



ADULT/ACTIVE OLDER ADULT/NEW TO EXERCISE PROGRAM GUIDE

18+ Years old

Program dates & times on Adult Programming Schedule.

AQUATICS—Michelle Gonzalez, Aquatics Coordinator, 724.452.9122 x218 or mgonzalez@bcfymca.org

WATER FITNESS CLASSES:

20/20/20: After a warm up, we'll be using our own bodies to create resistance in the water to get that heart pumping. Next, we'll use equipment to create resistance and keep that heart rate going. Last, we'll finish with hydro Pilates to work the core and then relax with a cool down and yoga stretches.

AQUA ARTHRITIS: Warm water recreational exercise program designed for people with impaired joint motion. The purpose is to reduce pain and stiffness and increase joint range of motion while having fun with basic resistance movements and water walking. Beginners welcome!

AQUA ATTACK: This is a true water course; your feet will rarely touch the bottom of the pool. Through the use of aqua jogging belts, hand buoys, and weights you will strengthen your core, as well as build endurance and strength in your extremities.

AQUA BOOT CAMP: Devoted to improving your all around ability in the water through the use of weights, aqua jogging belts, and fins; this endurance class will push you to your limits!

AQUA CIRCUIT: With a focus on building stamina and strength, we'll execute 3 to 4 circuits designed to increase your heart rate, work out the major muscle groups and attack the abdominals all in one class. Includes a warm up and cool down segment.

AQUA TONING: Aqua Toning is the perfect way to sculpt your body naturally while having a total blast. Learn how to use light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs.

AQUA ZUMBA: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, along with shouting, laughing, hooting and hollering are often found during an Aqua Zumba class. Aqua Zumba blends a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. 

AQUABATA: 20 seconds of high intensity or concentrated moves with 10 seconds recovery. This is a fun and energetic class that will get your blood pumping.

CARDIO BURN & TONE - 10 minute segments alternating between cardio and toning with every piece of equipment in the closet!

CORE & MORE: A class focused on aerobic/toning circuit class designed to increase strength and stamina. There are 4 circuits focusing on abs, oblique, back and arms. Each circuit gets progressively more challenging as you develop cardio endurance and core strength. The progressive circuit approach empowers beginners to improve at their own pace while giving advanced users a complete hard-core workout. Get ready to work!

HIIT CIRCUIT: High Intensity Interval Training (HIIT) cycles include 20-30 seconds of hard intensity with 10 second recovery. We start in the deep end and work our way to the shallow.

HYDRO MIX: Deep water cardio mixed with shallow water resistance and strength training, we will rotate equipment each week (resistance bands, hand buoys, weights, and kickboards).

MUSCLE UP!: This weight workout flows continuously from one move to the next in shallow water using circuits of Back/Legs/Chest and Biceps/Triceps/Shoulders. For maximum results, we also use active rest periods in between circuits to focus on abdominals.

PURE CARDIO: This is a non-stop, incredibly challenging cardio class designed for those demanding a very high-intensity program. If your goal is to improve your stamina and endurance this workout is perfect for you. We'll be performing aqua running, plyometric and power movements in both the vertical and horizontal positions. We'll mix it up by adding equipment to make it even more challenging.

READY, SET FRIDAY!: A fun mixture of dance, cardio and toning but not too intense.

S SQUARED: Let's attack every major muscle group and use STRENGTH & STAMINA to blast away calories in a non-stop, full-body, shallow water workout using weights to strengthen and build muscles to reveal a stronger, fitter YOU!

TORCH & TONE: It's like two workouts in one! Designed to use compound moves to train multiple muscle groups at one time using light weights and buoyant equipment. Engaging more muscles at one time means you are automatically torching extra calories with every minute. These compound moves drive your body straight into the cardio zone – giving you both strength training and cardio at once.

TOTAL AQUA BODY: A great way to end the week starting with cardio in the deep with a belt, suspended moves in shoulder deep and toning in the shallow.

TRIPLE THREAT: This class is one third cardio, one third deep water or resistance training, and one third weightlifting. All of this is done in the water to support the body and help develop balance, coordination, toning, and strength. Hand buoys, weights, kickboards, pull buoys and other pieces of equipment help to make this class challenging and fun.

HEALTHY LIVING –Kathy Hensler, Healthy Living Director, 724.452.9122 x226 or khensler@bcfymca.org

***ADULT SPECIALTY CLASS PUNCH CARD:** Mix & Match your favorite fee classes. Valid for: Body Pump, AWT-Core Strength, Yoga, Cycle. 8 classes/punch card. Valid during the session it was purchased.

***BODY PUMP ALL-INCLUSIVE PASS:** Take one class or take them all!

LAND GROUP EXERCISE CLASSES: (*-asterisk denotes specialty class; see programming schedule for fee.)

***AWT-CORE STRENGTH:** Advanced Weight Training-Core Strength is an advanced level class focused on core stability and progression in strength training. All muscle groups are worked in each class. Format is based on the latest science to effectively build strength. Instructor is a certified personal trainer.

BARRE: Tap into the hottest trend in fitness! Barre is a safe program that will lean, tone and strengthen your body. Using a combination of postures inspired by ballet and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

BEGINNER YOGA: This class is designed to teach the practice of yoga. Class is slower paced than other yoga classes, and is focused on developing clear and safe understanding of breathing, deeper understanding of anatomy, posture, and alignment in foundational poses.



***BODY PUMP™:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises. Great music and awesome instructors inspire you to get the results you came for – and fast.



BOOT CAMP: High energy explosive full body workout.

CARDIO LITE: This moderate intensity cardiovascular workout is safe and beneficial for EVERYONE and “ideal” for the new exerciser and those needing a workout that is joint friendly.

CARDIO MIX: This class is a FUN, high energy class taught in a way that everyone can find the right intensity.

CARDIO STEP: Basic step combinations and high energy cardio moves combined into a one hour power class. Fun for all exercise levels.

CARDIO TABATAS: Raise the bar on your current aerobic workout and challenge yourself to higher intensity training intervals. Appropriate for all exercise levels.

CARDIO/WEIGHT INTERVALS: This class includes both cardiovascular intervals and with weight training. A perfect fit for all exercise abilities.

CORE BALANCE: Increase your core strength and stability through this class.

FITNESS 101: Focuses on cardiovascular endurance & also includes muscular strength, muscular endurance & flexibility.

FITNESS BOXING: Learn basic boxing fundamentals in a controlled fitness environment. Total body strength with emphasis on increasing coordination, core strength, & stabilization. Class will utilize gloves & hand wraps.

HEAT: High-Energy-Athletic-Training. Train like an athlete at various levels of intensity focusing on total body conditioning, strength, and power. Participants can expect cardiovascular endurance and strength drills.

HIIT: This High-Intensity-Interval-Training class will maximize your workout and increase your oxygen capacity through challenging total body exercises and structured intervals.

INTERVAL INSANITY: The perfect mix of cardio & body weight strength intervals to burn calories and build lean muscle!

INTRO TO XFIT RIG: This 30 minute class will teach you the basic moves for using the Rig Equipment. Kettlebells, corebags, sandbags, griprs, tires and sled. Great for beginners who want a full body workout that includes strength and cardio components in a fun and motivating circuit class.

LINE DANCING: The time will fly as you move to many different types of music. A must for anyone who LOVES to dance!

PILATES: Involves low-impact exercises and stretches designed to strengthen muscles of the torso, hips and low back.

PILATES CARDIO FUSION: Take your workout to the next level with a combination of Cardio and Pilates. Enjoy a perfect blend of core strengthening Mat Pilates with cardio exercises for a full body workout.

SAIL: Stay Active and Independent for Life (SAIL) is an evidence-based, strength, balance and fitness program for adults 60+. Classes are specifically designed to help improve balance and mobility; reducing the risk of falls and improving quality of life. Each class can be tailored to fit individual needs and are perfect for any fitness level – you can even participate sitting down!

SENIOR YOGA: This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SILVERSNEAKERS® CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.



***SLO-GA YOGA:** Enjoy a perfect combination of breathing and movement by slowly working the muscles with alignment-based yoga postures. Gradually building heat in the body through a flow of poses, we will clear the mind. Class will close with deep relaxation. Special attention is given to modifications of traditional yoga poses for all levels.

TOUGH MOTHERS: A total body workout for parents and their kids. Cardio drills, strength training, core exercises and stretching will increase overall fitness.

XFIT RIG: Xfit Rig is an efficient total body workout! This one hour circuit takes your agility and stamina to new heights. Utilizing Kettlebells, Corebags, Bulgarian Bags, Sandbags, Griprs, Core Momentum Trainers, Medballs, Slam balls, and more! This class delivers a great HIIT workout!

YIN YOGA: Poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility.

***YOGA:** This class focuses on flexibility, breathing, & stress reduction utilizing traditional yoga forms anyone can do.

ZUMBA®: Zumba combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries. This workout is FUN AND EASY to do.



ZUMBA® GOLD: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.



GROUP CYCLE CLASSES: (*-asterisk denotes specialty class; see programming schedule for fee.)

***CYCLE:** Come and experience group cycling at a whole new level! The Keiser bike gives a ride closer to outside cycling and incorporates a computer that creates a training experience second to none!

***CYCLE/BARRE:** This class fuses the body sculpting and flexibility aspects of Barre with the cardiovascular benefits of indoor cycling. This format includes 30 minutes of heart-pounding, spirit-lifting, beat-driven cycling and 30 minutes of upper body toning, core strengthening and stretching off the bike.

***CYCLE BOOT CAMP:** All the intensity of a true hard core Class. Intense cycling, with upper and lower body strength drills, plyometrics, and core work!

***CYCLE FOR HEALTH:** This class is perfect for the new exerciser or new to group cycling. Cycling as cardiovascular exercise is easy on the joints, burns big calories & is FUN.

***ENDURANCE CYCLE:** This class simulates outdoor rides and focuses on endurance



***GET FIT FAMILIES ENDURANCE CYCLE:** This 90 minute class will focus on endurance while building power/strength.

SMALL GROUP TRAINING PROGRAMS: (*-asterisk denotes specialty class; see programming schedule for fee.)

***FUNDAMENTALS OF STRENGTH:** Teaches the fundamentals of strength using a barbell and other strength equipment. Program goals are safety and confidence efficient strength techniques for a full body workout.

***TREAD AND SHRED:** This small group training can help improve speed and endurance with every stride while monitoring exertion level to maximize calorie burn! This class also includes strength training with a core focus. Expect to be pushed to go faster and climb harder than you ever would on your own. BELT IT OUT!

***TRX BODY BLAST:** Engage all your muscles with this non-stop TRX workout. Build overall strength, balance and flexibility with this total-body conditioning program. We set the reps, you set the intensity. All Core All The Time!

***TRX EXPRESS:** This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to feel the burn as you power through multiple sets of high tension loads.

TRX INTRO: This class teaches the fundamentals of TRX Suspension Training. You will learn the set up and basic TRX moves for a full body workout.

CHRONIC DISEASE PREVENTION PROGRAMS: (*-asterisk denotes specialty program; see program flyer for fee.)

***BLOOD PRESSURE SELF-MONITORING PROGRAM:** Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. To qualify, participants will: • Be at least 18 years old • Be diagnosed with high blood pressure • Not have experienced a recent cardiac event • Not have atrial fibrillation or other arrhythmias. During this time, participants will be encouraged to: • Self-measure their blood pressure at least two times per month • Attend two personalized consultations per month • Attend monthly nutrition education seminars. Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor. Full program details available on the "Take Action To Improve Heart Health" flyer.

HEALTHY LIVING NUTRITION SEMINARS: These seminars will help you make better food choices! They are connected to our Blood Pressure Self-Monitoring Program but you do not need to be part of this program to attend. Monthly seminars will include: DASH-Dietary Approach to Stop Hypertension; Reducing Sodium Intake; Food Shopping, Preparation, & Cooking; Heart Healthy Eating for Life. Please see the program flyer for dates and times.

***DELAY THE DISEASE™:** This program is a life-changing exercise and mobility program expressly designed for people with a diagnosis of Parkinson's Disease. The program improves the physical, mental, and emotional realities of PD patients.



***Y-WEIGHT:** For anyone currently overweight or trying to maintain weight. Includes educational classes led by a certified Personal Trainer, Registered Dietitian, weigh-ins, pre and post assessments, weight loss education, group discussions, informational handouts and MOTIVATION! This class includes all the latest weight loss research! Each participant will receive an Adult Specialty Class Punch Card (good for access into 8 specialty group exercise classes: Cycling, AWT-Core Strength, Body Pump and Yoga) (\$35 value), ONE 30-minute Personal Training session (\$25 value), ONE Personal Dietitian session (\$25 value) and ONE bonus weekly workout class (priceless)! Are you looking to make a change? Challenge yourself! What do you have to lose but weight?

***Y-WEIGHT MINI:** Same days/times as Y Weight class. Includes private workout plus the first 20 minutes of class: weigh-in, obstacles, victories and weekly handouts. Must have taken full Y-Weight class to be eligible to participate.

SPORTS & LEAGUES –Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org

(*-asterisk denotes cost; see programming schedule for fee.)

***KEYSTONE MARTIAL ARTS:** Instructors Master Mark Jorgensen, 5th Degree Black Belt, and Mrs. Richelle Jorgensen, 3rd Degree Black Belt, have nearly 30 years of martial arts experience each. Tang Soo Do is a traditional martial art that traces its roots to ancient Korea. For more than 2,000 years, the art has been passed from instructor to student. We continue this tradition, teaching our students not only the physical requirements of a martial art but also by instilling core values such as integrity, concentration, self-control, perseverance and leadership. Throughout the classes, students will learn the fundamentals of Tang Soo Do, self-defense, safety skills, advanced techniques and conceptual skills. *Registration is monthly, available the 15th through the end of the month, and must take place the month prior to the month you want to participate. Automatic draft available; contact the Program Director. Website: www.keystonemartialarts.com*



PICKLEBALL: Pickle-Ball combines elements of tennis, table tennis, badminton, and racquetball. Come enjoy pick-up Games with your friends or meet someone new! The game is easy to learn and our volunteers and staff will help you get the hang of it. The game is played indoors and utilizes a wooden paddle and wiffleball. Equipment provided.

ARTS & HUMANITIES / GROUP ACTIVITIES – (see description for contact information)

(*-asterisk denotes cost; see programming schedule for fee.)

ACTIVE OLDER ADULT EVENTS: Check the in-house flyer for up-to-date social events! Questions? Contact Rachel McKeown, Membership Director, 724.452.9122 x213 or rmckeown@bcfymca.org

CARD CLUB: Ages 18+ years old. Join us for fun, fellowship, and card games! Questions? Contact Rachel McKeown, Membership Director, 724.452.9122 x213 or rmckeown@bcfymca.org

- **Rummy 500** is played on Wednesdays; we provide the meeting space & coffee, you provide the cards & snacks.
- **Bridge** is played on Fridays; we provide the meeting space, you provide the cards and fun!

COUPLE'S SOCIAL DANCING: Do you want to dance? Getting started is very easy here at the Y. Our instructors will have you dancing two dances (fast swing and slow romantic) the very first night. Our class is "user-friendly" & fun! There won't be any changing of partners, unflattering costumes, or recitals! Make this your new Date Night! This is designed as a beginner's class, but experienced dancers are welcome to brush up on the basics and to practice with the group on a "drop-in" basis. Individualized coaching will be available during the practice time. Dress comfortably; come to have fun and make some new friends. Maybe go out to dinner after class, or even out dancing with your new friends! Questions? Contact Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org

***WOMEN'S BOOK CLUB:** Join us for some much needed relaxation time. This thought provoking study focuses on books with Christian messages as well as creating bonds and making new friends. Enjoy a good book and good weekly conversation. Coffee and water is provided to all participants. Book & KidQuarium are included at no additional cost. Contact Nik Cubbison, Program Director, 724.452.9122 x217 or ncubbison@bcfymca.org

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