**356 Chestnut Street 814-336-2196 Monday – Friday 5am-9pm; Saturday 7am – 3pm; Sunday 12:30-4:30pm**

**BodyPUMP**: Total body weightlifting workout challenging all your major muscle groups. The key to PUMP is the REP EFFECT, high repetition and low weight loads to help you achieve strength and lean muscle conditioning.

**BodyFLOW:** Yoga, Tai Chi, and Pilates blend that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout.

**BodyVIVE:** Mix of cardio, strength, and core training all in one workout. The challenging mix of lunges, squats, running and tube exercises will help you burn calories and take your fitness to the next level.

**BodyCOMBAT:** is a non-contact, high-energy martial arts-inspired workout. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**Stretching with Jake:** 25 minutes of stretching to get you ready for your day!

**Cycling:** Invigorating ride to increase cardio endurance with a combination of flats, hills, sprints and climbs.

**RPM:** A cycling workout that delivers maximum results with minimum impact on your joints. Tune in so some great music and get your pedals spinning on a journey of hills, climbs, sprints and flat rides.

**CXWORX:** Exercise muscles around the core of your body providing the vital ingredient for a stronger, leaner body.

**Silver Sneakers ® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skill. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and standing support

**Silver Sneakers ® Circuit:** Combine fun and fitness to increase your cardiovascular and muscular strength. Hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobics. A chair is offered for support, stretching and relaxation.

**TRX:** Suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously.

**DOWNTOWN YMCA Wellness Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Fitness Studio** | 6:00 – 7:00 am  BodyVIVE | 6:00 -7:00 am  BodyPUMP | 6:00 - 7:00 am  BodyVIVE / CXWORX | 6:00 -7:00 am  BodyPUMP | 6:00 – 7:00 am  VIVE / CXWORX | 8:15 – 9:15 am  Body PUMP |
|  | 9:00 – 10:00 am  BodyPUMP |  | 9:00 – 10:00 am  PUMP/CXWORX |  | 9:30 – 10:30 am  BodyFLOW |
|  | 4:30 – 5:00 pm  CXWORX |  | 5:00 – 5:30 pm  CXWORX | 5:30 - 6:30 pm  BodyCOMBAT |  |
| 5:00 – 6:00 pm  BodyPUMP | 5:00 – 6:00 pm  BodyVIVE | 5:00 – 6:00 pm  BodyPUMP | 5:30 – 6:00 pm  BodyVIVE |  |  |
| 6:05 – 7:05 pm  BodyFLOW | 6:05 – 7:05 pm  BodyPUMP | 6:05 – 7:05 pm  BodyFLOW | 6:05 – 7:05 pm  BodyPUMP |  |  |
| **Cycling Studio** | 6:00 – 6:45 am  RPM |  | 5:45 – 6:30 am  RPM |  | 5:45 – 6:30 am  RPM |  |
| 9:00 - 10:00  BodyCOMBAT |  | 9:00 – 9:45 am  RPM |  | 9:00 – 9:45 am  RPM |  |
| 6:00 – 7:00 pm  Cycling |  | 5:00 – 5:45 pm  RPM | 6:00 – 7:00 pm  Cycling | 5:15 – 6:00 pm  Cycling |  |
| **Gym** | 7:30 – 8:00 am  Stretching with Jake | 10:30 – 11:30 am  Silver Sneakers® Circuit | 7:30 – 8:00 am  Stretching with Jake | 10:30 – 11:30 am  Silver Sneakers®  Circuit | 7:30 – 8:00 am  Stretching with Jake |  |
| 10:30 – 11:30 am  Silver Sneakers® Classic |  | 10:30 – 11:30 am  Silver Sneakers® Classic |  |  |  |
| 12:15 – 12:45 pm  Hard Core |  | 12:15 – 12:45 pm  Hard Core |  |  |  |
| **Child Watch** |  | 12:15 – 12:45 pm  Pilates |  | 12:15 – 12:45 pm  Pilates |  |  |

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|  | 9:00 – 10:00 am  BodyPUMP |  | 9:00 – 10:00 am  PUMP/CXWORX |  | 9:30 – 10:30 am  BodyFLOW |
|  | 4:30 – 5:00 pm  CXWORX |  | 5:00 – 5:30 pm  CXWORX | 5:30 - 6:30 pm  BodyCOMBAT |  |
| 5:00 – 6:00 pm  BodyPUMP | 5:00 – 6:00 pm  BodyVIVE | 5:00 – 6:00 pm  BodyPUMP | 5:30 – 6:00 pm  BodyVIVE |  |  |
| 6:05 – 7:15 pm  BodyFLOW | 6:05 – 7:15 pm  BodyPUMP | 6:05 – 7:05 pm  BodyFLOW | 6:05 – 7:05 pm  BodyPUMP |  |  |
| **Cycling Studio** | 6:00 – 6:45 am  RPM |  | 5:45 – 6:30 am  RPM |  | 5:45 – 6:30 am  RPM |  |
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