



# EXPLORE - ENGAGE - EXPERIENCE

WINTER I

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

18+ years old | Winter I: January 6 – February 23, 2019 (7 weeks) Schedule is subject to change

Registration: Member: Dec. 8, 2018 – Jan. 3, 2019 | Non-Member: Dec. 15, 2018 – Jan. 3, 2019

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!

Prince Court (Mother/Son Dance) Sat., Feb. 9, 5:00PM-7:00PM | Princess Ball (Father/Daughter Dance) Sat., Mar. 16, 5:00PM-7:00PM

You are cordially invited to dance the night away at our palace with your children and make memories they will never forget.

Each evening will include a keepsake photo, refreshments, light snacks and a special appearance from a member of the high court!

### ARTS & HUMANITIES/GROUP ACTIVITIES <sup>+</sup> 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	FREE / \$120 (\$20 Drop-In)
SENIORS FOR SAFE DRIVING	Saturday, February 2, 2019 9:00AM-1:00PM			(register through SFSD)
WOMEN'S BOOK CLUB "Hands Free Life by Rachel Macy Safford"	TU	9:30AM-10:30AM	7 weeks	\$40 / \$60 (includes book & KidQuarium)

**ACTIVE OLDER ADULT (AOA) ACTIVITIES:** 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 2<sup>nd</sup> 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!

<sup>+</sup>**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

<sup>+</sup>**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](http://www.seniorsforsafedriving.com)). Tuition is \$16. Registration is not available through the Y. *See flyer for Course Benefits.*

<sup>+</sup>**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

<sup>+</sup> denotes registration/fee required; see class descriptions on next page 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	11:15AM-12:30PM		
PICK-UP BASKETBALL	Men's	TU, W & F	No Fee / No Registration.	
	Women's	M		
PICKLEBALL	Pick-up	View the available days and times on the Pick-Up Pickleball Schedule!		
	Beginners Clinics	Monday, December 3 <sup>rd</sup> , 12PM-2PM or Monday, January 7 <sup>th</sup> 12PM-2PM	No fee; Registration required.	

<sup>+</sup>**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)*

**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.

# AMERICAN RED CROSS CERTIFICATIONS

<sup>+</sup> denotes registration/fee required; see flyer for course 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
<b>Save money by registering for FIRST AID &amp; CPR/AED together! \$95 / \$115</b>			
CPR/AED (ONLY)	Saturday, January 26, 2019 (9:00AM-1:00PM)	Open through Jan. 20	\$70 / \$90
FIRST AID (ONLY)	Saturday, January 26, 2019 (1:00PM-4:00PM)	Open through Jan. 20	\$65 / \$75
<b>Must attend all days for Lifeguarding course.</b>			
LIFEGUARDING	Thurs., Dec. 27 (8AM-4PM), Fri., Dec. 28 (8AM-4PM) & Sat., Dec. 29 (8AM-4PM)	Nov. 17 - Dec. 27	\$200 / \$225

<sup>+</sup>**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.*

<sup>+</sup>**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.

## 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)	
CHOOSE TO LOSE	FULL CLASS	1 2 3	W	9:00AM-10:30AM	Mary Lee	\$150 / \$150
	MINI CLASS (Must have taken Full Class previously)	1 2 3	W	9:00AM-10:30AM	Mary Lee	\$70 / \$70
COUCH TO 5K	1 2 3	F	8:45AM-9:45AM	Kathy	\$75 / \$100 (\$10)	
CYCLE STRONG	2 3	M	7:00PM-8:00PM	Lisa M.	\$75 / \$100 (\$10)	
DEFINED INTERVENTION	2 3	M	9:00AM-9:45AM	Jessica T.	\$75 / \$100 (\$10)	
		W	10:00AM-10:45AM	Jessica T.	\$75 / \$100 (\$10)	
		F	9:15AM-10:00AM	Jessica C.	\$75 / \$100 (\$10)	
DELAY THE DISEASE™	1 2	W	1:00PM-2:00PM	Anna	\$25 / \$25 (\$5)	
		F	1:00PM-2:00PM	Kathy	\$25 / \$25 (\$5)	
DROP2SIZES	1 2 3	SA	7:00AM-8:00AM	Alicia	\$70 / \$70	
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	No cost (Registration is required through the Cancer Caring Center by calling 412-622-1212.)	
FITSTART (Program runs for 10 days; Jan.7 <sup>th</sup> -19 <sup>th</sup> )	1 2	M TU W TH	7:30PM-8:00PM	Kathy	\$20 / \$30 (\$5)	
		SA	8:30AM-9:00AM			
FUNCTIONAL STRENGTH TRAINING FOR GOLFERS	1 2 3	W & F	11:00AM-12:00PM	Lisa M.	\$103 / \$118 (\$10)	
HEAVY BAG TRAINING	1 2 3	SU	9:30AM-10:30AM	Matt	\$75 / \$100 (\$10)	
		SU	10:30AM-11:30AM	Matt	\$75 / \$100 (\$10)	
MUSCLE FUSION	1 2 3	M	5:45PM-6:45PM	Jamie Kemper	\$75 / \$100 (\$10)	
PERFORMANCE STRETCH	1 2 3	F	8:45AM-9:15AM	Jessica T.	\$25 / \$35 (\$5)	
PICKLEBALL POWER TRAINING	1 2 3	M	9:00AM-10:00AM	Kathy	\$35 / \$70 (\$5)	
SMOKING CESSATION SEMINAR	Thursdays, January 24 <sup>th</sup> - February 28 <sup>th</sup>		6:00PM -7:00PM	No cost (registration is required through Keystone Wellness Programs by calling 724-432-3474)		
STRONG SENIORS	1 2	M & TH	11:30AM-12:30PM	Lisa M.	\$103 / \$118 (\$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	TH	9:45AM-10:45AM	Erin N.	\$75 / \$100 (\$10)	
		TH	5:30PM-6:30PM	Jamie Kemper	\$75 / \$100 (\$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	9:30AM-10:15AM	Jessica T.	\$30 / \$50 (\$5)	
TRX INTRO	1 2 3	TU	6:00PM-6:30PM	Kathy	FREE: Drop-in Only	
		F	10:35AM-11:05AM	Jessica T.	FREE: Drop-in Only	
WOW	1 2 3	TU & TH	10:15AM-11:15AM	Jessica T.	\$103 / \$118 (\$10)	
		TU & TH	6:30PM-7:30PM	Jamie Kemper	\$103 / \$118 (\$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.
- + **CYCLE STRONG:** A strength training class designed for the outdoor cyclist in the off-season. The aim of this program is to improve climbing, reduce fatigue on long rides and better bike handling due to core improvement. The class will focus on muscular endurance, unilateral leg strength, core stability and isometric upper body exercises. Cycling specific flexibility included.
- + **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.
- + **DROP2SIZES:** This 10 week program health program will focus on inches, rather than weight, and will kick start you into eating better and exercising smarter.
- + **EXPRESS WORKOUT 8:** Learn to do a HIIT (High Intensity Interval Training) workout on a variety of exercise cardio equipment.
- + **FITSTART:** This 10-day small group training program introduces new exerciser various to types of cardio and strength exercise classes.
- + **FUNCTIONAL STRENGTH TRAINING FOR GOLFERS:** A golf specific off-season strength training class designed to improve your game in the spring. The program will focus on core power, mobility and flexibility.
- + **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.
- + **MUSCLE FUSION:** Weight training program to educate the novice lifter about more effective training methods to maximize results. Participants will better understand the anatomy of each muscle group to ensure it is fully utilized at each lifting session.
- + **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.
- + **PERFORMANCE STRETCH:** In this small group class, you will use foam rollers and bands to release muscular tension, improve mobility and range of motion, and prepare muscles for performance through deep stretching.
- + **SUREFIT:** This is program is for individuals who need help from a personal trainer to identify proper exercises and equipment for the client to achieve their goals. It starts with an assessment.
- + **SUREFIT NUTRITION:** This program is for individuals who would like nutritional counseling and advice from a nutrition health coach.
- + **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 AND 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
- + **CHOOSE TO LOSE:** Includes education classes led by a certified personal trainer, teaching fitness and nutrition. (See flyer for details.)
- + **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.
- + **SMOKING CESSATION SEMINAR:** This smoking cessation seminar 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. Registration is required through Keystone Wellness Programs.

**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.

**STEP INTERVALS:** Group exercise class for all levels using step for cardio and weights for strength for a fun interval class.

**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, Griprs, 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.

