



# ROSE E. SCHNEIDER FAMILY YMCA

## ADULT/ACTIVE OLDER ADULT/NEW TO EXERCISE

### PROGRAM GUIDE

18+ Years old

### AQUATICS

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#### **WATER FITNESS CLASSES:**

**AQUA 1,2,3 SYSTEMS:** A new class that specializes in progressions and regressions. This class is for everyone and three different levels of each move will be taught. You determine how easy or hard you want to work. We will work the entire body and use many different pieces of equipment.

**AQUA ARTHRITIS:** This warm water recreational exercise program is 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:** This tried and true program is a member favorite! By combining stationary & traveling circuits of cardio and strength moves using the resistance from the water, your endurance & balance will be challenged while having fun!

**AQUA POWER:** Through the use of equipment and body positions, resistance is added to create a shallow-water fitness program that targets muscular strength and endurance, range of motion and balance skills.

**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 this 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.

**BUOYS & BANDS:** This class uses hand buoys and other equipment for upper body strength and cardio in the deep and shallow ends of the pool. Class finishes with resistance bands in the shallow end to concentrate on toning and sculpting the lower body.

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

**CARDIO INTERVALS:** Using both deep and shallow ends of the pool, this class includes intervals of cardio moves that will get your heart pumping and then finishes with 15 minutes of ab work.

**CORE CHALLENGE:** By combining cardio exercises and suspended positions, this class uses a variety of moves and equipment to strengthen your core while also challenging your balance and agility.

**FLEXIOUS FLOW:** A new class that is designed to make easy transitions for your body. We will focus on the mobility matrix of your joints to help you improve your daily function all while having fun to great music.

**HIIT CIRCUIT:** High Intensity Interval Training (HIIT) cycles include 20-30 seconds of hard intensity with 10 second recovery. Class begins in the deep end and finishes in the shallow end.

**MUSCLE UP!:** Grab a set of heavy and light weights and join this intense muscle-building class! Through a series of exercise with a heavy set of weights using lower reps and then repeating the same exercise using a lighter set of weights with higher reps, participants will work on sculpting their upper and lower body.

**READY, SET FRIDAY!:** A fun mixture of dance, cardio and toning.

**STRENGTH & STAMINA:** This no no-nonsense, no frills, non-stop weight workout will push you just hard enough to get results! Each weight segment is followed by 2 minutes of intense standing ab work to test your stamina.

**TOTAL AQUA BODY:** This class begins with cardio in the deep end with a belt, transitions to suspended moves in shoulder deep water, and finishes with toning exercises in the shallow end.

**TRIPLE THREAT:** This class is one third cardio, one third deep water or resistance training, and one third weightlifting, to challenge you beyond your comfort zone – concentrating on cardio, abs and strength training using resistance paddles.

# HEALTHY LIVING

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

## LAND GROUP EXERCISE CLASSES:

\*Land Group Exercise Classes are free!

**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! 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 which will tone and strengthen your body.

**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 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 FITNESS BOXING:** This introduction class teaches the fundamentals of boxing, including how to properly wrap your hands for the gloves, how to stand, and how to do basic punch moves. The class is geared towards helping participants feel comfortable so that they will be able to attend the regular Fitness Boxing 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.

**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.

**TAI CHI:** Tai chi is a system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Benefits include: improved balance, flexibility, fitness, and stress relief.

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

**WAR:** This 45 minute class combines the best of metabolic conditioning training and boxing. This class involves aerobic boxing, plyometrics, & strength to boost your metabolic rate, keep you burning calories for longer and get you fit, fast!

**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, Grips, Core Momentum Trainers, Medballs, Slam balls, and more! This class delivers a great HIIT workout!

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

**YOGA FLOW:** This class is about connecting your mind and body while promoting muscular strength, endurance, and flexibility. This class focusses on lengthening while strengthening your muscles in with smooth controlled movement.

**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:

\* Group Cycle Classes are free!

**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 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:

(\*-see programming schedule for small group training fee.)

SMALL GROUPS  
BIG RESULTS  
100+ TRIMMED PORTIONS

\***COUCH TO 5K:** Learn to run with a group of motivated people that can encourage you along the way. Proper warm up, run techniques, and final stretching will be taught.

\***DEFINED INTERVENTION:** This strength and conditioning program will include compound movements like deadlifts and squats. A progressive plan will be developed to help participants achieve their goals.

\***EXPRESS WORKOUT 8:** Learn to do a HIIT (High Intensity Interval Training) workout on a variety of exercise cardio equipment.

\***HEAVY BAG TRAINING:** Learn basic techniques for a safe and effective heavy bag workout. Participants will learn to safely wrap hands, proper punching technique and footwork drills.

\***SPARTAN GRIT:** Build the strength and endurance necessary to complete adventure race obstacles such as climb over walls, crawl under barbed wire, run through mud, and tackle inclined monkey bars.

\***STRONG SENIORS:** This strength training program is designed for ages 60+ and focuses on balance, stability, and strength.

\***TREAD AND SHRED:** Using our Precor treadmills, this class can help improve your endurance and speed. This class also includes strength training with a Core focus.

\***TRX EXPRESS:** This 45 minute 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.

\***WOMEN ON WEIGHTS (WOW):** This strength training program for women includes a variety of exercise apparatus for a full body workout with emphasis on Core Strength, Flexibility, Balance, and proper form.

## CHRONIC DISEASE PREVENTION PROGRAMS:

(\*-see separate program flyer for complete details and fees)

\***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

\***CHOOSE TO LOSE:** For anyone currently overweight or trying to maintain weight. Includes educational classes led by a certified Personal Trainer, 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 ONE 30-minute Personal Training session (\$25 value) and ONE bonus weekly workout class (priceless)! Challenge yourself!

\***CHOOSE TO LOSE MINI:** Same days/times as Choose to Lose class. Includes private workout plus the first 20 minutes of class: weigh-in, obstacles, victories and weekly handouts. Must have previously completed full Choose to Lose class to be eligible to participate.

\***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.



\***DIABETES PREVENTION PROGRAM:** Promotes a lifestyle change that can help you make lasting improvements to reduce your risk of Type 2 Diabetes. This program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). See separate program flyer for complete details.

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

\***SMOKING CESSATION SEMINAR:** This smoking cessation seminar, sponsored by Keystone Wellness, runs for 6 weeks and focuses on getting ready to quit, the habit and addiction, your quit day and plan, the first 48, and the New You renovation.

## SPORTS & LEAGUES

Ashley Vranick, Youth & Family Director, 724.452.9122 x217 or [avranick@bcfymca.org](mailto:avranick@bcfymca.org)

(\* -see programming schedule for fee.)

**\*KEYSTONE MARTIAL ARTS:** Instructors Master Mark Jorgensen, 5th Degree Black Belt, and Mrs. Richelle Jorgensen, 4th 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 is available. Website: [www.keystonemartialarts.com](http://www.keystonemartialarts.com)*



**PICKLEBALL:** Pickleball combines elements of tennis, table tennis, badminton, and racquetball. Enjoy 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 a wiffleball. Equipment provided. Days & times are available on the Pickleball schedule!

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

**ACTIVE OLDER ADULT EVENTS:** Check the in-house flyer for up-to-date social events! Questions? Contact Carrie Ohorodnyk, Executive Director, 724.452.9122 x232, [cohorodnyk@bcfymca.org](mailto:cohorodnyk@bcfymca.org)

**CARD CLUB:** Ages 18+ years old. Join us for fun, fellowship, and card games! \*Does not meet during summer. Questions? Contact Carrie Ohorodnyk, Executive Director, 724.452.9122 x232, [cohorodnyk@bcfymca.org](mailto:cohorodnyk@bcfymca.org)

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

**LIVING THE CAUSE - Sewing Blankets for the Homeless:** Thursdays, August 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup> 10:00AM-2:00PM in our Conference Room. No sewing experience? No problem! Come and learn how to sew and assist with making these blankets. You can stay for the whole time or drop in. If you are able to bring a sewing machine to use during this event let Ashley know. No registration required; just show up! Questions? Please contact Ashley Vranick, Youth & Family Director, 724.452.9122 x217, [avranick@bcfymca.org](mailto:avranick@bcfymca.org)

## AMERICAN RED CROSS CERTIFICATIONS

(\* -see separate program flyer for complete details & fees.)

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**\*CPR/AED & FIRST AID:** (Ages 15+ yrs) Upon successful completion of the course, participant will be certified in American Red Cross CPR/AED and/or First Aid. All certifications last for 2 years. *Employee discount available - see supervisor for details.*

**\*LIFEGUARD CERTIFICATION:** (Ages 15+ yrs) Upon successful completion of the course, participants will receive their certification in Lifeguarding, First Aid and CPR/AED for the Professional Rescuer. Course consists of 3-5 mandatory classes. After registering for the course through the Y, participant must schedule and pass pre-test (must be successfully completed prior to the last day of registration). To schedule the pre-test, email Michelle Gonzalez, Aquatics Coordinator, at [mgonzalez@bcfymca.org](mailto:mgonzalez@bcfymca.org). Pre-test skills include: Swim 300 yards • Tread water for 2 minutes • Swim 15 yds, dive down to retrieve a 10 lb. brick & swim back to the wall in 1 min, 40 sec. The pre-test must be successfully completed for participant to attend the course; the course fee will draft automatically on the first day of the class.

**\*WILDERNESS & REMOTE FIRST AID:** (Ages 14+ yrs) Designed for scouts and scout leaders, outdoor enthusiasts and anyone who works or spends time in remote environments, this course teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Based on the Boy Scouts of America Wilderness First Aid Curriculum and Doctrine Guidelines, this course aligns with OSHA's Best Practices for Workplace First Aid Training Programs. Pre-requisite: Must have current CPR/AED Certification prior to start of course.

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