

MONDAY

9:00 AM – 9:45 AM	Fit & Strong *	Beth P.
10:00 AM – 10:45 AM	Fit & Strong *	Beth P.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
12:15 AM - 1:00 PM	Line Dancing	Beth P.
5:30 PM - 6:00 PM	Cycle Express *	Lindsay C.
6:15 PM - 7:00 PM	Cardio Dance	Cara S.

TUESDAY

8:15 AM – 9:00 AM	Pilates	Janna K.
9:15 AM - 10:00 AM	Balance & Strength	Beth P.
10:00 AM – 10:45 AM	Cardio Strength	Beth P.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
4:30 PM – 5:00 PM	Cycle Express *	Alex T.
5:30 PM – 6:15 PM	Body Sculpt	Lindsay C.
6:30 PM - 7:00 PM	Athletic Stretch	Lindsay C.

WEDNESDAY

9:00 AM – 9:45 AM	Fit & Strong *	Pat H.
10:00 AM – 10:45 AM	Fit & Strong *	Pat H.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
12:15 PM – 12:45 PM	Cycle Express *	Amy Q.
5:30 PM - 6:15 PM	Step	Beth P.

THURSDAY

8:15 AM – 9:00 AM	Pilates	Janna K.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.
4:30 PM - 5:00 PM	Cycle Express *	Maggie W
5:45 PM - 6:15 PM	All About Bands	Cara S.
6:30 PM - 7:15 PM	Yoga (Mixed Levels)	Stephanie C.

FRIDAY

5:45 AM - 6:30 AM	Cycle Strength *	Alex T.
10:00 AM – 10:45 AM	Fit & Strong *	Pat H.
11:00 AM – 12:00 PM	Yoga (Mixed Levels)	Karin N.

SATURDAY

8:15 AM – 9:00 AM	Pop Pilates	Alternating Instructors
9:15 AM - 10:00 AM	Yoga	Pat H.
10:15 AM - 11:00 AM	Cardio Dance	Cara S.

AQUATICS SCHEDULE

MON/WED	9:00 AM – 10:00 AM	Water Fitness	Willow C.
MON/WED/FRI	10:00 AM – 11:00 AM	Arthritis Water Fitness	Willow C.
TUES/THURS	5:30 PM - 6:30 PM	Aqua Zumba®	Maggie W

Classes in **YELLOW** are new or have changed.

Fitness
Center Hours:
Monday – Friday
5:30 am – 8:00 pm

Saturdays
8:00 am – 2:00 pm

Aquatics
Center Hours:
Monday – Friday
6:00 am – 1:30 pm
4:00 pm – 7:30 pm

Saturdays
8:00 am – 1:30 pm

Childwatch
Hours:
Mon/Wed/Fri
8:00 am – 1:00 pm

Mon – Thursday
4:00 pm – 7:00 pm

Classes and instructors are subject to change.
Please use our YMCA 360 app to note any class cancellations or instructor changes.

* Reservation required - reservations open 24 hours in advance of class time on our YMCA360 app or at www.ymca360.org

Download the
YMCA 360 app:



Google

Apple

PHIFER FAMILY YMCA GROUP EXERCISE SCHEDULE

ALL ABOUT BANDS: Using different types of resistance bands, you will work up a sweat during this low impact high intensity workout.

ATHLETIC STRETCH: This class leads through dynamic movement and deep stretch designed to lengthen muscles, increase flexibility, and release physical tension. This class will compliment any athletic practice and help relax the body and mind.

ARTHROSIS WATER FITNESS: The focus is to help improve mobility and pain by strengthening muscles and improving joint flexibility and range of motion. Arthritis water exercises are performed in water depth that is comfortable and allows you to maintain balance while exercising.

AQUA ZUMBA®: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

BALANCE & STRENGTH: Want to become stronger and more stable? This class focuses on exercises that improve muscle strength, balance, and stability through bodyweight exercises, strength training, and balance challenges using various tools such as steps and bosu balls. It is ideal for those looking to maintain functional independence and reduce the risk of falls.

BODY SCULPT: A full body strength building class that targets all muscle groups using a variety of resistance tools for max strength, muscle tone and endurance.

CARDIO DANCE: A total body workout through dance! With the hottest music as its soundtrack, and a perfect blend of dance moves, this energetic class will tone your upper and lower body and strengthen your core. Get muscle definition while improving your balance and posture, and cardio dance workout moves - all while having a blast!

CARDIO STRENGTH: This class is a combination of strength training, basic low impact cardiovascular segments, balance, and flexibility. Specifically designed for those who prefer a great workout without the added impact to joints. Cardio portion may include Aerobics, Dance, Step, or a combination! This is a low impact class for beginners; no previous experience required.

CYCLE: Indoor cycling is a non-impact, highly effective way to build cardiovascular strength and endurance. Indoor cycling is designed for all fitness levels! These classes offer a challenging opportunity to get your heart pumping, burn serious calories and will improve your over-all cardiovascular health. (Cycle Express is a 30 minute class.)

CYCLE STRENGTH: A great combination of cardiovascular training with the indoor cycle plus a variety of strength training movements to train your body in all different directions with strength training exercises! Expect to work with dumbbells, bands, gliders and your own body weight! *Bring shoes to transition if you have cycle shoes that clip in!*

FIT & STRONG: Move through exercises designed to increase muscular strength, range of motion, and activities for daily living. Weights, tubing, and an exercise ball are offered for resistance.

LINE DANCING: In this class you will learn a variety of line dances. It's a fun, stress relieving and very social way to exercise. Line dancing is also a way for you to dance alone and not feel self-conscious. After this line dancing lesson, you will be ready to show off your moves at any wedding reception or large gathering.

PILATES: This energetic class enhances the fundamental understanding of core strength and stabilization as it applies to movement. The exercises selected are based on the principals of Classical Pilates mat work. Everyone is welcome, as different levels will be shown throughout the class. Be prepared to work abdominals, lower back, inner/outer thighs, glutes, hips, and pelvic floor. A total body no impact workout.

POP PILATES: POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. In a POP Pilates® class, you'll experience a mix of modern, upbeat, and classical Pilates exercises all set to a heart-pumping playlist. Each song track has a different focus, including Total Body Opener, Hundreds, Crazy Cardio, Ab Challenge, Back Work, Thigh Burnout, Flexibility, and so much more! We mean it when we say no muscle is left untouched. Designed as an equipment-free class with a range of movement modifications, POP Pilates® is for everybody.

STEP: This class utilizes a portable platform with height adjustable risers. Participants will use exercise steps and risers to do choreographed exercise routines up, onto, down, and around the step for cardio fitness, as well as exceptional training to shape the lower body. If you want strong legs, glutes, and a functionally fit core - step this way!

WATER FITNESS: Easy to follow, low impact water aerobics combined with a range of motion movements for fun water workout in the shallow end of the pool. The instructor utilizes a variety of pool equipment in low impact resistance, strength, and range of motion exercises.

YOGA (MIXED LEVELS): This class is great for beginners and seniors. It is a gentle 45-minute class focusing on flexibility, balance, strength and yoga breathing.