (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Half Time w/Taylor (A) 5:30pm- Express Cycle w/Cooney (B)</p>	<p>22 5:30am- Dirty 30 w/Taylor (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 5:30pm- Kickboxing w/Deb (A) 6:30pm- Restorative Yoga w/Tama (B)</p>	<p>23 5:30am- Step Express w/Roni (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Circuit Training w/Richelle (A)(child watch)</p>	<p>24 5:30am- Tabata Cardio & Strength w/Deb (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 4:30pm- Express Cycle w/Richelle (B) 5:30pm- PiYo Live w/Richelle (A)</p>	<p>25 5:30am- Barre w/Taylor (B) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A)</p>	<p>26 8:15am- Cycle Strong w/Vicki (B & A) 9:30am- Yoga Slow Flow w/Tama (B)</p>
<p>28 5:30am- Tabata Cardio & Strength w/Richelle (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 4:30pm- Express Cycle/Vicki (B) 5:30pm- Super Set Me w/Vicki (A) 6:30pm- Express Yoga w/Tama (B)</p>	<p>29 5:30am- Hustle & Flow w/Taylor (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 5:30pm- PiYo Live w/Nicole (A)</p>	<p>30 5:30am- Circuit Training w/Vicki (A) 9 & 10am- **SS Circuit 11am- **SS Classic (all w/Angela Room A) 5:30pm- Barre w/Taylor (B) 5:30pm- Yoga Kids w/Tama (A)</p>	<p>31 5:30am- Hard Core w/Vicki (A) 10am- Sweat & Step w/Angela (A) 10:45am **SS Yoga w/Christal (B) 5:30pm- Sculpt & Tone w/Deb (A) 5:30pm- Express Cycle w/Richelle (B)</p>	<p style="text-align: center;">Mifflinburg YMCA Center Jan Fitness Schedule Child Watch Hours: Mon, Tues & Thurs at 5:15pm (4:15 for 4:30pm class), 2nd and 4th Wed during pm classes Saturday 8-10am Fitness Room (A) or Cycle Room (B)</p>	

Pure Strength Classes - Classes designed to add muscle, increase strength and reshape your physique. All of these things will allow you to burn more calories when at rest, leading to a higher metabolism.

- **Super Set Me** (60 min)- Varied dumbbell weights used to hit opposing muscle groups with small breaks between sets.
- **The Great Plate** (60 min)- Strength circuit using all plates.
- **10/10** (45 min)- 10 rep sets with 10 sec isometric hold full body strength.
- **Buns & Guns** (60 min)- Movements targeting the glutes and arms.
- **Sculpt & Tone** (60 min)- Full body toning rotating between Lower, Upper & Core.
- **Upper Body Blast** (50 min)- Focusing on all upper body strength training.

Cardio Classes - Classes designed to increase your heart rate and to get the blood circulating, burn calories and lose fat.

- **Extreme Cycle** (60 min)- Intense and challenging indoor cycling class.
- **Express Cycle** (45 min)- Challenging cycle ride but in a shorter class.
- **Cardio Boxing** (60 min)- Dynamic and explosive class that incorporates boxing moves with an intense cardio workout using light hand weights or gloves.
- **Step Express** (45 min)- Cardio step aerobics
- **Max30** (30 min)- HIIT Cardio with body weight designed to get a great workout in less time.

Cardio & Strength Combo Classes - Classes that combine cardio and strength exercises which will keep your heart rate up and help you burn fat all while strengthening and toning your physique.

- **Half Time** (60 min)- 30 min of dance formatted cardio, 30 min of strength and toning work.
- **Body Blast** (50 min)- Upper Body work with Lower Body Cardio
- **Circuit classes** (45-60 min)- A mix of Cardio & strength stations.
- **Cycle Strong** (70 min)- 30-35 min of cycle cardio, 30-35 min of strength and toning work.
- **Give me 10** (60 min)- 5 different 10 min segments of various cardio formats and full body strength and toning work.
- **Dirty 30** (45 min)- Perform 30 moves for 30 seconds each and two rounds.
- **Tabata classes** (45-60 min)- Classes using the Tabata HIIT training protocol of periods of intensity followed by short recovery.
- **Mash Up** (60 min)- 4 different classes in 1, combining cardio and strength.
- **3s Company** (60-75 min)- Work in groups of 3 in stations getting as much done as possible.
- **Boot Camp** (60 min)- Military style cardio and weight lifting movements.
- **Step & Sculpt** (60 min)- Half step cardio and half strength training using the step.
- **Rock Bottom** (60 min)- Improve Lower body strength through combos of lunge squat and deadlift, including some cardio worked in for heart rate.
- **Cycle Pump** (60-70 min)- Cycle class that alternates intense lower body climbing with upper body strength every 6-8 minutes.
- **Scavenger Hunt** (60 min)- Work as a team to complete fitness challenges for points.

Beginners: Our instructors are ready for you to join any class. We will provide options to fit your fitness needs. Please arrive early so we can go over modifications if necessary.

***Silver Sneakers Classes are for Active Older Adults. Check with the front desk to see if your health insurance covers this program.*

Cardio & Core Classes - Classes that start with a high calorie burning cardio workout and end or incorporate challenging core work that is guaranteed to ignite and strengthen your midsection.

- **Tabata Cardio & Core** (60 min)- A mixture of high intensity interval training and challenging core work with an elevated heart rate.
- **Cycle Core** (60 min)- 40-45 min of cycle cardio, followed by 15-20 min of core work.
- **Hard Core-** (60 min) Half consecutive high intensity interval training and half consecutive core work.
- **Step & Core-** (60 min) Half cardio step and half core work.
- **ZAP-** (60 min) Dance Fitness cardio ending with 15-20 min of core work.

Flexibility Classes - Low Impact. Designed to develop long, lean muscles, strength and flexibility.

- **PiYo Live** (60 min)- Combination of Pilates & Yoga.
- **Barre** (60 min)- A class mixing elements of ballet, dance, yoga, pilates and fitness choreographed to music.
- **Yoga Power Flow** (60-75 min)- A faster paced flow.
- **Yoga Slow Flow** (60-75 min)- Movements happen at a slower pace allowing deeper exploration of poses.
- **Yoga Express** (45 min)- A short class targeted for those who like to get the full benefits of yoga in less time.
- **Restorative Yoga** (60-75 min)- A yoga class known for its relaxing, calming and healing effect to help balance hectic and stressful lifestyles.
- **Yoga Power & Stretch** (60-75 min)- Light dumbbell work with stretching to lengthen and tone the muscles.

Kids Classes - For kids ages 3-11

- **Yoga Kids** (60 min)- 30 min of yoga and 30 min of games to keep your children moving and having fun while you get a workout in!

Combo Classes - 1 or 2 instructors splitting up the workout format to keep you on your toes!

- **Cycle Flow-** (60-70 min) Half Indoor Cycling, half Yoga flow and extended stretching
- **Hustle & Flow-** (60-70 min) Half cardio blasting HIIT and half Power Yoga.

Low Impact Classes-

Great for beginners and active older adults.

- **SilverSneakers Classic** (45 min)- Move to the music through a variety of exercises designed to increase strength and range of motion. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for support.
- **SilverSneakers Circuit** (45 min)- Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Focus on upper-body strength with hand-held weights, and use resistance tubes and a SilverSneakers ball for a low-impact aerobics workout. (A chair is used for support.)
- **SilverSneakers Yoga** (45 min)- Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered to perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
- **Sweat & Step** (30-40 min) Low impact cardio alternating with basic step cardio.