



## Fall 2021 New & Trending Classes

*\*Click on any Instructor Picture to view their video library of classes\**

### CARDIO / ENDURANCE



#### **Cardio Core**

**Friday 9:30-10:15 AM**

A high intensity cardio workout that will get your heart pumping! All levels welcome as modifications will be provided for a low or high impact workout. *Laurie-Sue Rodrigues (YMCA of the North Shore)*



#### **Cardio & Strength Intervals**

**Monday 9:00-9:45 AM**

Interval style class offering timed segments of cardio and strength exercises for a full body workout. *Michelle Lobingier (Harrisburg Area YMCA)*



#### **Kickboxing**

**Tuesday 6:30-7:15 PM**

Beg-Adv | Aerobic conditioning with a PUNCH and KICK! *Jamie Bintliff (YMCA of Bucks County)*



#### **Mixed Intervals**

**Sunday 10:00-10:45 AM**

Join this HIIT-inspired Mixed bag of training for a fun and challenging workout. Each week will highlight a variety of training concepts to increase fitness capacity and burn calories. Whether it's a full 45 minute Mixed body blast, or a 20 minute body part focused class, you will be sure to walk away glad you stepped into class. Check the Facebook group or class comments for the weekly class specifics. *Alexa Nikoloff (Carlisle Family YMCA)*



#### **Total Body Tabata Bootcamp**

**Wednesday 4:45-5:15 PM**

Tabata at its core is high-intensity interval training. Each rounds consists of eight 20 second intervals with a 10 second rest in between. Performing a variety of cardio and strength training moves makes this a total body workout all in 30 minutes. *Alicia Lombard (Greater Waterbury YMCA)*

### STRENGTH / BODYWORK



#### **Barre Strength**

**Monday 6:30-7:15 PM**

Beg-Adv | 45 minute class that helps improve core strength, enhance the stabilizing muscles and improve flexibility, alignment and posture. *Amanda Collins (Community YMCA)*



#### **Functional Strength**

**Wednesday 4:30-5:00 PM**

Functional strength and conditioning class for all fitness levels; move through everyday functional strength movements and conditioning exercises that will enhance your fitness goals and increase your performance levels. *Brittany Darras (Community YMCA)*



### PIIT28®

**Tuesday 5:30-6:15 PM / Thursday 5:15-5:45 AM**

Combining the best core strengthening exercises with the most intense cardio elements of HIIT in 28 minutes. *Stephanie Burke (YMCA of Bucks County)*



### Pilates Burn

**Thursday 8:00-8:30 AM**

Build strength using bodyweight, pilates-inspired exercises designed to strengthen all of the muscles of the core, the arms and legs. *Allison Galbreath (York and York County YMCA)*



### PiYo®

**Tuesday 9:30-10:30 AM / Thursday 9:30-10:30 AM**

Combination of Pilates and yoga as well as strength training, stretching, and cardio all in one. *Nancy Maas (Community YMCA)*



### Total Body Barbell

**Wednesday 8:45-9:45 AM** (live-stream only)

Build strength using bodyweight, pilates-inspired exercises designed to strengthen all of the muscles of the core, the arms and legs. *Jamie Coy (York and York County YMCA)*

## DANCE



### Dance Party

**Thursday 6:30-7:30 PM / Sunday 9:15-10:15 AM**

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning latin-inspired dance fitness party. *Jenni French (Wallingford Family YMCA)*

## MIND / BODY



### Hatha Yoga

**Tuesday 7:00-8:00 PM / Saturday 10:00-11:00 AM**

Beg-Adv | Focus on a variety of traditional yoga poses, standing and seated. Increase your strength, flexibility and posture. (LOW IMPACT) *Sandy Gatto (YMCA of Bucks County)*



### Kundalini Yoga

**Thursday 11:00 AM-12:00 PM**

Kundalini is an uplifting, energizing and transformative type of yoga that uses yoga poses, breath work, mantras and mudras to create an experience of full body awareness.

*Jenny Lane (YMCA of the North Shore)*



### Vinyasa Flow Yoga

**Tuesday 5:00-6:00 PM**

Flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement to build strength and endurance. Improve circulation, flexibility, strength, and calm your mind. More challenging practice - form and alignment emphasized.

*Brian McMahon (Harrisburg Area YMCA)*

## SENIORS / ADAPTED



### **SilverSneakers® Circuit**

**Monday 11:00-11:45 AM / Friday 11:00-11:45 AM**

Experience standing, low impact choreography alternated with standing upper body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill level. *Megan McCuen (YMCA of Bucks County)*



### **Stretch & Balance**

**Wednesday 11:00-11:45 AM**

Beg | Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. A chair is needed for this class. (LOW IMPACT)

*Megan McCuen (YMCA of Bucks County)*