



# EXPLORE - ENGAGE - EXPERIENCE

WINTER II

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

18+ years old | Winter II: February 24, 2019 – April 13, 2019 (7 weeks)

Schedule is subject to change.

Registration: Member: February 9-21, 2019 | Non-Member: February 16-21, 2019

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

### SAVE THE DATES

See flyers for details!

- Rally for the Y Expresso® Bike Challenge** Feb. 1st-28th Ride our Expresso® bikes to earn money for our Y! (see flyer for rules, etc.)
- Ironman Challenge** Feb. 1st-28th Complete Ironman Distances throughout the month! Registration: now – 2/15/19.
- Princess Ball (Father/Daughter Dance)** Fri, Mar. 15th, 6PM-8PM Register now – 3/10/19. Member: \$20 | Non-Member: \$30
- Indoor Triathlon** Sun., Mar. 17th, 7AM Pre-register 2/10/19 – 3/9/19. Member: \$15 | Non-Member: \$25
- Healthy Kids Day** Sat., Apr. 27th, 11AM-2PM Event is free & open to the public! Details to follow.

### AQUATICS

Karen Guise, Senior Program Director: x230 | kguise@bcfymca.org Michelle Gonzalez, Aquatics Coordinator: x218 | mgonzalez@bcfymca.org

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
ADULT BEGINNER	TU	7:30PM-8:15PM	7 weeks	\$50 / \$100

**ADULT BEGINNER GROUP SWIM LESSONS:** Enjoy the comfort of our Warm Water Therapy Pool while you learn basic aquatic skills. Designed for the adult beginner swimmer, participants will learn self-rescue skills as well as gain confidence in their own abilities.

### AMERICAN RED CROSS CERTIFICATIONS

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>BABYSITTING</b> 11-15 yrs	Saturday, March 9, 2019 (8:30AM-3:00PM)	Open through Mar. 3	\$70 / \$90
<b>Save money by registering for FIRST AID &amp; CPR/AED together! \$95 / \$115</b>			
<b>CPR/AED (ONLY)</b> 15+ yrs	Saturday, May 11, 2019 (9:00AM-1:00PM)	April 15 – May 10	\$70 / \$90
<b>FIRST AID (ONLY)</b> 15+ yrs	Saturday, May 11, 2019 (1:00PM-4:00PM)	April 15 – May 10	\$65 / \$75
<b>Must attend all days of Lifeguarding course(s) to receive certification(s).</b>			
<b>LIFEGUARD INSTRUCTOR</b> 18+ yrs	Wed. Mar. 20, Thurs. Mar. 21, Wed. Mar. 27, & Thur. Mar. 28 (all 4PM-9PM)	Open through Mar. 15	\$250 / \$300
<b>LIFEGUARDING</b> 15+ yrs	Fri., Mar. 29 (4PM-9PM), Sat., Mar. 30 (8AM-6PM), & Sun., Mar. 31 (8AM-4PM)	Open through Mar. 25	\$200 / \$225

**BABYSITTING BASICS:** Participants will learn the necessary skills needed to care for infants through school-age children. The course will focus on injury prevention, basic child care, decision making, creative play, interviewing, and problem solving. Each student will receive a Babysitter's Training Handbook. Participants must attend the entire training and upon successful completion, will receive a printable certificate that they can share with potential employers. Participants should bring a packed lunch.

**CPR/AED & FIRST AID:** 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 INSTRUCTOR COURSE:** Upon successful completion of the course, participants will be certified to lead their own American Red Cross Lifeguard Certification Course. **Prerequisites:** Current Lifeguarding, CPR/AED for the Professional Rescuer & First Aid certifications. **Registration Information:** After registering for the course through the Y, participant must complete online coursework (prior to first day of class). Email Karen Guise (kguise@bcfymca.org) to receive a link to register through American Red Cross, which is required to access online coursework.

**LIFEGUARD CERTIFICATION:** 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.

### ARTS & HUMANITIES/GROUP ACTIVITIES

PROGRAM	DAY	TIME	# OF WEEKS	MEMBER/NON-MEMBER
<b>COUPLES SOCIAL DANCING</b>	SA	5:00PM-6:30PM	7 weeks	FREE / \$120 (\$20 Drop-In)
<b>SENIORS FOR SAFE DRIVING</b>	Thursday, April 4, 2019	9:00AM-1:00PM		(register through SFSD)
<b>WOMEN'S BOOK CLUB</b> "The Happiness Project" by Gretchen Rubin	TU	9:30AM-10:30AM	7 weeks	\$40 / \$55 (includes book & KidQuarium)

#### ACTIVE OLDER ADULT (AOA) ACTIVITIES:

- **500 Bid** is played Wednesdays, 1PM-4PM in the Community Room. We provide the meeting space & coffee, you provide the cards & snacks.
- **Mahjong** is played on Mondays, 1PM-4PM in the lobby.

**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! *See flyer for details.* 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 self-improvement 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

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		
MEN'S PICK-UP BASKETBALL	TU, W & F	5:30AM-7:30AM	No Fee / No Registration	
PICKLEBALL	Pick-up	View the available days and times on the Pick-Up Pickleball Schedule!		
	Beginners Clinics	Wednesday, February 6, 12PM-2PM or Monday, March 6, 12PM-2PM (Members only)		

**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 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	F	8:45AM-9:45AM	Kathy	\$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)
EXPRESS WORKOUT 8	1 2 3	W	9:30AM-10:00AM	Kathy	\$25 / \$35 (\$5)
FIT TO FIGHT	1 2	SA	8:30AM-9:30AM	Kathy	No cost (Registration required through the Cancer Caring Center.)
FITSTART (Program runs for 10 days; 2/25 – 3/9)	1 2	M TU W TH	12:00PM-12:30PM	Kathy	\$20 / \$30 (\$5)
		SA	8:30AM-9:00AM		
MUSCLE FUSION	2 3	W	5:45PM-6:45PM	Jamie Kemper	\$75 / \$100 (\$10)
PERFORMANCE STRETCH	1 2 3	F	8:45AM-9:15AM	Jessica T.	\$25 / \$35 (\$5)
STRIDE STRONG	1 2 3	TU	9:45AM-10:45AM	Donna	\$75 / \$100 (\$10)
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-6:45AM	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 FIT (Functional Interval Training)	1 2 3	TH	11:05AM-12:05PM	Jessica C.	\$50 / \$75 (\$8)
TRX INTRO	1 2 3	TU	5:30PM-6:00PM	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: (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.


**FITSTART:** This 10-day small group training program introduces new exerciser various to types of cardio and strength exercise classes.

- 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.
- 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 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.
- STRIDE STRONG:** This safe but effective small group training session will engage your core and burn major calories. Participants will interval train on the elliptical at varying inclines and resistance, then hit the mats for core strength training. You've never worked on the elliptical like this!
- 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 FIT (Functional Interval Training):** This class is designed to keep you motivated and moving for a complete full body workout. Your heart will be pumping as you move through different types of intervals incorporating strength and cardiovascular fitness.
- 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: *(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. *(Doesn't run on program session; 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.
- 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. *(Doesn't run on program session; see flyer for 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. *(Doesn't run on program session; see flyer for details.)*

## 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.
- ROSE E. SCHNEIDER FAMILY YMCA · 2001 Ehrman Rd. Cranberry Twp., PA 16066 · 724.452.9122 · <http://rose.bcfymca.org>**

**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.

**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.

