



**CHAMBERSBURG YMCA  
GROUP FITNESS SCHEDULE-WKN PROGRAM CENTER  
756 S. Coldbrook Avenue  
Session 1 — JANUARY 7th THROUGH FEBRUARY 16TH**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Mon	Tue	Wed	Thu	Fri	Sat
9:15-10:15 am Power Step Angie-Studio AB	9:00-10:15 am Yoga For Everybody Mike-Studio C	9:15-10:15 am Power Step Angie-Studio AB	9:00-10:15 am Yoga for Everybody Mike-Studio AB		
10:30-11:30 am Forever Fit-MaryAnn Studio AB	9:00-10:00 am Total Body Barre Mary - Studio AB	10:30-11:30 am Forever Fit-MaryAnn Studio AB	10:30-11:15 am Zumba® April-Studio AB	9:15-10:15 am Anything Goes Mary - Studio AB	9:30-10:30 am Zumba® Charna-Studio AB
11:30am-12:30 pm Qigong Liz-Studio AB	10:15-10:45am Core Express Michelle-Studio AB		11:30am-12:30 pm Qigong Liz-Studio AB	10:30-11:00 am Sculpt Express Mary-Studio AB	10:45-11:45 am Muscle Pump Kelly-Studio AB
1:00-2:30 pm Rock Steady Boxing Studio AB ★	11:00-11:45am TRX Michelle-Studio B ★	1:00-2:30 pm Rock Steady Boxing Studio AB ★			
		2:00-3:15pm Gentle/Balance Flow Yoga-Gail Studio C			
	4:45-5:30pm Y Fusion Lisa-Studio C				
5:15-6:15 pm Interval Training Melissa-Studio AB	5:30-6:15 pm ★ Pound® Brittney-Studio B		5:15-6:15 pm Interval Training Melissa-Studio AB		
5:30-6:30 pm Power Yoga Tara-Studio C	5:30-6:15 pm Zumba® April-Studio A		5:30-6:15pm Y Fusion Charna-Studio C		
6:30-7:30 pm Cardio Dance Marianne-Studio AB	6:30-7:30 pm Muscle Pump Marianne-Studio AB	6:30-7:15 pm Cardio Kickboxing Kelly-Studio AB	6:30-7:30 pm Zumba® Charna-Studio AB		

**ALL MEMBERS MUST  
SWIPE THEIR CARD AT  
ENTRANCE**

**NON-MEMBERS MUST  
STOP AT DESK**

**PLEASE ARRIVE ON TIME  
FOR CLASS**

**INSTRUCTORS MAY  
CHANGE DUE TO  
AVAILABILITY**

★ **SPECIALTY CLASSES**  
-additional fees apply  
-registration required  
before start of session for  
TRX & RSB  
**Pound®** is a paid drop-in  
class. No pre-registration  
required. Cost \$3/class  
for members  
★★★★★★

**FOR MORE INFORMATION  
CONTACT ELLEN  
epoe@chbgy.org  
717-446-0533**

## **GROUP FITNESS CLASS DESCRIPTIONS**

### **ANYTHING GOES**

This class will be the instructor's choice. Class could be all cardio, all strength, or a combo of cardio and strength. Equipment such as dumbbells, bands and exercise balls may be used.

### **CARDIO DANCE**

Choreographed dance moves to upbeat music. Move, groove and dance with us.

### **CARDIO KICKBOXING**

Martial arts and boxing moves set to powerful music. Punch, jab, and kick your legs and torso strong and lean.

### **FOREVER FIT**

Choreographed dance and strength exercises for active older adults set to classic upbeat music. The class is a great workout if you find yourself looking to get back into exercise, adding a new fitness avenue or for the regular fitness goer!

### **GENTLE/BALANCE YOGA**

The practice includes joint mobilization exercises followed by postures to build strength and flexibility. Movement is linked to breathing. Class includes a guided deep relaxation to close. Suitable for all level students.

### **INTERVAL TRAINING**

This class will alternate periods of intense anaerobic exercise with less intense recovery periods and body weight resistance. Athletic capacity and fat burning will be improved. This class is for INTERMEDIATE TO ADVANCED participants.

### **MUSCLE PUMP**

Set to motivating music, this high energy muscle conditioning class will work all your major muscle groups. Suitable for all fitness levels and a lot of fun.

### **POUND**

Sweat, sculpt and ROCK with Pound. Group fitness experience fueled by infectious, energizing fun of fitness drumming. Pound is a full body cardio jam session.

### **POWER STEP**

Interval aerobic and strength class mixed with STEP and weight training for all level exercisers set to upbeat music.

### **POWER YOGA**

Power Yoga is a dynamic, flowing practice which cultivates strength, flexibility, balance, focus and endurance. Power Yoga tones and sculpts the entire body.

### **QIGONG**

A gentle form of ancient Chinese exercise that balances the body and mind together in a relaxed manner to promote health and well being. Qigong can be performed seated or standing and is for all abilities.

### **ROCK STEADY BOXING**

RSB is a fitness program for individuals who have been diagnosed with Parkinson's Disease. Class participation requires intake, assessment and medical clearance. Contact Brittney for more information 717-263-8508.

### **SCULPT EXPRESS**

30 minute class to strengthen and tone the entire body. Various exercise equipment will be used.

### **TOTAL BODY BARRE**

Total Body Barre uses small movements, combining aspects of Pilates, yoga and ballet as well as traditional strength training and cardio exercises which targets the entire body for a stronger, longer, fitter YOU! This is **NOT** a dance class!

### **TRX SUSPENSION TRAINING**

TRX Suspension Training uses bodyweight and gravity for a full-body workout. The exercise simultaneously develops strength, power, endurance, mobility, balance, flexibility, and core stability. TRX meets you where you are and takes you where you want to go. Ages 13 and older.

### **Y FUSION**

Start with a warm-up/stretch followed by standing/balancing core exercises, abs/core work on the floor followed by lower body work, finish with floor/standing stretches. For beginner to intermediate level exercisers.

### **YOGA FOR EVERYBODY**

A sequenced practice introducing mindful movements, breath control, and basic yoga postures to improve physical, mental, and emotional fitness and promote resilience by integrating body, breath, and mind. Great class for students new to the concept of health and fitness.

### **Zumba®**

Join the Party! Easy to learn dance steps and aerobic exercise moves are combined and performed to Latin and other music from around the world. This energizing class is a great way to burn fat and tone muscles. Movements are in fast and slow intervals and the variety of steps work on every part of the body.