

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**Mifflinburg YMCA Center  
March Fitness Schedule**

**Child Watch Hours:**

Mon, Tues & Thurs at 5:15pm (4:15 for 4:30pm class),  
2<sup>nd</sup> and 4<sup>th</sup> Wed during pm classes  
Saturday 8-10am  
*Fitness Room (A) or Cycle Room (B)*

**1**  
5:30am- Express Cycle w/Vicki (B)  
10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Christal Room A)

**2**  
8:15am- Mash Up w/Vicki (A)  
9:30am- Restorative Yoga w/Tama (A)

**4**  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
Open House- 30 min variety Class night!  
4:30pm-Cycle w/Vicki (B)  
5pm- Sculpt & Tone w/Richelle (A)  
5:30pm- Cardio Boxing (A) w/Vicki  
6pm- Barre w/Taylor (B)

**5**  
5:30am- Circuit Training w/Vicki (A)  
10am- Sweat & Step w/Angela (A) 10:45am \*\*SS Yoga w/Christal (B)  
5:30pm- Step & Sculpt w/Deb (A)  
6:30pm- Yoga Slow Flow w/Taylor(B)

**6**  
5:30am- Step Express w/Roni (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)

**7**  
5:30am- Tabata Cardio & Strength w/Richelle (A)  
10am- Sweat & Step w/Angela (A) 10:45am \*\*SS Yoga w/Christal (B)  
5:30pm- Half Time w/Vicki (A)  
5:30pm- Express Cycle w/Cooney (B)  
6:30pm- Yoga Groove Flow w/Tama (A)

**8**  
5:30am- Express Cycle w/Vicki (B)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)

**9**  
8:15am- Circuit Training w/Richelle (A)  
9:30am- Yoga Slow Flow w/Deb (B)

**11**  
5:30am- Tabata Cardio & Core w/Richelle (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
5:30pm- Kickboxing w/Deb (A)  
5:30pm- Extreme Cycle w/Vicki (B)

**12**  
5:30am- Super Set Me w/Vicki (A)  
10am- Sweat & Step w/Angela (A) 10:45am \*\*SS Yoga w/Christal (B)  
5:30pm- Circuit Training w/Richelle (A)  
6:30pm- Yoga Slow Flow w/Tama (B)

**13**  
5:30am- Step & Core w/Deb (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
5:30pm- PiYo Live w/Nicole (child watch) (A)

**14**  
5:30am- Boot Camp w/Roni (A)  
10am- Sweat & Step w/Angela (A) 10:45am \*\*SS Yoga w/Christal (B)  
4:30pm- Express Cycle w/Vicki (B)  
5:30pm- Upper Body Blast w/Vicki (A)

**15**  
5:30am- Express Cycle w/Richelle (B)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)

**16**  
8:15am- Cycle Strong w/Vicki (B&A)  
9:30am- Yoga Groove Flow w/Tama (A)

**18**  
5:30am- Tabata Cardio & Strength w/Vicki (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
5:30pm- Yoga Groove Flow w/Tama (A)  
5:30pm- Extreme Cycle w/Richelle (B)

**19**  
5:30am- PiYo Live w/Nicole (A)  
10am- Sweat & Step w/Angela (A)  
10:45am \*\*SS Yoga w/Christal (B)  
5:30pm- Scavenger Hunt w/Vicki (A)  
6:30pm- Yoga Express w/Tama (B)

**20**  
5:30am- Express Cycle w/Richelle (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
5:30pm- Rock Bottom w/Deb (A)

**21**  
5:30am- Step Express w/Roni (A)  
10am- Sweat & Step w/Angela (A)  
10:45am \*\*SS Yoga w/Christal (B)  
4:30pm- Express Cycle w/Vicki (B)  
5:30pm- Upper Body Blast w/Vicki (A)  
6pm- Barre w/Taylor (B)

**22**  
5:30am- Dirty 30 w/Taylor (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)

**23**  
8:15am- Cardio Boxing w/Vicki (A)  
9:30am- Yoga Power & Stretch w/Taylor (A)

**25**  
5:30am- Tabata Cardio & Core w/Richelle (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
4:30pm- Express Cycle w/Vicki (B)  
5:30pm- PiYo w/Nicole (A)

**26**  
5:30am- Buns N Guns w/Vicki (A)  
10am- Sweat & Step w/Angela (A)  
10:45am \*\*SS Yoga w/Christal (B)  
5:30pm- Sculpt & Tone w/Richelle (A)  
6:30pm- Yoga Power Flow w/Tama (B)

**27**  
5:30am- Boot Camp w/Roni  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)  
4:30pm- 10/10 w/Vicki (A)  
5:30pm- Barre w/Taylor (B) (child watch)

**28**  
5:30am- Hustle & Flow w/Taylor (A)  
5:30pm- Ball & Boogie w/Deb (B)  
5:30pm- Express Cycle w/Cooney (B)

**29**  
5:30am- Max30 w/Vicki (A)  
9 & 10am- \*\*SS Circuit  
11am- \*\*SS Classic (all w/Angela Room A)

**30**  
8:15am- Cycle Pump w/Vicki & Richelle (B)  
9:30am- Restorative Yoga w/Tama

**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.
- **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.

**Cardio & Core Classes** - Classes that start with a high calorie burning cardio workout and end or incorporate challenging core work that is guaranteed

**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.*

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 Groove Flow** (60-75 min)- Power Flow with hot, bumping music to challenge you.
- **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 5-11

- **Yoga Kids** (45-60 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.