Land Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00a	Yoga Flow	Strong & Steady	Yoga Flow	Advanced Balance & Stability	Yoga Flow
9:00a	PVFiT Muscle	SilverSneakers ® Classic	PVFiT Muscle	SilverSneakers ® Classic	PVFiT Interval
10:00a	Advanced Balance & Stability	Chair Yoga Flow	SilverSneakers ®Better Balance	Gentle Yoga	SilverSneakers ®Better Balance
11:00a	Healthy Hearts		Healthy Hearts		Healthy Hearts
1:00p					
5:00p		DanceFit			
5:30p			Arms, Abs & Assests		

Aquatic Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a		Water Fusion		Water Fusion	
10:30a		Gentle Wave		AquaSpin	
11:30a		Water Volleyball	Open Swim 11:30am-1pm	Water Yoga	
12:15p				Open Swim 12:15-1pm	
6:30p	Water Worx		AquaSpin	Water Worx	

Download the Mindbody App to preregister for classes. Phone: 717-664-6305 | Email: fitness@pvfit.org | Website: https://pleasantviewcommunities.org/pvfit/

Registration is required for all land classes. Classes need a minimum of 4 participants registered or the class will be cancelled for the day. Registration can be made online or by calling 717-664-6305. *All classes and class times are subject to change. *

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.

Arms, Abs & Assets This high-energy class targets your upper body, core, and glutes for a complete strength and toning workout. Perfect for all fitness levels, this class keeps your heart rate up and your muscles engaged while focusing on proper form and functional movement.

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.

DanceFit Get ready to move, sweat, and have fun! This high-energy dance fitness class keeps you moving from start to finish with nonstop cardio, upbeat music, and easy-to-follow routines. Whether you're looking to burn calories, boost your energy, or just have a great time, this class delivers a fun workout that feels more like a party. All fitness levels are welcome—come ready to move and leave feeling strong, energized, and accomplished.

Gentle Yoga It focuses on slow, mindful movements, light stretches, and relaxation techniques. It's perfect for beginners, those with limited mobility, or anyone looking for a calming and restorative practice.

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, led by an instructor. This class is held in the gym.

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 exercise.

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.

Strong & Steady Build strength, improve balance, and strengthen your core in a fun, supportive class designed just for active older adults! This upbeat workout uses simple, effective exercises to help you move with greater confidence, improve everyday activities, and stay independent. All fitness levels welcomed.

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.

Important-Please Read!

Attention all aquatic class participants. Please be respectful to those who have scheduled pool appointments prior to class. Do not enter the pool or remove lanes for class until the scheduled pool patrons exit. Registration is required for all aquatic classes. *All classes and class times are subject to change. *

Aqua Spin Is a dynamic 45-minute power workout on a Hydrorider stationary bike. This class will increase speed pedaling through intermittent bursts of resistance. **Water shoes are required**

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. Lanes are removed. Please exit promptly when open swim has ended. **Only available for members with pool membership*.*

Water Fusion This class takes advantage of the aqua environment to build muscular endurance, power, and overall tone using aqua dumbbells or pool noodles. Combine the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. **Water shoes are recommended*

Gentle Wave Enjoy big muscle movements in a low resistance, low impact class designed for flexibility, mobility and improving balance all while having fun in the water! Limited equipment- noodles are used!

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.