

# GROUP EXERCISE

March 1 - March 20

**GREENSBURG YMCA**

## Monday

**Zumba!**  
9:15-10:15am  
Teresa AR

**Body Sculpting**  
10:15-11:15am  
Teresa AR

**Tai Chi**  
11:15-12:15  
Pat AR

**Yoga**  
6:10-7:00pm  
Vickie AR

**X-Bike**  
7:15-8:00pm  
Vickie DR

## Tuesday

**Get Ur Girl On!**  
*(women only)*  
9:15-10:15am  
Lori AR

**Kickboxing**  
10:15-11:15am  
Lori AR

**Silver & Fit 2**  
*(Experience)*  
10:30-11:15am  
Cyndi MG

**Beg. Yoga**  
11:15-12:15am  
Vickie AR

**Adv. Yoga**  
12:15-1:10pm  
Vickie AR

**Length & Sculpt**  
6:15-7:00  
Vickie

**Zumba!**  
7:00-8:00pm  
Teresa AR

## Wednesday

**Latin Step**  
9:15-10:15am  
Teresa AR

**Body Sculpting**  
10:15-11:15am  
Teresa AR

**Silver & Fit 3**  
*(Excel)*  
10:45-11:45  
Cyndi MG

**Tai Chi**  
11:15am-12:15  
Pat AR

**Int. X-Bike**  
Cyndi  
12:30-1:15 AR

**Pilates**  
6:15-7:00pm  
Vickie DR

**Kickboxing**  
7:15-8:15pm  
Lori AR

## Thursday

**Get Ur Girl On!**  
*(women only)*  
9:15-10:15am  
Lori AR

**Kickboxing**  
10:15-11:15am  
Lori AR

**Silver & Fit 3**  
*(Excel)*  
10:30-11:30am  
Cyndi MG

**Beg. Yoga**  
11:15-12:15am  
Vickie AR

**Adv. Yoga**  
12:15-1:00pm  
Vickie AR

**X-Bike**  
*(Holy Hills!)*  
6:00-6:30  
Vickie AR

**Kettlebell**  
6:30-7:00pm  
Vickie AR

**Yoga**  
7:00-8:00pm  
Vickie

## Friday

**Zumba!**  
9:15-10:15am  
Teresa AR

## Saturday

**Beginner X-Bike**  
9:00-9:45am  
rotating instructor

**Yoga**  
10:00-11:00  
rotating instructor



### Special Events:

#### **New!!!**

Monthly Non-Member  
Group Exercise Package.  
Tell All Your Friends

### Key:

AR= Aerobic Room  
MG= Main Gym  
DR = Dance Room  
FE= Front Entrance  
24= Sign Up 24 hours/adv.

### Personal Training

3 Sessions for \$75.00  
ext:110 for signing up.

### Babysitting Hours:

Mon - Sat 8:30 am - 12:00 pm  
Mon - Fri 6:00pm - 8:15 pm

### Class Reminders:

**Non-Members, take classes without being a member!**

Must be used within 30 days!

<b>6 Classes for \$21.00</b>	Take any class
<b>8 Classes for \$28.00</b>	you would like!
<b>10 Classes for \$35.00</b>	

### Orientation

Monday-Thursday (4:30-7:00) or contact Vicki at ext 110 to schedule an appointment

### X-Bike

Please remember that if you are planning to attend an X-Bike class to please sign up **24 hrs. in advance**. If no one is signed up for that class our instructors do not show up. Please sign up at the welcome center!

### Inclement Weather Policy

During days that the area is experiencing inclement weather please call ahead to find out whether classes are still in session. The Greensburg YMCA reserves the right to cancel classes in order to protect its staff.

<b>Kettlebell</b>	A cardio, core, complete body workout that utilizes various movements while maintaining flexibility, stability, and endurance.
<b>Cardio Kickboxing</b>	A cardiovascular workout that blends elements of boxing, martial arts and traditional aerobics. Classes generally feature a variety of punches, kicks, knee strikes and other self-defense moves interspersed with traditional exercises, such as jumping jacks, abdominal crunches, and push-ups to create a total body workout.
<b>Tai Chi</b>	Experience a balancing and soothing of the body as you move to slow motion movements. Allow the body, mind and spirit to slow down and connect your inner self. Discover your normal breathing pattern and inner peace.
<b>Pilate</b>	Coordinates mind, body and breath to develop sleek and functionally strong abdominal muscles, a strong and supple back, and aligns the shoulder girdle
<b>Core</b>	Everything from the shoulders to the waist. Anything goes. A use of body weight, flexibility, endurance and light weight training to develop a solid core.
<b>Silver&amp;Fit</b>	<p>Silver &amp; Fit Level 2 Experience (45 Minutes) - This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance.</p> <p>Silver &amp; Fit Level 3 Excel (60 minutes) - This level is for the very active older adults who regularly exercise three or more days per week. The class is designed to increase the participants flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength power and cardiovascular endurance</p>
<b>Step Aerobics</b>	Use a step with adjustable risers to suit individual needs for an aerobic workout. Basic to challenging choreography to keep the workout fresh and fun!
<b>Toning Class</b>	Combination of weights and resistance exercises to strengthen and tone all of the body, one part at a time.
<b>Trixter X Bike</b>	If you like spinning you'll love x-biking! The unique handle bar articulates from side-to-side against adjustable resistance which allows the rider to work upper body and core muscles while the legs do the pumping.
<b>Yoga</b>	Hatha yoga class aimed at uniting the mind-body-spirit through the practice of physical postures (asanas).
<b>Zumba!</b>	A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines use aerobic interval training and fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

