LIGONIER VALLEY YMCA
GROUP EXERCISE SCHEDULE

Location:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(A)= Aerobics Room	5:45-6:30 AM RISE & SPIN LINDA (S)	7:30-8:30 AM BODY PUMP SUSAN (A)	5:45-6:30 AM RISE & SPIN LINDA (S)	7:30-8:30 AM BODY PUMP SUSAN (A)			
(D)= Dance Studio	9:00-9:45 AM AMPD STRONG MARIE (D)		9:00-9:45 AM GLUTE + AB ATTACK MARIE (D)	9:00-9:45 AM TABATA STRENGTH MARIE (A)	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)		
(S)= Spin Room	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)	10:15-11:00 AM CHAIR YOGA MARIE (A)	9:30- 10:30 AM MORNING WORKOUT NANCY (AC)	10:00-11:00AM EASY GROOVES ERICA (A)			
(AC)= Activity Center	10:30-11:00 AM TOTAL BODY STRETCH TOMMIE (AC)	5:30-6:30 PM BODY PUMP SUSAN (A)	10:30-11:30 AM BALANCE AND STRENGTH TOMMI (A)	10:30-11:30 AM FLEXIBILITY AND TONE YOGA TOMMI (AC)			
(G)= Gymnasium		6:00-7:00 PM YOGA DANIELLE (D)	5:30-6:30 PM RHYTHM AND RECHARGE ERICA (A)	4:15-5:00 PM CHAIR YOGA MARIE (A)			
			6:00-7:00PM EVENING SPIN KELLY (S)				

AMPD STRONG :

AMPD STRONG IS STRENGTH CLASS THAT USES HAND WEIGHTS AND HEAVY WEIGHTS FOR AN ALL BODY WORKOUT . THIS CLASS IS DESIGNED TO BE ACCESSIBLE TO DIFFERENT FITNESS LEVELS AND INCLUDES OPTIONS FOR CARDIO, STRENGTH, AND FLEXIBILITY.

GLUTE + AB ATTACK

GLUTE + AB ATTACK IS A HIGH-ENERGY WORKOUT FOCUSED ON STRENGTHENING AND TONING THE GLUTES, THIGHS, AND CORE USING BODYWEIGHT, BANDS, AND LIGHT WEIGHTS. MOST EXERCISES ARE PERFORMED ON THE FLOOR.

HIIT

HIGH INTENSITY INTERVAL TRAINING (HIIT) IS A STRENGTH CLASS WHERE WE DO 4 CYCLES OF 50 SECONDS (A ROUND). EACH ROUND IS DEDICATED TO A SPECIFIC BODY PART, ARMS, CORE, CARDIO OR LEGS. THE 9TH ROUND IS A SHOULDER CENTRIC WORKOUT. THIS CLASS IS FOR ALL LEVELS.

CHAIR YOGA:

NOT A TRADITIONAL YOGA CLASS, THIS CLASS FOCUSES ON STRENGTH, MOBILITY, STRETCHING, AND BALANCE USING CHAIRS AS NEEDED. STANDING IS OPTIONAL, MAKING IT SUITABLE FOR ALL FITNESS LEVELS. WE DO NOT GO TO THE FLOOR, SO NO MATS ARE NEEDED.

MORNING WORKOUT WITH NANCY:

MONDAY, WEDNESDAY, AND FRIDAY. THE CLASS IS DESIGNED FOR PEOPLE WHO WANT TO WORK ON UPPER AND LOWER BODY TONING, STRENGTH, CARDIO TRAINING, AND A BIT OF STRETCHING. IT IS RECOMMENDED FOR PEOPLE WHO HAVE AT LEAST A MEDIUM LEVEL OF FITNESS.

LES MILLS BODY PUMP:

A FUN, 60-MINUTE FULL-BODY WORKOUT COMBINING STRENGTH TRAINING WITH UPBEAT MUSIC. USING LIGHT WEIGHTS AND HIGH REPETITIONS, THIS CLASS TARGETS ALL MAJOR MUSCLE GROUPS WHILE HELPING IMPROVE STRENGTH, CARDIOVASCULAR FITNESS, AND BONE HEALTH.

RHYTHM AND RECHARGE

ENERGIZING DANCE FITNESS EXPERIENCE SET TO UPBEAT WORLD RHYTHMS THAT TAKES THE "WORK" OUT OF WORKOUT BY MIXING LOW AND HIGH INTENSITY MOVEMENTS. MOVEMENTS CAN BE ADAPTED TO ALL FITNESS LEVELS, SUITABLE FOR BEGINNERS AND EXPERIENCED PARTICIPANTS.

DANIELLE'S YOGA:

OUR YOGA INSTRUCTORS WILL GUIDE YOU TOWARDS COMPLETE WELLNESS, FLEXIBILITY, STRENGTH, AND BALANCE. OUR OFFERINGS RANGE FROM CLASSES THAT FOCUS ON A SLOWER PACE WITH LONGER HELD POSES EXPLORING HEALTHY ALIGNMENT TO MORE VIGOROUS, FLOWING STYLES. CLASSES SUITABLE FOR ALL LEVELS OF EXPERIENCE.

TOTAL BODY STRETCH

IMPROVE FLEXIBILITY, MOBILITY, AND WELL-BEING WITH TOTAL BODY STRETCH! THIS 30-MINUTE CLASS USES GUIDED STRETCHING TO REDUCE TIGHTNESS, IMPROVE RANGE OF MOTION, POSTURE, AND RELAXATION. PERFECT FOR ALL FITNESS LEVELS.

BALANCE & STRENGTH

IMPROVE YOUR STRENGTH, STABILITY, AND BALANCE IN THIS BEGINNER-FRIENDLY CLASS FOR ALL FITNESS LEVELS. THROUGH SIMPLE, EFFECTIVE EXERCISES, PARTICIPANTS WILL BUILD MUSCULAR STRENGTH, IMPROVE COORDINATION, AND ENHANCE BALANCE FOR EVERYDAY ACTIVITIES.

FLEXIBILITY & TONE YOGA

IMPROVE FLEXIBILITY, BALANCE, POSTURE, AND STRENGTH THROUGH BREATHING EXERCISES, POSTURE ALIGNMENT, BALANCE MOVEMENTS, AND SIMPLE FLOWING EXERCISES. THIS CLASS COMBINES SEATED AND STANDING MOVEMENTS TO HELP YOU FEEL STRONGER, LESS STRESSED, AND ENERGIZED FOR YOUR DAY.

EVENING SPIN

DESIGNED FOR ALL LEVELS, THIS CLASS BLENDS RHYTHM RIDING, TERRAIN-STYLE ELEMENTS, INTERVAL TRAINING, AND ENDURANCE WOR. YOU CAN EXPECT A MIX OF HILLS, QUICK AND STEADY EFFORTS-SOMETIMES WITH A FUN THEME.

RISE & SPIN

START YOUR DAY STRONG WITH AN ENERGIZING 45-MINUTE SPIN CLASS! RIDE TO UPBEAT MUSIC WHILE GETTING A FUN, FULL-BODY WORKOUT THAT WILL LEAVE YOU FEELING REFRESHED, MOTIVATED, AND READY TO TAKE ON THE DAY.

EASY GROOVES

A FUN, WELCOMING DANCE CLASS FOR BEGINNERS OF ALL EXPERIENCE LEVELS! LEARN SIMPLE STEPS AND EASY-TO-FOLLOW COMBINATIONS WHILE ENJOYING GREAT MUSIC AND MOVING WITH CONFIDENCE. NO DANCE EXPERIENCE NECESSARY—JUST COME READY TO MOVE AND HAVE FUN!

LESMILLS CORE

IS A 30 MINUTE WORKOUT THAT BUILDS STRENGTH, STABILITY AND ENDURANCE IN THE CORE AND SURROUNDING MUSCLES. THIS CLASS USES BODYWEIGHT EXERCISES, RESISTANCE BANDS AND DUMBBELLS TO INCREASE ATHLETIC PERFORMANCE AND CORE STRENGTH.

JEFF'S SPIN CLASS

THURSDAY'S 9:30 SPINNING CLASS, OR (INDOOR CYCLING) IS A CLASS ON STATIONARY BIKES LED BY A CERTIFIED INSTRUCTOR, PROVIDING MOTIVATION AND GUIDANCE. IT IS MUSIC DRIVEN CREATING A HIGH-ENERGY ATMOSPHERE. THE SESSIONS ARE STRUCTURED WITH VARYING SPEEDS AND RESISTANCE, THAT CAN BE DONE BY ANY LEVEL OF FITNESS