



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

YORKTOWN

GROUP EXERCISE SCHEDULE

July • August • September 2019

	CLASS	STARTS	ENDS	INSTRUCTOR	LOCATION	CATEGORY
MON	BODYPUMP® LESMILLS BODYPUMP	5:15a	6:15a	Jessica	Studio	Strength
	Cardio Strength	8:15a	9:00a	Christy	Studio	Cardio Strength
	Cycling	9:15a	10:00a	Carly	Cycling Area	Cycling
	SilverSneakers® Classic	9:15a	10:00a	Sandy	Studio	AOA
	BODYFLOW® LESMILLS BODYFLOW	10:15a	11:15a	Terri/Alternating	Studio	Mind & Body
	Cardio Boxing	5:30p	6:20p	Christine/Bri	Studio	Cardio
	Cardio Strength	6:30p	7:30p	Amanda	Studio	Cardio Strength
TUES	Cycling	5:30a	6:15a	Stephenie	Cycling Area	Cycling
	PIYO®	8:15a	9:15a	Cathy	Studio	Mind & Body
	Cardio Strength	9:30a	10:15a	Monica	Studio	Cardio Strength
	Zumba Gold®	11:00a	11:45a	Sharon	Studio	AOA Dance
	Intervals	4:45p	5:30p	Kalene	Studio	Cardio
	Dance Fitness	5:45p	6:30p	Tiffany	Studio	Dance
	BODYPUMP® LESMILLS BODYPUMP	6:45p	7:45p	Lauren	Studio	Strength
WED	BODYPUMP® LESMILLS BODYPUMP	5:15a	6:15a	Jessica	Studio	Strength
	Core & Glutes	8:15a	9:00a	Christy	Studio	Strength
	Cycling	9:15a	10:00a	Carly/Megan	Cycling Area	Cycling
	AOA Intervals	9:15a	10:00a	Terri/Alternating	Studio	AOA
	BODYFLOW® LESMILLS BODYFLOW	10:15a	11:15a	Terri/Alternating	Studio	Mind & Body
	BODYFLOW® LESMILLS BODYFLOW	4:30p	5:15p	Kalene	Studio	Mind & Body
	Cycling	5:30p	6:15p	Kalene	Cycling Area	Cycling
	Cardio Boxing	5:30p	6:20p	Christine/Bri	Studio	Cardio
Cardio Strength	6:30p	7:30p	Amanda	Studio	Cardio Strength	
THURS	Cycling	5:30a	6:15a	Stephenie	Cycling Area	Cycling
	PIYO®	8:15a	9:15a	Cathy	Studio	Mind & Body
	Cardio Strength	9:30a	10:15a	Monica	Studio	Cardio Strength
	Zumba Gold®	11:00a	11:45a	Sharon	Studio	AOA Dance
	Intervals	4:45p	5:30p	Kalene	Studio	Cardio
	Dance Fitness	5:45p	6:30p	Tiffany	Studio	Dance
	BODYPUMP® LESMILLS BODYPUMP	6:45p	7:45p	Lauren	Studio	Strength
FRI	BODYPUMP® LESMILLS BODYPUMP	5:15a	6:15a	Jessica	Studio	Strength
	Cardio Strength	8:15a	9:00a	Christy	Studio	Cardio
	Cycling	9:15a	10:00a	Patty	Cycling Area	Cycling
	SilverSneakers® Classic	9:15a	10:00a	Sandy	Studio	AOA
	BODYPUMP® LESMILLS BODYPUMP	10:15a	11:15a	Carly	Studio	Strength
	BODYFLOW® LESMILLS BODYFLOW	5:30p	6:30p	Kamna	Studio	Mind & Body
	SAT	Cycling	8:15a	9:00a	Molly	Cycling Area
BODYFLOW® LESMILLS BODYFLOW		8:00a	9:00a	Kalene	Studio	Mind & Body

CLASS DESCRIPTIONS

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

Intervals • 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 • TRX® • Core • Core & Glutes • 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.

Yoga • Pilates • PiYo™ • BODYFLOW®

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

Dance Fitness • 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® • Silver Sneakers® Circuit • Silver Sneakers® Yoga • AOA Intervals • Zumba Gold™

FEE-BASED PROGRAMS – These programs are offered at each location throughout the year. Programs will vary based on class type and intensity. For more information about offered programs, please check with our Member Service Staff.