



# Pocono Family YMCA

## GROUP EXERCISE JULY 2019 SCHEDULE

### Monday

Time	Class	Instructor	Location
6am	BodyBlast	Deanna	AS
9am	AFEP (Arthritis)	Kit	FR
9am	Zumba Gold	Fernanda	GYM
9:30am	AMPD	Jennifer	A S
10:45am	Zumba	Chad	A S
7/1 <b>ONLY</b>	10:45am Mat Strong	Mary Ellen	FR
7/1 <b>ONLY</b>	12pm Chair Yoga	Mary Ellen	AS
7/8-7/29	12:00pm S.S Yoga Stretch	Debbie	A S
5:30pm	Bootcamp	Michael	A S
6:30pm	Zumba	Chad	A S

### Tuesday

Time	Class	Instructor	Location
6am	BodyPump	Lori	AS
9am	Stretch & Tone	Steffanie	FR
9am	Zumba Toning	Fernanda	A S
10am	Mat Strong	Steffanie	AS
1pm	Silver Sneakers	Debbie	AS
5:15pm	Cardio Express	Mary Ellen	A S
6pm	Ab Attack	Mary Ellen	A S
6:30pm	BodyPump	Mary Ellen	A S
6:30pm	Country Heat	Kelly	FR

\*Please make sure that you are signed up for our text alerts for substitutions and class announcements!

### Wednesday

Time	Class	Instructor	Location
6am	Spinning	Deanna	FR
9am	AFEP (Arthritis)	Kit	FR
9am	Step Up	Jen	A S
10am	Chair Zumba	Fernanda	FR
10am	PiYo	Jen	A S
11:15am	Zumba	AJ	A S
11:30am	S. S. Yoga Stretch	Debbie	FR
1pm	Tai Chi	Debbie	A S
5:30pm	Yoga	Mary Ellen	A S
6:30pm	Zumba	Chad	A S

### Thursday

Time	Class	Instructor	Location
6am	BodyPump	Lori	AS
9am	Zumba Toning	Fernanda	AS
9:30am	Cycle 30	Steffanie	FR
10am-11:30am	Yoga	Devon	A S
11:45am	B.A.M. (balance & mobility)	Jen	AS
1pm	Silver Sneakers	Debbie	AS
5:15pm	TRXrta	Mary Ellen	FR
5:30pm	Zumba	AJ	A S
6:30pm	BodyPump	Metsa	A S
7:30pm	Core Strong	Metsa	A S

### Friday

Time	Class	Instructor	Location
6am	P90X	Deanna	AS
9am	AFEP (Arthritis)	Debbie	FR
9:30am	Strong & Centered	Jennifer	A S
10am	Silver & Fit	Debbie	FR
10am	Zumba	AJ	GYM
10:30am	Werq	Jennifer	A S
11:30am	Yoga	Mary Ellen	A S

### Saturday

Time	Class	Instructor	Location
8:15am	BodyPump	Jeanette & Metsa	A S
9:30am	TRX Metabolic (2nd, 4th Saturday)	Metsa	FR
9:30am	P90 X (1st & 3rd Saturday)	Deanna	AS
10:45am	Zumba	Fernanda	A S

### Sunday

Time	Class	Instructor	Location
12:30pm	Spin/TRX Combo	Metsa	FR

**All GROUP EXERCISE CLASSES ARE FREE TO MEMBERS**

AS = Aerobic Studio

FR = Front Room

GYM = Basketball Court

## CLASS DESCRIPTIONS

**AFEP (Arthritis Foundation Exercise Program):** This class, formally titled P.A.C.E., will increase range of motion, flexibility, and strength. Ideal class for the first time exerciser or those with arthritis.

**Ab Attack:** This is a 30-minute class focused on toning and defining the abdominals, and strengthening the back to improve posture and core strength.

**B.A.M. (Balance and Mobility):** A movement-based training that works on balance, coordination, and functional strength. This class involves full-body, multi-planar movements.

**Bodypump:** The original, Les Mills barbell class, with cutting-edge choreography and chart-topping music.

**BodyBlast:** Instructors choice of a mix of strength and cardiovascular training using body bars, bands, and small hand weights.

**Bootcamp:** A military inspired interval workout designed to improve overall fitness and stamina.

**Cardio Mix:** This fun class incorporates cardio intervals to target different areas of the body.

**Chair Yoga:** A gentle form of yoga that is practiced sitting in a chair, or standing while using the chair for support.

**Fitness Yoga:** is an effective and exciting "Mind" and "Body" workout. It combines aerobic and anaerobic

movements, as well as elements from Hatha **Yoga** and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance and balance .

**Mat Strong:** Strength training done from your mat. Using your bodyweight, bands, or small toning weights you will transform your body from the comfort of your mat.

**PiYo:** Combining the practices of Pilates and Yoga together, Piyo is a total body fitness class designed to get you in shape by increasing flexibility and building strength to help promote weight loss.

**P90X:** This amazing system targets a specific goal with each workout, focusing on agility, balance, mobility, and strength.

**Silver & Fit:** This class is designed for older adults looking for a well-balanced exercise routine. Participating in this class will increase your heart health, muscular endurance and strength, flexibility, and balance.

**Silver Sneakers:** These signature classes are designed specifically to help Medicare eligible individuals (65 and older) improve overall fitness.

**Silver Sneakers Yoga:** A complete series of seated and standing postures designed to improve flexibility, balance, mental clarity, while promoting stress reduction.

**Cycle 30:** A 30 minute high-energy indoor cycling class led by a motivating instructor who will teach you how to use the Energy Zones and discover your

athlete within.

**Stretch & Tone:** Ideal for beginner exercises, or anyone looking to balance out their workouts with a low-impact class that will help to build muscle endurance while learning proper techniques for stretching.

**Core Strong:** By strengthening the stabilizing muscles, you will move more efficiently, reduce your risk of injury, increase your power output, and improve performance.

**Tai-Chi:** This ancient Chinese practice, known as "moving meditation", stimulates the body's energy flow while deepening one's innate calm.

**TRX:** This suspension training program uses body-weight resistance to build strength, balance, flexibility, and core stability with hundreds of functional exercises that can easily adjust to all fitness levels.

**WERQ** is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

**Yoga (length of class varies with instructor):** An ancient art form involving precise postures, breathing exercises, and meditation. Develops harmony between mind, body, and spirit.

**Zumba:** The Latin-inspired, dance-fitness program that blends red-hot international music, and contagious steps to form a "fitness party" that is downright addictive.

## MISSION STATEMENT

To be an open organization that puts Christian principles into practice through programs that build a healthy spirit, mind and body for all. At the Pocono Family YMCA, we're for youth development, healthy living and social responsibility.

## POCONO FAMILY YMCA

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# GROUP WELLNESS

