

# 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.

**Flex & Flow Fit** A low impact class that is fully body conditioning and strengthening workout. Improving functional strength, flexibility, endurance and balance. Get ready to shape and tone your body.

**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.

**DanceFit** A dance-based fitness class with varying levels of intensity, verbal cues, and modifications, so everyone can feel successful! We will finish the class with some flexibility exercises and a relaxing stretch.

**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.

# Land Class Schedule

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



# 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**

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