



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL CLASS SCHEDULE JANUARY 2021

CARLISLE FAMILY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9-9:45am BODYPUMP™^ (Ashley 1/6 & 20; Alexa 1/13 & 27)			9-10am Yoga for Health (Fiona)	
		10-11am ZUMBA® & ZUMBA® Toning (Jeannette)		10-11am ZUMBA® (Claudine) *no class 1/1	JAN 2 10-11am BODYPUMP™^ (Ashley)	
11am-12pm Senior Wellness (Jeannette)	11-11:40am Easy Yoga (Jim)		11am-12pm BODYCOMBAT & CXWORX™^ (Alexa)		JAN 9 10-11am BODYPUMP™^ & CXWORX™^ (Alexa)	
5-5:45pm Cardio Machine (Kelli)					JAN 16 10-11am VeraFlow (Claudine)	
	5:30-6:30pm BODYPUMP™^ (Ashley)			5:30-6:10pm Comfort Yoga (Jim) *no class 1/1	JAN 23 10-11am BODYPUMP™^ (Cecelia)	
6-6:40pm Comfort Yoga (Jim)			6:30-7:30pm Yoga for Health (Fiona)		JAN 30 10-11am VeraFlow (Megan)	

^BODYPUMP™, BODYCOMBAT™ and CXWORX™ are all LES MILLS™ Classes

ALL CLASSES ARE ON ZOOM

Pre-register on our website. Registration closes 2 hours before class starts. The instructor will email you the class link.

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013

P 717 243 2525 ext 230 E jcattron@carlislefamilyymca.org W carlislefamilyymca.org



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CLASS DESCRIPTIONS

CARLISLE FAMILY YMCA

WELLNESS CLASSES

Senior Wellness – Aerobics, light resistance training, balance and stability training, core work and short meditation to conclude an hour-long program geared toward the active adult population. All fitness levels welcome, with modifications available as needed.

ZUMBA® – Zumba is a fun exciting way to dance your way to a fitter you! Using a fusion of Latin and other exotic music rhythms and dance themes, Zumba creates a party-like atmosphere that is also a dynamic, effective and most of all FUN fitness system. Easy to follow.

ZUMBA® GOLD - Zumba formula with modified moves and pace to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Join in the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. It's a dance-fitness class that feels friendly, and most of all, fun.

ZUMBA® TONING - All the elements you have come to love with Zumba now kicks it up a notch. This dance `n tone class, incorporating light weights, is an easy-to-follow, effective, total body toning workout. All fitness levels welcome.

Cardio Machine – Hop on your stationary bike, elliptical trainer, treadmill or any other cardio machine and get ready for a heart-pumping workout!

Barre - Barre is a workout technique inspired by elements of ballet, yoga and Pilates that focuses on low-impact, high-intensity movements designed to strengthen your body.

Comfort Yoga – A "head-to-toe" class of relaxing yet challenging yoga. The class goals will be for attendees to get a good aerobic, stretching workout. Everyone is invited and will be able to do the Hatha yoga poses during the class. Poses will be modified as necessary for all skill levels.

Easy Yoga - "Seated" yoga suitable for less physical but still need the benefits of yoga.

VeraFlow - VeraFlow is a dance-based stretch class with mindfulness set to a playlist of beautiful music. Improve flexibility, balance, coordination, strength and awareness.

LES MILLS™ CLASSES

BODYPUMP™ - The original weights class that builds strength, tones your body, pushes you to the limit and provides the education to perform weightlifting exercises correctly. This workout targets all your major muscle groups, shapes and tones those muscle groups, and will help to improve general fitness and well-being. Burn up to 560 calories per class.

BODYCOMBAT™ - The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Average calorie burn is 737 per hour.

CXWORX™ - This 30-minute 360-degree core-focused training class utilizes integrated and isolated movements for scientifically proven results. It is great for anyone who wants to functionally strengthen the muscles of the core and is appropriate for all levels of fitness.

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