

GROUP EXERCISE SCHEDULE

January 2 – March 31

All classes are free as a member benefit and require registration, available three days in advance. Classes during the holiday season may be adjusted. For the most up to date class schedule or to make a reservation, visit us online at sewickleyymca.org or on our mobile app.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 6:15 a.m. PILATES AMY CV GYM	5:30 – 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 – 6:15 a.m. CYCLE MIKE CYCLE STUDIO	5:30 – 6:15 a.m. HIIT AMY CV GYM	5:30 – 6:15 a.m. CYCLE GEORGE CYCLE STUDIO	7 – 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
5:30 – 6:15 a.m. CYCLE MICHAEL F. CYCLE STUDIO	8 – 8:45 a.m. STRETCH CHRIS CV GYM	5:30 – 6:15 a.m. CARDIO PUMP AMY CV GYM	8:15 – 9 a.m. PILATES AMY CV GYM	7 – 7:45 a.m. YOGA CHRIS CV GYM	8 – 8:45 a.m. PILATES AMY HUNTER GYM
8:15 – 9 a.m. STRETCH LAUREN CV GYM	8 – 8:45 a.m. CORE & PROPS ADRIANE HUNTER GYM	7:15 – 8 a.m. YOGA CHRIS CV GYM	8:15 – 9 a.m. STRETCH HUNTER GYM ADRIANE	8:15 – 9 a.m. WEEKLY POP-UP INSTRUCTOR ROTATION CV GYM	8 – 9 a.m. CYCLE ADRIANE CYCLE STUDIO
8:15 – 9 a.m. PUMP IT AMY HUNTER GYM	9 – 10 a.m. CYCLE ADRIANE CYCLE STUDIO	8 – 8:45 a.m. LOW IMPACT AMY HUNTER GYM	9:15 – 10 a.m. HI-LO AMY CV GYM	9:15 – 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 – 10 a.m. CARDIO PUMP AMY CV GYM
9:15 – 10 a.m. BARRE AMY CV GYM	9:15 – 10 a.m. TONE & SCULPT AMY CV GYM	8:15 – 9 a.m. BODY IN BALANCE CHRIS CV GYM	9:15 – 10 a.m. CYCLE ADRIANE CYCLE STUDIO		9:15 – 10 a.m. CYCLE LORI CYCLE STUDIO
10:15 – 11:15 a.m. DELAY THE DISEASE CHRIS CV GYM	6 – 6:45 p.m. HI-LO CASSY CV GYM	9 – 9:45 a.m. PUMP IT AMY HUNTER GYM	5:15 – 6 p.m. FAB ABS LAUREN CV GYM		
5:45 – 6:30 p.m. BOOTCAMP LORI CV GYM	6 – 6:45 p.m. KICKBOXING ROBERT HUNTER GYM	9:15 – 10 a.m. DANCE FITNESS CHRIS CV GYM	6 – 6:45 p.m. TONE & SCULPT CASSY CV GYM		
6 – 6:45 p.m. CYCLE PHYLLIS CYCLE STUDIO		10:15 – 11:15 a.m. DELAY THE DISEASE CHRIS CV GYM			
6:45 – 7:30 p.m. STEP & SCULPT AMY CV GYM		5:15 – 6 p.m. PUMP IT LORI HUNTER GYM			
		6 – 6:45 p.m. CYCLE LORI CYCLE STUDIO			
					SUNDAY
					8:30 – 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
					9:30 – 10:15 a.m. CYCLE CYCLE STUDIO
					10:30 – 11:15 a.m. STRETCH CHRIS CV GYM

BARRE

This low-impact, high-intensity class pulls elements of ballet for a strength-focused workout.

Balance:



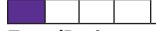
Tone/Sculpt:



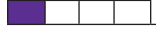
BODY IN BALANCE

This class will focus on exercises that promote stability and balance.

Balance:



Tone/Sculpt:



BOOT CAMP

This high-intensity class uses exercises and drills to push you to the next fitness level.

Cardio:



Balance:



Tone/Sculpt:



CORE & PROPS

Core & Props is designed to strengthen the core using props such as balls, weights and rollers.

Cardio:



Balance:



Tone/Sculpt:



CARDIO PUMP

Give yourself a full-body workout with Cardio Pump! This class provides a combination of aerobic and strengthening exercises.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance:



CONDITIONING & CORE

Conditioning & Core combines strength exercises and core work to strengthen and tone the whole body.

Balance:



Tone/Sculpt:



CYCLE

Using stationary cycles, this is a low-impact exercise that improves aerobic conditioning, core strength, and balance.

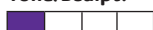
Cardio:



Balance:



Tone/Sculpt:



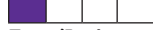
DANCE FITNESS

Dance Fitness provides a cardiovascular workout that includes fun moves of dancing.

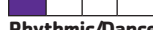
Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance:



FAB ABS

This class offers exercises designed to work the core, focusing on the abdominal and back muscles.

Balance:



Tone/Sculpt:



HI-LO

This class provides a total body workout using a combination of high and low-impact exercises.

Cardio:



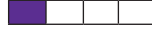
Balance:



Tone/Sculpt:



Rhythmic/Dance:



HIIT

High-Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods.

Cardio:



Balance:



Tone/Sculpt:



KICKBOXING

Kickboxing incorporates martial arts techniques with exercises that utilize agility ladders, battle ropes and punching bags to help you build muscle and endurance.

Cardio:



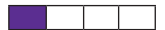
Balance:



Tone/Sculpt:



Rhythmic/Dance:



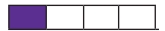
LOW-IMPACT

Low-Impact is a combination of aerobic and strengthening exercises without impact.

Cardio:



Balance:



Tone/Sculpt:



MIX IT

Mix It offers a variety of formats each week to improve muscular strength, conditioning, core and flexibility.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance:



PILATES

Participants will utilize a series of movements that strengthen and support core muscles.

Balance:



Tone/Sculpt:



PUMP-IT

This class uses added resistance and body bars to improve muscle strength.

Cardio:



Balance:



Tone/Sculpt:



STEP & SCULPT

Enjoy a challenging workout with high-energy step movements using the whole platform to keep you moving with added sculpting.

Cardio:



Balance:



Tone/Sculpt:



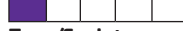
Rhythmic/Dance:



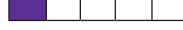
STRETCH

Stretch offers a combination of exercises to lengthen and improve joint flexibility.

Balance:



Tone/Sculpt:



STRETCH AND STRENGTH

This class is designed to gently increase the range of motion of joints and strengthen supporting muscles.

Balance:



Tone/Sculpt:



TOTAL BODY WORKOUT

This workout offers a combination of aerobic, strengthening and flexibility exercises.

Balance:



Tone/Sculpt:



YOGA

Yoga participants will strengthen and lengthen muscles through physical poses, stretches, controlled breathing and meditation.

Balance:



Tone/Sculpt:

