

Land Class Schedule **Starting MAY 1, 2023**

Monday

9-9:45am **BOOM® Muscle (V)**
 10-10:45am **Chair Yoga Flow (V)**
 11-12:00pm **Healthy Hearts -fitness center**
 5:30-6:15pm **BOOM® Muscle**

Tuesday

8-8:45am **Step & Strength**
 9-9:45am **SilverSneakers® Classic (V)**
 5-5:45pm **BOOM® Move**
 6-6:45pm **Yoga Flow**

Wednesday

8a-8:45am **Yoga Flow**
 9-9:45am **BOOM® Muscle (V)**
 10-10:30am **Balance & Mobility (V)**
 11-12:00pm **Healthy Hearts -fitness center**
 4-4:45pm **PVFiT Intervals (V)**
 5-5:45pm **Step & Strength**

Thursday

9-9:45am **SilverSneakers® Classic (V)**
 10-10:45am **BOOM® Move**

Friday

9-9:45am **PVFiT Intervals (V)**
 10-10:30am **Balance & Mobility (V)**
 11-12:00pm **Healthy Hearts -fitness center**

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.

**** (V) = Class is offered in-person and Virtually
 To participate virtually you must still
 register for the class under "virtual" class.**

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.

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.

Yoga Flow 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.

Registration is required for all classes. A minimum of 3 participants registered or the class will be cancelled for that day.

Registration can be made through our online scheduler or call
 717.664.6305

All classes and class times are subject to change.

Aquatic Class Schedule

Important- Please Read!

Attention All Aquatic Class Participants

Please be respectful to those who have the scheduled pool appointments prior to a class. Do not enter the pool or remove lanes for class until the scheduled pool patrons have exited.

Monday

6:30-7:15pm **Water Worx**

Tuesday

9:30-10:15am **Water Fusion**
10:30-11:15am **Aqua Spin**
11:30-1:00pm **Water Volleyball**

Wednesday

11:30-1:00pm OPEN SWIM
6:30-7:15pm **Aqua Spin**

Thursday

9:30-10:15am **Water Fusion**
10:15-11:00am OPEN SWIM
11:00-11:45am **Aqua Spin**
12:00-12:45pm **Water Yoga**

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” – These specified times are the only times during the week that the pool can be used by members without an appointment. **All lanes are removed.** Please exit promptly when open swim has ended.

Water Fusion

This class takes advantage of the aqua environment to build muscular endurance, power, and overall tone using aqua dumbbells. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy.

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.

Registration is required for all classes

Registration can be made through our online scheduler or call 717.664.6305

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