



YMCA of Corry 2024 Group Fitness



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Enhance Fitness YMCA of Corry 8:30a-9:30a	Indoor Cycling Rex Building 5:30a-6:15a	Enhance Fitness YMCA of Corry 8:30a-9:30a	Indoor Cycling Rex Building 5:30a-6:15a	
Cardio Sculpt YMCA of Corry 8:15a-9:15a	Yoga Rex Building 8:30a - 9:30a	Cardio Sculpt YMCA of Corry 8:15a-9:15a	Yoga Rex Building 8:30a - 9:30a	Cardio Sculpt YMCA of Corry 8:15a-9:15a	Zumba Toning YMCA of Corry 9:30a - 10:00a
Walk With Ease YMCA of Corry 9:00a-9:30a	Deep Aquarobics YMCA of Corry 9:30a - 10:30a	Walk With Ease YMCA of Corry 9:00a-9:30a	Deep Aquarobics YMCA of Corry 9:30a - 10:30a	Walk With Ease YMCA of Corry 9:00a-9:30a	Zumba YMCA of Corry 10:00a - 11:00a
Zumba Corry Elks Club 9:15a - 10:15a	Boom Move Rex Building 9:40a - 10:20a	Zumba Corry Elks Club 9:15a - 10:15a	Boom Move Rex Building 9:40a - 10:20a	Zumba Gold Corry Elks Club 9:15a - 10:15a	
Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	Chair Yoga Rex Building 10:30a - 11:30a	Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	Chair Yoga Rex Building 10:30a - 11:30a	Shallow Aquarobics YMCA of Corry 9:30a - 10:30a	
Silver Sneakers LECOM 11:00a-11:45a	Indoor Cycling Rex Building 4:30p-5:15p	Silver Sneakers Rex Building 11:00a-11:45a	Indoor Cycling Rex Building 4:30p-5:15p	Silver Sneakers LECOM 11:00a-11:45a	
Advanced TAI CHI LECOM 3:00p - 4:00p	Zumba Gold YMCA of Corry 5:15p - 6:15p	Advanced TAI CHI LECOM 3:00p - 4:00p	Pickleball YMCA of Corry 4:30p - 6:00p		
Beginner TAI CHI LECOM 4:00p - 5:00p	Zumba YMCA of Corry 6:30p - 7:30p	Beginner TAI CHI LECOM 4:00p - 5:00p	Zumba Toning YMCA of Corry 6:00p - 6:30p	<h2><u>Class Locations</u></h2> <p>YMCA of Corry 906 N Center Street</p> <p>Rex Building 29 W South Street</p> <p>Corry Elks Club 129 N Center Street</p> <p>Parkside LECOM Fitness Center 959 Shamrock Lane</p>	
Indoor Cycling Rex Building 6:15p-7:00p		Indoor Cycling Rex Building 6:15p-7:00p	Zumba YMCA of Corry 6:30p - 7:30p		
Pickleball YMCA of Corry 5:30p - 7:30p					

For more information visit us online at www.ymcaofcorry.org



YMCA of Corry

2024 Group Fitness



CARDIO SCULPT

Cardio Sculpt is an hour long total body circuit training class designed to make you sweat! Classes offered both morning and afternoon. Get stronger today by taking this class.

ZUMBA FITNESS

Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why ZUMBA FITNESS classes are often called exercise in disguise. Super effective? CHECK! Super fun? CHECK AND CHECK!

SILVER SNEAKERS

Silver Sneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

ZUMBA GOLD

The design of the class introduces easy-to-follow ZUMBA choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

ENHANCE FITNESS

Enhance Fitness is an evidence-based group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered.

ZUMBA TONING

The challenge of adding resistance by using ZUMBA TONING sticks (light weights), helps you focus on specific muscle groups, so you and your muscles stay engaged.

INDOOR CYCLING

An all-terrain ride that will burn calories, build strength, and improve fitness. The energetic music motivates each rider through a variety of speed and resistance challenges. Each class will take you on a creatively designed ride to maximize your fitness potential.

YOGA

By adding our YOGA program into your exercise routine you will reduce stress and increase flexibility! Achieve a calmer peace of mind by participating today.

BOOM MOVE

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun.

CHAIR YOGA

Increase your flexibility with the support of a stationed chair. Modified traditional yoga poses will provide a great workout! Great for those who are new to yoga or those looking to increase range of motion.

AQUAROBICS

This shallow water program is geared towards a total body workout including a series of exercises aimed at raising your heart rate, toning your stomach, legs, and arms, and light stretching.

TAI CHI FOR ARTHRITIS

TCA Core is a program consisting of slow, continuous whole body movements to promote both physical and mental balance.

DEEP WATER AQUAROBICS

This DEEP water program is geared towards a total body workout including a series of exercises aimed at raising your heart rate, toning your stomach, legs, and arms, and light stretching. This is slightly more intense than the shallow water aquarobics.

PICKLEBALL

Pickleball is an indoor racket/paddle sport where two players, or four players, hit a perforated hollow plastic ball over a 36-inch-high net using solid-faced paddles. Great for people of all ages!

POWER YOGA

Power Yoga is a fast-paced style of yoga that's focused on building strength and endurance.

CARDIO BOXING

Cardio Boxing is an intense boxing based class that uses H.I.I.T - High Intensity Interval Training. You will give all your effort through quick, intense bursts of exercise followed by short recovery periods.