

# Land Class Schedule **Starting Sept. 12, 2022**

## Monday

9-9:45am  
10-10:45am  
11-12:00pm  
5-5:45pm  
6-6:45pm

**BOOM® Muscle (V)**  
**Chair Yoga Flow (V)**  
**Healthy Hearts -fitness center**  
  
**BOOM® Muscle**

## Tuesday

8-8:45am  
9-9:45am  
1-1:30pm  
2-3:00pm  
5-5:45pm  
6-6:45pm

**Step & Strength**  
**SilverSneakers® Classic (V)**  
**EnerChi®**  
**Strength Circuit -fitness center**  
**BOOM® Move**  
**Vinyasa Flow Yoga**

## Wednesday

9-9:45am  
10-10:30am  
11-12:00pm  
5-5:45pm  
6-6:45pm

**BOOM® Muscle (V)**  
**Balance & Mobility**  
**Healthy Hearts -fitness center**  
**POUND®**  
**PVFiT Intervals TRX®**

## Thursday

9-9:45am  
10-10:45am  
1-1:30pm  
2-3:00pm

**SilverSneakers® Classic (V)**  
**BOOM® Move**  
**EnerChi®**  
**Strength Circuit -fitness center**

## Friday

9-9:45am  
10-10:30am  
11-12:00pm

**PVFiT Intervals (V)**  
**Balance & Mobility**  
**Healthy Hearts -fitness center**

**\*\* (V) = Class is offered in-person and Virtually**

To participate virtually you must still register for the class under "virtual" class.

**Balance & Mobility** A combination of coordination drills and strengthening exercises designed to help reduce your risk of falling and improve your quality of life. Focused on improving balance, this class uses chair support to advance cognition and fall prevention skills.



**BOOM® Move** A dance workout that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.



**BOOM® Muscle** This class is a full body conditioning and strengthening workout, improving functional strength, flexibility, endurance and balance.



**Chair Yoga Flow** Relax and restore. Move your body through a series of yoga poses, movements for core strength and balance exercises that build endurance and improve flexibility. A chair will be used to adapt poses for a variety of skill levels. This class is designed to boost your mood and promote an overall sense of well-being.

**EnerChi®** This class incorporates tai chi and qigong principles to improve physical and mental well-being. The class is designed to help increase strength and vitality, focusing on balance and weight transfer in a slow rhythmic movement pattern.



**Healthy Hearts** A cardiac maintenance program. Six rounds of eight-minute cardio-sessions using the cardio equipment of your choice and one eight-minute session of strength training using weight machines and free weights. Blood pressure and heart rate monitoring throughout the class, lead by an instructor.

***This class is held in the fitness center.***

**POUND®**- Sweat, sculpt and ROCK your body with a series of fun and effective POUND workouts that combine cardio and strength to tone your lower body, sculpt your upper body and define your abs.

**Healthy Hearts** A cardiac maintenance program. Six rounds of eight-minute cardio-sessions using the cardio equipment of your choice and one eight-minute session of strength training using weight machines and free weights. Blood pressure and heart rate monitoring throughout the class, lead by an instructor. ***This class is held in the fitness center.***

**PVFiT Intervals** A class that anyone from beginner to advance will benefit from- every exercise has three levels (1,2 &3) one for beginners and three for advanced, two for all those in between. This class is designed to challenge you - but you have control of the level you choose. Each class includes a strength, core and cardio component.

**PVFiT Intervals TRX®** This class fuses our PVFiT Intervals class with TRX® suspension training. Suspension training uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance tool that leverages gravity and the user's body weight to complete the exercises.

**SilverSneakers Classic** Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support.



**Step & Strength** A full body workout that will shape and tone your body, combining step exercises for cardio training and weighted exercises for strength training. This class is designed to boost your fitness and is challenging but at the same time suitable for beginners.

**Strength Circuit** Instructor-led class using weight machines- Encouraging proper set up and form with designated reps and sets, to get the most out of your strength training workouts.

***This class is held in the fitness center.***

**Vinyasa Flow Yoga** This popular practice of yoga will keep you moving! You'll flow continuously through strong sequences of traditional Sun Salutations and standing postures, linking breath with movement and build strength and endurance as you push the edge of your balance and flexibility.

All classes and class times are subject to change.

Registration is required for all classes

Registration can be made through our online scheduler or call 717.664.6305

# Aquatic Class Schedule **Starting Sept. 12, 2022**

## Monday

6:15-7:15pm **Water Worx**

## Tuesday

9:15-10:15am **Water in Motion®**

10:15-11:15am **Aqua Spin**

11:30-1:00pm **Water Volleyball**

## Wednesday

11:30-12:15pm **Water in Motion® Strength – (( Starting OCT. 5<sup>th</sup> ))**

12:15-1:00pm **Aqua Spin ((Starting OCT. 5<sup>th</sup>))**

6:15-7:15pm **Aqua Spin**

## Thursday

9:15-10:15am **Water in Motion®**

10:15-11:00am **Open Swim**

11:00-11:45am **Aqua Spin**

11:45-12:45pm **Water Yoga**

*\*\*Start times for water classes represent the time class participants can enter the pool for the class. The class will start as soon as the instructor and all participants have arrived.*

**All classes and class times  
are subject to change.**

**Registration is required for all classes**

**Registration can be made through our online scheduler or call  
717.664.6305**

## Aqua Spin

Aqua Spin is a dynamic 45-minute power workout on a Hydorrider® stationary bike. This class will increase speed pedaling through intermittent bursts of resistance. Get ready for an endurance ride!

## Open Swim

The pool is “open” – This is the only 45-minutes in the week that the pool can be used by members without an appointment.

**All lanes are removed.**

## WATERinMOTION®

WATERinMOTION® is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular full body workout.

## WATERinMOTION® STRENGTH

An aqua exercise workout using aqua dumbbells that provide a low impact, high energy challenge for participants of all ages and skill and fitness levels. Jump in and make a splash with this dynamic strength workout that tightens and tones the entire body

## WaterWorx

Tone and sculpt your body with low impact on your joints. This workout is a fun blend of cardio and resistance training, that incorporates resistance tools such as buoyant *water* weights and noodles.

## Water Volleyball

A fun, non-competitive game of water volleyball with fellow members.

## Water Yoga

A water exercise class that uses the basic exercises, principles, and movements of yoga and adapts them to a shallow-water environment. The program is a gentle and very low-impact aquatic activity. With the release of gravity, the body is able to find the best stretch that mat yoga may restrict.