








FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## YORKTOWN

### Alternate Spring Break Group Exercise Schedule

Monday, March 25<sup>th</sup> – Saturday, March 30<sup>th</sup>

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON 25 <sup>th</sup>	BODYPUMP® 	5:15a	6:15a	Jessica	Studio	Strength
	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
	SilverSneakers® Classic	9:15a	10:00a	Sandy	Studio	AOA
	Cardio Boxing	5:30p	6:20p	Christine	Studio	Cardio
	Cardio Strength	6:30p	7:30p	Amanda	Studio	Cardio Strength
TUES 26 <sup>th</sup>	Zumba Gold®	11:00a	11:45a	Sharon	Studio	AOA Dance
	BODYPUMP® 	6:45p	7:45p	Lauren	Studio	Strength
WED 27 <sup>th</sup>	BODYPUMP® 	5:15a	6:15a	Jessica	Studio	Strength
	Cycling	9:15a	10:00a	Megan	Cycling Area	Cycling
	AOA Intervals	9:15a	10:00a	Terri	Studio	AOA
	Mind & Body	10:30a	11:30a	Terri	Studio	Mind & Body
	Cardio Boxing	5:30p	6:20p	Christine	Studio	Cardio
	Cardio Strength	6:30p	7:30p	Amanda	Studio	Cardio Strength
THUR 28 <sup>th</sup>	Zumba Gold®	11:00a	11:45a	Sharon	Studio	AOA Dance
	BODYPUMP® 	6:45p	7:45p	Lauren	Studio	Strength
FRI 29 <sup>th</sup>	BODYPUMP® 	5:15a	6:15a	Jessica	Studio	Strength
	Cycling	9:15a	10:00a	Patty	Cycling Area	Cycling
	SilverSneakers® Classic	9:15a	10:00a	Sandy	Studio	AOA
	Cardio Boxing	10:15a	11:15a	Christine	Studio	Cardio
SAT 30 <sup>th</sup>	Cycle & Strength	9:30a	10:30a	Katie	Studio	Cycling Strength

### CLASS DESCRIPTIONS

**CARDIO** – classes are focused on aerobic activity. Cardio classes are typically good for individuals looking for weight loss or training for endurance.

Cardio Boxing • Cycling • Strength

**STRENGTH** – classes are focused on weight training. Strength classes will help you strengthen and tone with a variety of equipment. Some specified classes may combine other forms of training into your workout.

Strength • Cardio Strength • Les Mills BODYPUMP®

**CYCLING** – classes use the cycling bikes. Cycling classes focus on a cardiovascular workout that will challenge you at different resistance and intensity levels as you cycle to upbeat music.

Cycling

**MIND & BODY** – classes are focused on flexibility, balance, stability, and core. These classes will utilize one's own body weight and incorporate mindful exercise.

Mind & Body • PiYo™

**DANCE** – Choreography & dance moves. Classes use modern music to get your heart pumping and inspire you through movement.

Zumba™

**AOA** – Active Older Adult Classes. Older adults will find these classes in a variety of categories such as cardio, strength, dance, and mind and body. Members of all ages are welcome to join these classes; if a member is recovering from an injury or surgery or just easing back in they are welcome to start here.

Silver Sneakers® • AOA Intervals • Zumba Gold™