

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Mifflinburg YMCA Center
Feb 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)

1
5:30am- Boot Camp
w/Roni (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

2
8:15am- Cycle Pump
w/Vicki & Richelle (B)
9:30am- Yoga Power Flow
w/Taylor (A)

4
5:30am- Upper Body
Blast w/Vicki (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

5
5:30am- PiYo Live
w/Richelle (A)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal
(B)

6
5:30am- Step Express
w/Roni (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

7
5:30am- Dirty 30
w/Taylor (A)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal
(B)

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

9
8:15am- Cardio Boxing
w/Vicki (A)
9:30am- Barre w/Taylor
(B)

5:30pm- Circuit Training
w/Richelle (A)
5:30pm- Yoga Express
w/Vicki (B)

5:30pm- Half Time
w/Taylor (A)
6:30pm- Yoga Express
w/Tama (B)

4:30pm- 10/10 w/Vicki
(A)
5:30pm- PiYo Live
w/Nicole (A)
5:30pm- Yoga Kids
w/Tama (B)

4:30pm- Express Cycle
w/Richelle (B)
5:30pm- Sculpt & Tone
w/Deb (A)

11
5:30am- Tabata Cardio &
Strength w/Vicki (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

12
5:30am- Step & Core w/Deb
(A)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal (B)

13
5:30am- Express Cycle
w/Richelle (B)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

14
5:30am- Buns N Guns
w/Vicki (A)
10am- Sweat & Step
w/Angela (A) 10:45am **SS
Yoga w/Christal (B)

15
5:30am- Boot Camp
w/Roni (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

16
8:15am- Mash Up w/Vicki
(A)
9:30am- Yoga Slow Flow
w/Tama (B)

5:30pm- PiYo Live
w/Nicole (A)
5:30pm- Extreme cycle
w/Richelle (B)

5:30pm- Scavenger Hunt
w/Vicki (A)
6:30pm- Yoga Express
w/Tama (B)

5:30pm- Restorative
Yoga w/Tama (child
watch) (B)

5:30pm- Boot Camp
w/Richelle (A)
5:30pm- Express Cycle
Couples w/Vicki (B)

18
5:30am- PiYo Live
w/Nicole (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

19
5:30am- Tabata Cardio &
Strength w/Richelle (A)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal (B)

20
5:30pm- Step Express
w/Roni (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

21
5:30am- Barre w/Taylor
(B)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal
(B)

22
5:30am- Express Cycle
w/Vicki (B)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

23
8:15am- Circuit training
w/Richelle (A)
9:30am- Yoga Power Flow
w/Tama (B)

4:30pm- Express Cycle
w/Vicki (B)
5:30pm- Super Set Me
w/Vicki (A)

5:30pm- Cardio Boxing
w/Vicki (A)
6:30pm- Yoga Express
w/Tama (B)

5:30pm- ZAP w/Taylor
(A)

5:30pm- Great Plate
w/Vicki (A)
5:30pm- Extreme Cycle
w/Cooney (B)

25
5:30am- PiYo Live
w/Richelle (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

26
5:30am- Sculpt & Tone
w/Vicki (A)
10am- Sweat & Step
w/Angela (A) 10:45am
**SS Yoga w/Christal (B)

27
5:30am- Step Express
w/Roni (A)
9 & 10am- **SS Circuit
11am- **SS Classic (all
w/Angela Room A)

28
5:30am- Circuit Training
w/Vicki (A)
10am- Sweat & Step
w/Angela (A) 10:45am **SS
Yoga w/Christal (B)

5:30pm- Ball & Boogie
w/Deb (A)
5:30pm- Express Cycle
w/Vicki (B)

5:30pm- Boot Camp
w/Richelle (A)
6:30pm- Yoga Express
w/Tama (B)

5:30pm- PiYo Live w/Nicole
(child care) (A)
5:30pm- Yoga Kids w/Tama
(B)

4:30pm- Express Cycle
w/Richelle (B)
5:30pm- Sculpt & Tone
w/Richelle (A)



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 5-11

- **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.