



EXPLORE - ENGAGE - EXPERIENCE

FALL II

Adult/Active Older Adult/New To Exercise Registration Information & Program Guide

18+ years old | Fall II: October 28 – December 22, 2018 (8 weeks*)

Schedule is subject to change.

*The Y is closed on Thanksgiving (Thurs. 11/22); Schedule may be modified for Halloween (Wed. 10/31) and Thanksgiving weekend (Fri. 11/23 and/or Sat. 11/24)

Registration: Member: October 13-25, 2018 | Non-Member: October 20-25, 2018

Registration dates apply to all programs unless otherwise noted. Information for programs that do not require registration are available on the facility schedules.

SAVE THE DATES!

See flyers for details!

Trunk or Treat	Sat., Oct. 20, 3:00PM-5:00PM	Costume Parade, Car Decorating Contest, DJ & Dancing, Pony and Trackless Train Rides, & much more!
Cyclethon	Sat., Nov. 10, 5:45AM-11:00AM	Benefits our Annual Support Campaign. Door prizes, Bike races, 50/50 Raffle, Competitions, etc.
Family Fall Ball	Sat., Nov. 17, 5:00PM-7:00PM	Dance the night away with your children and make memories they will never forget!
Brunch With Santa	Sat., Dec. 15, 9:00AM-1:45PM	Visit with Santa (and get your picture taken) while enjoying brunch with your family and friends.

AMERICAN RED CROSS CERTIFICATIONS

+ denotes registration/fee required; see registration information for details

Karen Guise, Senior Program Director: x230 | kguise@bcfymca.org

Michelle Gonzalez, Aquatics Coordinator: x218 | mgonzalez@bcfymca.org

COURSE & AGE	DAY & TIME	REGISTRATION	MEMBER/ NON-MEMBER
Save money by registering for FIRST AID & CPR/AED together! \$95 / \$115			
CPR/AED (ONLY)	Tues., Oct. 2 (5:30PM-9:30PM)	Open through Oct. 2	\$70 / \$90
FIRST AID (ONLY)	Tues., Oct. 9 (5:30PM-9:30PM)	Open through Oct. 9	\$65 / \$75
Must attend all days for Lifeguarding and Wilderness & Remote First Aid courses.			
LIFEGUARDING	Thurs., Dec. 27 (8AM-4PM), Fri., Dec. 28 (8AM-4PM) & Sat., Dec. 29 (8AM-4PM)	Nov. 17 – Dec. 27	\$200 / \$225
WILDERNESS & REMOTE FIRST AID	Sat., Oct. 27 (8AM-2PM) & Sun., & Oct. 28 (8AM-2PM)	Open through Oct. 26	\$95 / \$115

*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, & CPR/AED for the Professional Rescuer. 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 the Aquatics Coordinator. **Pre-test skills include:** Swim 300 yds • 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.

*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. **Prerequisite:** Must have current CPR/AED Certification prior to start of course.

ARTS & HUMANITIES/GROUP ACTIVITIES

+ denotes registration/fee required; see registration information for details

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
COUPLES SOCIAL DANCING	SA	5:00PM-6:30PM	7 weeks (*No Class 11/24)	FREE / \$120 (\$20 Drop-In)
SENIORS FOR SAFE DRIVING	Thurs., Oct. 11, 2018 9AM-1PM or Thurs., Dec. 13, 2018 9AM-1PM			(register through SFSD)
WOMEN'S BOOK CLUB "Girl, Wash Your Face" by Rachel Hollis	TU	9:30AM-10:30AM	8 weeks (Oct. 30 – Dec. 18)	\$45 / \$65 (includes book & KidQuarium)
ACTIVE OLDER ADULT SPECIAL EVENTS (Ages 60+years) No fee/registration recommended, unless otherwise noted.	Boo Bingo Mon., Oct. 29; 12PM-3PM Refreshments will be served. Wear your favorite Halloween outfit (optional).	National Monopoly Day Mon., Nov. 19; 12PM-3PM Game boards will be set up in the Youth & Family Center!	+Annual Christmas Brunch Mon., Dec. 17 Starts at 11AM. Brunch will be catered. \$7.00 per person, registration required	

ACTIVE OLDER ADULT (AOA) ACTIVITIES: Questions about Active Older Adult programs or events? Please contact Karen Guise, Senior Program Director: x230 | kguise@bcfymca.org. Are you interested in being part of our **Active Older Adult Committee**? Please contact Sandy Vandergrift, Silver Sneaker/Silver&Fit Representative: x231 | svandergrift@bcfymca.org

- **500 Bid** is played on Wednesdays; we provide the meeting space & coffee, you provide the cards & snacks.
 - **Chess & Checkers** are played on Fridays. Do you have what it takes to be a king? All levels of experience welcome!
 - **Mahjong** is played on Mondays; a volunteer will be available to teach this tile-based game!
 - **Social Reading Group** meets the 2nd Tuesday monthly. Get the book (online, from the library, etc.) and read it at your own pace. Then come back next month to discuss it amongst friends and decide on the next book together!
- ***COUPLES SOCIAL DANCING:** Believe it or not, no one has ever been born with "two left feet"! Everyone can learn to dance well enough to enjoy themselves. Beginners will start with a slow dance (Fox Trot) and a faster rhythm dance (Swing). More experienced dancers enjoy practice time and individual coaching to include additional step patterns and more advanced dances! *Additional details available in the pamphlet.* Questions? Contact Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org
- ***SENIORS FOR SAFE DRIVING:** We are partnering with the Pennsylvania Department of transportation to offer this Mature Driver Improvement Course. **Must register and pay tuition through Seniors For Safe Driving (SFSD)** by phone (1-800-559-4880) or online (www.seniorsforsafedriving.com). Tuition is \$16. Registration is not available through the Y. *See flyer for Course Benefits.*
- ***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. *Book summary is available on the flyer.* Questions? Contact Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org

SPORTS & LEAGUES

Ashley Vranick, Youth & Family Director: x217 | avranick@bcfymca.org
 * denotes registration/fee required; see registration information for details

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
KEYSTONE MARTIAL ARTS (Tang Soo Do) Adult class, ages 14+	TU	8:00PM-9:00PM	Monthly registration; All 3 classes included.	\$60 / \$105 (includes all three days)
	TH	8:00PM-9:00PM		
	SA	11:00AM-12:00PM		
PICK-UP BASKETBALL	Men's	TU, W & F	No Fee / No Registration.	
	Women's	M		
PICK-UP PICKLEBALL	View the available days and times on the Pick-Up Pickleball Schedule!			

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*

PICK-UP BASKETBALL: Looking to have some open gym time set up for you to just play some pick-up basketball? We have set some times on our schedule for you and your fellow basketball players.

PICK-UP 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 wiffleball.

HEALTHY LIVING

Kathy Hensler, Healthy Living Director: x226 | khensler@bcfymca.org

Intensity Levels (1: Beginner 2: Intermediate 3: Advanced): Modifications given by instructor to workout at your own level.

PROGRAM	INTENSITY LEVEL	DAY	TIME	INSTRUCTOR	MEMBER/NON-MEMBER (DROP-IN)
COUCH TO 5K	1 2 3	*No class 11/23 F	8:45AM-9:45AM	Kathy	*\$64 / \$88 (\$10)
DEFINED INTERVENTION	2 3 2 3	M	9:00AM-9:45AM	Jessica T.	\$75 / \$100 (\$10)
		W	10:00AM-10:45AM	Jessica T.	\$75 / \$100 (\$10)
DELAY THE DISEASE™	1 2	W	1:00PM-2:00PM	Anna	\$25 / \$25 (\$5)
		*No class 11/23 F	1:00PM-2:00PM	Kathy	\$25 / \$25 (\$5)
EXPRESS WORKOUT 8	1 2 3	W	9:30AM-10:00AM	Kathy	\$25 / \$35 (\$5)
FIT TO FIGHT	1 2	W	7:30PM-8:30PM	Kathy	(Registration is required through the Cancer Caring Center by calling 412-622-1212.)
HEALTHY LIVING NUTRITION SEMINARS	Heart Healthy Eating for Life Tues., Oct. 30 at 6:30PM Reducing Sodium Intake Tues., Nov. 27 at 6:00PM				FREE (registration required)
HEAVY BAG TRAINING	1 2 3	SU	9:30AM-10:30AM	Matt	\$75 / \$100 (\$10)
		SU	10:30AM-11:30AM	Matt	\$75 / \$100 (\$10)
PICKLEBALL POWER TRAINING	1 2 3	M	9:00AM-10:00AM	Kathy	\$35 / \$70 (\$5)
		*No class 11/22 TH	9:00AM-10:00AM	Kathy	*\$30 / \$65 (\$5)
SEASONAL SLIMDOWN	1 2 3	Nov. 14 – Jan. 2 W	9:00AM-10:00AM	Mary Lee	\$70 / \$70
		Nov. 17 – Jan. 5 SA	7:00AM-8:00AM	Alicia	\$70 / \$70
SMOKING CESSATION SEMINAR	Thursdays, Oct.10 – Nov. 8 6:30PM –7:30PM				\$10 / \$10
STRONG SENIORS	1 2	M & TH *No class 11/22	11:30AM-12:30PM	Lisa M.	*\$99 / \$110 (\$10)
		M & TH *No class 11/22	12:45PM-1:45PM	Lisa M.	*\$99 / \$110 (\$10)
TREAD & SHRED INTRO	1 2 3	M	9:30AM-10:15AM	Erin	\$60 / \$80 (\$10)
		TU	5:30PM-6:15PM	Jamie	\$60 / \$80 (\$10)
TREAD & SHRED	1 2 3	*No class 11/22 TH	9:45AM-10:45AM	Erin N.	*\$65 / \$88 (\$10)
		*No class 11/22 TH	5:30PM-6:30PM	Jamie Kemper	*\$65 / \$88 (\$10)
TRX EXPRESS	1 2 3	M	5:45AM-6:30AM	Lisa G.	\$30 / \$50 (\$5))
		M	6:45PM-7:30PM	Bob	\$30 / \$50 (\$5)
		W	6:30PM-7:15PM	Bob	\$30 / \$50 (\$5)
		TH *No class 11/22	9:30AM-10:15AM	Jessica T.	*\$24 / \$44 (\$5)
TRX INTRO	1 2 3	TU	6:00PM-6:30PM	Kathy	FREE: Drop-in Only
		*No class 11/23 F	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only
WOW	1 2 3	TU & TH *No class 11/22	10:15AM-11:15AM	Jamie	\$103 / \$117 (\$10)
		TU & TH *No class 11/22	6:30PM-7:30PM	Jamie	\$103 / \$117 (\$10)


SMALL GROUP TRAINING PROGRAMS

+ denotes registration/fee required; see registration information for details

- + **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.
- + **PICKLEBALL POWER TRAINING:** This class is geared towards Active Older Adults that want to improve their Pickleball game and increase their balance, strength and flexibility and power.
- + **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.
- + **TREAD SHRED INTRO:** This intro to Tread Shred is for runners or walkers. This 45 minute workout combines walking and running to get your heart rate up while also priming your body for distance and speed. The class also incorporates stretches and core work to improve your cardiovascular fitness.
- + **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:

+ denotes registration/fee required; see registration information for details

- + **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
- + **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.
- + **FIT TO FIGHT:** Low impact cardio exercises for cancer patients, before, during and after treatment. Flexibility, strength and balance will also be part of this specialty class. Registration is required through the Cancer Caring Center by calling 412-622-1212. Registration is not available through the YMCA.
- + **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.
- + **SEASONAL SLIMDOWN:** Seasonal Slimdown is an 8 week Holiday weight loss program. Program will include weekly weigh ins, topic of the week, motivation and a weekly Slimdown specific workout.
- + **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.

LAND GROUP EXERCISE CLASSES:

Land Group Exercise Classes are free! Class days & times available on facility schedule.

- 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, & 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 & with weight training. Great for all exercise abilities.

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

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.

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.

FITNESS BOXING ADVANCED: This is the perfect course to improve your boxing technique and fitness! It will provide specific workouts designed to increase muscular strength, agility, speed, power and cardio endurance.

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



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.

HIIT CYCLE: This is an intense ride! Conquer high intensity sprints and hills like a pro. This is a great class for someone who wants to get a power cycle workout in 30 minutes.

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!

XFIT RIG INTRO: Learn how to use all of the different gear on the Rig. Core bags, Bulgarian bags, kettle bells, sandbags, core momentum trainers, tires, battle ropes and more will be introduced in this safe and efficient 45 minute 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.

