

Land Class Schedule

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday
8AM		Step & Strength	Yoga Flow V	PVFiT Interval V	Yoga Flow V
9AM	PVFiT Muscle V	SilverSneakers® Classic V	PVFiT Muscle V	SilverSneakers® Classic V	PVFiT Interval V
10AM	Advanced Balance & Stability V	Chair Yoga Flow V	SilverSneakers® Better Balance V	Chair Yoga Flow V	SilverSneakers® Better Balance V
11AM	Healthy Hearts (Fitness Studio)		Healthy Hearts (Fitness Studio)		Healthy Hearts (Fitness Studio)
1PM					
4PM					
5PM	PVFiT Muscle V	PVFiT Move	PVFiT Strength		
6PM		Yoga Flow			



Land Class Schedule

SilverSneakers Better Balance

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.

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 with use of hand-held weights, resistance tubing and a small exercise ball.

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.

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.

Muscle This class is a full body conditioning and strengthening workout, improving functional strength, flexibility, endurance and balance using a variety of exercise tools and body weight exercises.

Strength This class is designed to increase physical strength through weight-bearing and resistance exercise.

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

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

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

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.

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.

Advanced Balance & Stability Elevate your fitness with our advanced balance and stability class. Challenge core strength and refine coordination through dynamic exercises designed for optimal stability.

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.

All classes and class times
are subject to change.

Aquatic Class Schedule

Start Times	Monday	Tuesday	Wednesday	Thursday
9:30AM		Water Fusion		Water Fusion
10:15AM				OPEN SWIM 10:15-11AM
10:30AM		Aqua Spin		
11AM				Aqua Spin
11:30AM		Water Volleyball	OPEN SWIM 11:30AM-1PM	
12PM				Water Yoga
6:30PM	Water Worx		Aqua Spin	



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.

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 aqua dumbbells 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.