



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM						Spin LuAnn	
8:30 AM	Breathe Peggy	FIT Vicki	Breathe Peggy	FIT Vicki	Flexibility Vicki	Boot Camp Jethe	
9:30 AM	TBT LuAnn	Dance Fever Vicki ----- Spin~ Liz	TBT LuAnn	Dance Fever Vicki	Senior Swing Vicki ----- Spin~ Liz		
10:30 AM	Circuit++ Peggy	Yoga++ Peggy	Circuit++ Peggy	Yoga++ Peggy	Begin to Spin Vicki	<div>Mon Valley YMCA Group Fitness <u>December</u> Dec. 1st– Dec 20th</div> <div></div> <div>Free to members Non-members: \$21</div> <div></div>	
11:30 AM		Classic++ Peggy		Classic++ Peggy			
4:30PM				HIIT Emily			
5:30 PM	Spin ~ LuAnn		Spin ~ Christy				
6:30 PM		TBT Peggy		Cardio Burn Jacque			
7:15 PM		Breathe Peggy		Flexibility Jacque			

CLASS DESCRIPTIONS

++ = Especially designed for beginners and seniors.

Begin To Spin++ ~ 1/2 hour cycle class designed to help new riders learn the positions on the bike and provide participants with a great cardiovascular workout.

Breathe ~ A YOGA class with Qi Gong to warm up the muscles, facilitating the stretch. Pilates is also incorporated to strengthen the abdominals and lower back, which stabilize the spin through the poses.

Boot Camp ~ Circuit style strength HIIT class using body weight and resistance training exercises for a killer workout!

Cardio Burn~ A bodyweight cardio and endurance class to get the heart pumping and improve cardiovascular endurance. Suitable for all fitness levels!

Circuit++~ Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

Classic++ ~ Designed to increase muscle strength, range of movement and improve activities for daily living. A Chair is used for seated exercises and standing support. Class can be modified depending on fitness levels.

Dance Fever ~ Heart pumpin' tunes we love and easy to follow choreography make this cardio dance class super fun.

Dance Fit ~ Cardio dance class incorporating bodyweight fitness exercises for a full body workout !

FIT ~ A multi-disciplinary workout designed to improve cardiorespiratory fitness, muscle strength, flexibility and body composition with the use of weights, balls resistance bands and more! Varying intensity levels with plenty of modifications make this workout appropriate for anyone

Flexibility~ A mobility class incorporating yoga and pilates to focus on stretching and increasing range of motion.

HIIT– High Intensity Interval Training. This class is sure to keep your body moving in a highly modifiable full body strength workout.

Senior Swing++ ~Swing your way into feeling good and being healthy with this low impact cardio class. Participants will get their feet moving to lively music based around such dances as Swing, Cha Cha, Salsa and mambo.

Spin ~ A group cycle class designed to motivate participant to increase endurance and burn calories.

Strength ~ Learn how to work muscles to fatigue by safely awarding us with increased muscle density, bone density and metabolism.

Total Body Training (TBT) ~ A basic format for targeting the entire body. Build lean muscle, strength and endurance and rev the metabolism.

Yoga++ ~ SilverSneakers Yoga will move your whole body through a complete series of seated 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.

All classes free to Mon Valley YMCA members.