



SEPTEMBER - DECEMBER WILKES-BARRE FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALL CLASSES ARE FREE FOR MEMBERS AND ARE OPEN TO NON-MEMBERS FOR ONLY \$10.
GUESTS OF WILKES-BARRE FAMILY YMCA MEMBERS MAY TAKE CLASSES FOR ONLY \$5.

MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LES MILLS BODYPUMP 6:00AM - TRAVIS	45 MINUTES CYCLING 6:00AM - LIZA	POWER TRAIN 6:00AM - KEVIN	45 MINUTES CYCLING 6:00AM - LIZA	LES MILLS BODYPUMP 6:00AM - KIM
WATER FITNESS 8:15AM - DEB		WATER FITNESS 8:15AM - DEB		WATER FITNESS 8:15AM - DEB
STEP & SCULPT 9:00AM - TERRI		LES MILLS BODYVIVE 45 EXPRESS 9:00AM - LAURANEL	STEP & SCULPT 9:00AM - TERRI	LES MILLS BODYPUMP 9:00AM - KAREN
LES MILLS BODYVIVE 45 EXPRESS 10:00PM - LAURANEL	YOGA 10:00AM - GEOFF		YOGA 10:00AM - GEOFF	ZUMBA gold 10:00AM - MARIJO
45 MINUTES CYCLING 10:15AM - KATIE		45 MINUTES CYCLING 10:15AM - KAREN		45 MINUTES CYCLING 10:15AM - COLLEEN
ZUMBA FITNESS 11:00AM - AMY	ZUMBA FITNESS 11:00AM - AMY	TOP TO BOTTOM 11:00AM - CHRIS	ZUMBA FITNESS 11:00AM - AMY	ZUMBA FITNESS 11:00AM - AMY
LES MILLS BODYATTACK 12:00PM SEPT - MARANDA w/ BODYATTACK OCT - DEC: CELESTE w/ CARDIO KICK	LES MILLS BODYPUMP 12:00PM - LAURANEL	LES MILLS CXWORX 12:15PM - LAURANEL 30 MINUTE CLASS	LES MILLS BODYPUMP 12:00PM - LAURANEL	YOGA 12:00PM - GEOFF
60 MINUTES CYCLING 12:00PM - JOHN	45 MINUTES CYCLING 12:00PM - LINDA		60 MINUTES CYCLING 12:00PM - JOHN	
TAI CHI 1:00PM - DIANE H.		TAI CHI 1:00PM - DIANE H.		

WEEKEND CLASSES

SATURDAY
LES MILLS BODYPUMP 8:00AM - JESS
YOGA 9:00AM - COLLEEN
45 MINUTES CYCLING 9:00AM - DANA
AB LAB 10:00AM - DANA
ZUMBA FITNESS 10:30AM - NATALIYA
45 MINUTES CYCLING 11:00AM - DAWN

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WATER FITNESS 2:30PM - TAMMY M.		
LES MILLS BODYPUMP 3:55PM LAURANEL/KAREN	LES MILLS BODYVIVE 45 EXPRESS 4:00PM - TAMMY L.	LES MILLS BODYFLOW 4:00PM - KAREN	LES MILLS BODYPUMP 3:55PM - TAMMY L.	
WATER FITNESS 4:30PM - TAMMY M.		DEEP WATER WALKING 4:00PM - DIANE S. 30 MINUTE CLASS - STARTS 9/9	45 MINUTES CYCLING 4:00PM - KAREN	WATER FITNESS 4:30PM - TAMMY M.
LES MILLS BODYATTACK 5:00PM - TAMMY	RIPPED The One that's NOT a Joke™ 4:45PM - NELL 45 MINUTE CLASS	STEP & SCULPT 5:00PM - DAWN	LES MILLS CXWORX 5:00PM - TAMMY	45 MINUTES CYCLING 5:00PM - DAWN
45 MINUTES CYCLING 5:00PM - DAWN	LES MILLS CXWORX 5:30PM - KIM	DANCE FIT 5:30PM - ASHLEY IN THE DANCE STUDIO	YOGA 5:30PM - GEOFF	
		45 MINUTES CYCLING 5:30PM - DANA		
DANCE FIT 6:00PM - ASHLEY	45 MINUTES CYCLING 6:00PM - WENDI	LES MILLS BODYPUMP 6:00PM - JESS	45 MINUTES CYCLING 6:00PM - WENDI	ZUMBA FITNESS 6:00PM - NATALIYA
	CARDIO KICKBOXING 6:00PM - CHRIS		LES MILLS BODYCOMBAT 6:30PM - TRAVIS	
CARDIO & CORE 7:00PM - ASHLEY	ZUMBA FITNESS 7:00PM - SANTANA	LES MILLS BODYATTACK 7:00PM - MARANDA		
YOGA 7:00PM - COLLEEN IN THE DANCE STUDIO				

SUNDAY
LES MILLS BODYFLOW 10:00AM - KAREN
CYCLE CIRCUIT 11:00AM - WENDI
LES MILLS BODYPUMP 12:00PM - KIM



GROUP EXERCISE CLASS DESCRIPTIONS

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Ab Lab (Sat 10am) This 30 minute class provides an intense abdominal/back workout that will be a rock solid compliment to your current exercise regimen.

BODYATTACK™ (Mon 12pm in September) (Mon 5pm) (Wed 7pm) Average Calorie Burn: 730

Sports-inspired cardio for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Everyone is motivated towards their fitness goals - from the weekend athlete to the hard-core athlete.

BODYFLOW™ (Wed 4pm) (Sun 10am) Average Calorie Burn: 390

A LES MILLS™ Yoga, Tai Chi, Pilates workout building flexibility, strength and inner calmness. Each class is made up of 45 minutes of simple but challenging exercises, followed by 10 minutes of relaxation and meditation.

BODYCOMBAT™ (Thurs 6:30pm) Average Calorie Burn: 737

This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. This is the highest calorie burning class LES MILLS™ offers!

BODYPUMP™ (Mon 6am & 3:55pm) (Tues & Thurs 12pm) (Wed 6pm) (Thurs 3:55pm) (Fri 6am & 9am) (Sat 8am) (Sun 12pm) Average Calorie Burn: 560

The original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

BODYVIVE™ (#Mon 10am) (Tues 4:30pm) (#Wed 9am) Average Calorie Burn: 415

***FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED**

A low-impact, whole body group fitness workout that uses resistance bands and body weight to boost fitness and core strength. Inspirational instructors and music to motivate you leaves you fizzing with energy, so you can really take life on!

Cardio and Core (Mon 7pm)

Couples focused core work with total body explosive movements to spike the heart rate and torch fat and tone the core. Various different weights and equipment will be used.

Cardio Kickboxing (Mon 12pm October - December) (Tues 6pm)

Burn calories and shed fat! Moderate to high intervals inspired by the martial arts. Plus body and low-weight training! Great for improving endurance!

CXWORX™ (Tues 5:30pm) (Wed 12:15pm) (Thurs 5pm) Average Calorie Burn: 230

Based on cutting-edge scientific research. Ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cycle Circuit (Sun 11am) NEW! This 45 minute class combines cycling and resistance training using bands, dumbbells and body weight exercises coordinated to your favorite music.

Dance Fit (Mon #6pm)(Wed #5:30pm) *FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED

Dance fit is a class that allows you to move at your own pace and dance your way to fitness. Similar to Zumba with easy to follow moves for ages 50 and older.

DEEP WATER WALKING (Wed 4pm) Class is taught in 7 feet of water. A flotation belt is worn (provided in class) which will keep student's head above water. A student must be comfortable in the water but does not need to know how to swim in order to participate. Deep water exercise is designed to improve muscle tone and aerobic fitness.

Indoor Cycling (T & Th 6am) (M, W, F 10:15am) (M, T, Th 12pm) (M, F 5pm) (Tues & Thurs 6pm) (Thurs 4pm) (Sat 9am & 11am) (Sun 11am)

Bring your outdoor cycling indoors! High intensity group cycling class that includes challenging hill climbs, sprints, and interval training for all fitness abilities.

Power Train (Wed 6am) Pump up your body. Designed to increase strength and muscular endurance with the use of free weights and plate loaded barbells.

R.I.P.P.E.D. (Tues 4:45pm) A total body workout, utilizing resistance and cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, and Endurance. R.I.P.P.E.D. helps you attain and maintain your physique in ways that are fun, safe, doable and extremely effective!

Step & Sculpt (Mon & Thurs 9am) (Wed 5pm) Movements performed on and off of step platform, with or without risers. Class consists of basic step patterns for the new stepper and options for the more advance participant. Intensity level is determined by speed, travel, and execution of movement. Increase your cardiovascular strength and endurance.

Tai Chi (Mon & Wed 1pm) Slow flowing movements involving mind and body to promote balance and healthy well-being.

Top to Bottom (Wed 11am) Get in shape from top to bottom! Class will be different each week using a variety of equipment and exercises for all levels of fitness.

Water Fitness (Mon, Wed, Fri 8:15am) (#Mon 4:30pm) (#Wed 2:30pm) (#Fri 4:30pm) *FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED A low impact fun and invigorating way to exercise! Most classes are conducted in the shallow end of the pool and enhanced by music. Each class is designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress, improve physical appearance, and develop a sense of well-being.

Yoga (Mon 7pm) (T & Th 10am) (Th 5:30pm) (Fri 12pm) (#Sat 9:00am) *FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED Promoting flexibility & strength. Various breathing techniques & poses combined to reduce stress, increase flexibility, and enhance general well-being.

Zumba®(M,T, Th F 11am) (Tues 7pm) (Fri 6pm) (Sat 10:30am)

Zumba® fuses hypnotic Latin rhythms and easy to follow moves creating a dynamic fitness program that will blow you away. The principle behind Zumba® is incredibly simple; get fit and have fun! There are no complicated moves to learn and you don't need the coordination of a standard aerobics class.

Zumba Gold® (#Fri 10am) *FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED Zumba Gold® includes the same upbeat Latin and world grooves with fun dance moves for age 50 and older. No complicated moves to master.

TEXT
ALERTS

Text **FILLMEIN** to **84483** to receive **Facility** alerts.
Text **GROUPEX** to **84483** to receive **Group Exercise** alerts.
Text **POOLALERTS** to **84483** to receive **Mericle Pool** alerts.
Text **WBYST** to **84483** to receive **WBY Swim Team** alerts.

Text **YCHILDCARE** to **84483** to receive **Childcare** alerts.
Text **YCKDAY** to **84483** to receive **Day Camp** alerts.
Text **YCKOVERNIGHT** to **84483** to receive **Overnight Camp** alerts.
Text **YCKFAMILIES** to **84483** to receive **YCK Families** alerts.

SOCIAL
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Wilkes-Barre Family YMCA



@wilkes_barrefamilyymca

BASIC
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Classes are complimentary to members. Schedule is subject to change with limited notice. Non-members may take any class for only \$10. Guests of Wilkes-Barre Family YMCA Members may take classes for only \$5.

Classes averaging less than ten (10) participants may be removed from the schedule at any time.

FOR MORE INFORMATION PLEASE CONTACT: Lauranel Banks, Wellness Director 570-970-5012 - Lauranel.Banks@wbymca.org



WILKES-BARRE FAMILY YMCA

ACTIVE OLDER ADULT CLASSES & SILVERSNEAKERS® CLASSES

SEPTEMBER - DECEMBER 2015

FOR YOUTH DEVELOPMENT®
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER FITNESS 8:15AM - DEB		WATER FITNESS 8:15AM - DEB		WATER FITNESS 8:15AM - DEB	# YOGA 9:00AM - COLLEEN	
		# LES MILLS BODYVIVE 9:00AM - LAURANEL				
# LES MILLS BODYVIVE 10:00AM - LAURANEL				# ZUMBA gold 10:00AM - MARIJO		LES MILLS BODYFLOW 10:00AM - KAREN
SilverSneakers YOGA STRETCH 2:00PM - DIANE H.	SilverSneakers CLASSIC 1:30PM - JOAN A.	SilverSneakers YOGA STRETCH 2:00PM - DIANE H. # WATER FITNESS 2:30PM - TAMMY M.	SilverSneakers CLASSIC 1:30PM - JOAN A.			
# WATER FITNESS 4:30PM - TAMMY M.		DEEP WATER WALKING 4:00PM - DIANE S. 30 MINUTE CLASS - STARTS 9/9 LES MILLS BODYFLOW 4:00PM - KAREN		# WATER FITNESS 4:45PM - TAMMY M.		
# DANCE FIT 6:00PM - ASHLEY		# DANCE FIT 5:30PM - ASHLEY IN THE DANCE STUDIO				

ALL CLASSES ARE EXCELLENT FOR ACTIVE OLDER ADULTS AND SENIORS SEEKING WORKOUTS TO ENHANCE THEIR LIFESTYLE.

Workout intensity ranges based on class. Please see reverse for descriptions.

SILVER SNEAKERS MEMBERSHIP

SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. It's a fun, energizing program that helps you take greater control of your health by encouraging physical activity in a social atmosphere. The Wilkes-Barre Family YMCA we offer 3 types of SilverSneakers® classes and hold social events monthly. Many individuals can be members with us for little or no cost. Check with your insurance company to see if you're eligible for this full-facility membership! Need help? Just Ask!

AREA AGENCY ON AGING PRIME TIME HEALTH

Thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program, all classes marked with # are FREE to anyone age 50+ regardless of Wilkes-Barre Family YMCA membership. Join us at any time! Sign-in required for these classes.



WILKES-BARRE FAMILY YMCA ACTIVE OLDER ADULT & SILVERSNEAKERS®

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Class Descriptions

BODYFLOW™ (Wed 4pm) (Sun 10am)

A LES MILLST™ Yoga, Tai Chi, Pilates workout building flexibility, strength and inner calmness. Each class is made up of 45 minutes of simple but challenging exercises, followed by 10 minutes of relaxation and meditation.

BODYVIVE™ (Mon 10am) (Wed 9am) FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED A low-impact, whole body group fitness workout that uses resistance bands and body weight to boost fitness and core strength. Inspirational instructors and music to motivate you leaves you fizzing with energy, so you can really take life on!

Dance Fit (Mon 6pm) (Wed 5:30pm) FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED Dance fit is a class that allows you to move and shake at your own pace and dance your way to fitness. Similar to Zumba with easy to follow moves for age 50 and older. No complicated moves to master.

Deep Water Walking (Wed 4pm) Class is taught in 7 feet of water. A flotation belt is worn (provided in class) which will keep student's head above water. A student must be comfortable in the water but does not need to know how to swim in order to participate. Deep water exercise is designed to improve muscle tone and aerobic fitness.

SilverSneakers Classic (Tues & Thurs 1:30pm)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available for seated or standing support.

SilverSneakers Yoga Stretch (Mon & Wed 2:00pm)

SilverSneakers Yoga will move your whole body through a complete series of seater and standing yoga poses. Chair support is offered 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 will promote stress reduction and mental clarity. The perfect class to take before SilverSneakers Classic. Add it to your routine!

Water Fitness (Mon, Wed, Fri 8:15am) (Mon 4:30pm) (Wed 2:30pm) (Fri 4:30pm) M,W,F Afternoon/Evening classes are FREE to those 50+ thanks to a sponsorship by the Area Agency on Aging Prime Time Health Program! Sign-in REQUIRED A low impact fun and invigorating way to exercise! Most classes are conducted in the shallow end of the pool and enhanced by music. Each class is designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress, improve physical appearance, and develop a sense of well-being.

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