HEALTHY LIVING – BLAIR REGIONAL YMCA

LAND FITNESS CLASS SCHEDULE – NOVEMBER 2026 CLOSED THANKSGIVING DAY

5:00A-9:00P MONDAY	5:00A-9:00P TUESDAY	5:00A-9:00P WEDNESDAY	5:00A-9:00P THURSDAY	5:00A-7:30P FRIDAY	7:00A-3:00P SATURDAY	10:00A-4:00P SUNDAY
5:45am-6:30am Total Toning Paula Court 2	5:45am-6:30am Revolutions Stacy Court 2	5:30am-6:00am Get On the Ball Kathleen Court 2	5:45am-6:30am Revolutions Stacy Court 2 (No Class 11.26)	5:45am-6:30am Total Toning Paula Court 2 (No Class 11.27)	7:00am-7:35am BALLance Strength & Core Deena Court 2 (No Class 11.28)	
		6:00am-6:45am Revolutions Dianne Court 2		6:30am-7:15am Revolutions Dianne Court 2 (No Class 11.27)	7:30am-8:30am Men's Morning Stretch Jacob Court 3 *(Pop-Up 11.14)	
8:00am-9:00am Barre Intensity Jo Court 2	8:00am-8:45am Senior Strength Julie Court 2	8:00am-8:45am Slow Yoga Flow Dianne Court 3	8:00am-8:45am Senior Strength Julie Court 2 (No Class 11.26)	8:00am-8:45am Slow Yoga Flow Dianne Court 3 (No Class 11.27)	7:45am-8:45am Torque & Burn Jen Court 2 (No Class 11.28)	
9:00am-10:00am Fitness Circuit Linda Wellness Center 8 Person Limit Must Register	9:00am-9:45am Cardio Dance Fitness Julie Court 2	8:45am-9:45am P90X Linda Court 2	9:00am-9:45am Strength & Cardio Intervals Julie Court 2 (No Class 11.26)	8:45am-9:45am H.I.I.T. Linda Court 2 (No Class 11.27)	9:00am-9:45am Zumba® Kelly Court 2 (No Class 11.7, 11.28)	
9:15am-9:45am Cardio Walk & Fit Phyllis Court 2		10:15am-11:00am TRX Jo Court 3				
10:00am-10:45am Zumba Gold Toning Julie Court 2	10:00am-10:45am Quick Lift + Julie Court 2	10:00am-10:45am Zumba Gold® Julie Court 2	10:00am-10:45am Barre Intensity Jo Court 2 (No Class 11.26)	10:00am-10:45am Zumba Gold® Julie Court 2 (No Class 11.27)	10:00am-11:00am Step Combo 60 Jo Court 2 (No Class 11.28)	10:15am-11:00am Spin & Sculpt Kathy Court 2
11:00am-11:45pm SilverSneakers® Classic Julie Court 2	11:00am-12:00pm SilverSneakers® Circuit Cammy Court 2 (No Class 11.3)	11:00am-11:45pm SilverSneakers® Classic Cammy Court 2	11:00am-12:00pm SilverSneakers® Circuit Cammy Court 2 (No Class 11.26)	11:00am-11:45am SilverSneakers® Classic Julie Court 2 (No Class 11.27)		11:15am-12:00pm Strong Nation Kelly Court 2 (No Class 11.1, 11.8)
4:00pm-4:45pm Kickboxing Courtney Court 2	4:30pm-5:30pm Interval Craze Deena Court 2	4:00pm-4:45pm Pedal & Press Deena Court 2	4:00pm-4:45pm Cardio & Core Sculpt Brandy Court 2 (No Class 11.26)			
5:00pm-6:00pm Pedal & Press Deena Court 2		5:00pm-5:30pm 30 Minute Shred Kathy Court 2	5:00pm-5:30pm Quick Lift Kathy Court 2 (No Class 11.26)			
		5:45pm-6:30pm PiYo®LIVE Courtney Court 2				
7:30pm-8:30pm Evening Yoga Flow Jacob Court 3		7:30pm-8:30pm Evening Yoga Flow Jacob Court 3	7:30pm-8:30pm Somatic Stretch Yoga Heather Court 3 (No Class 11.26)			

All classes in the Wellness Center will be limited to 8 class participants. You must registered for ALL CLASSES in advance

INCLEMENT WEATHER POLICY

In the event of inclement weather, all morning Land classes WILL BE HELD. Any schedule changes will be announced no later than 8:30p the night before and all participants on instructor's list will only be notified by instructor if class is cancelled. Participants are strongly encouraged to provide contact information to the instructor for communication purposes. In the event inclement weather begins during the day or on weekends, the decision to cancel classes will be the responsibility of the instructor.

CLASSES MAY BE ADDED OR CANCELED TO SERVE THE NEEDS OF MEMBERS.
DROP-IN CLASS RATE: MEMBERS-FREE | PUBLIC-$10/CLASS | LAND FITNESS PASSPORTS: $70 - 10 CLASSES | $130 - 20 CLASSES

- BALLance Strength & Core- A class designed to redefine your midsection and tone your total body. Unlike doing crunches on the floor, the ball requires you to engage your deep stabilizer muscles. Add in light weights and it's full body sculpting session. (No Class 11.28)
- Barre Intensity- Full body sculpting workout using the Barre, lights weights, and bands. Barre focuses on engaging specific muscle groups until reaching fatigue. Improves balance and muscle strengthening. (No Class 11.26)
- Cardio Core & Sculpt- 20 minutes of light High Fitness cardio and leg-burning followed by 25 minutes of weighted moves working arms and abs. For all fitness levels, with modifications available. (No Class 11.26)
- Cardio Walk & Fit-This class enables the participant to actively engage in functional walking movement which affords mobility and stability in lower and upper extremities. Balance, reaching, bending and agility is what this class is about.
- Cardio Dance Fitness -Alternating weeks of Country Cardio Dance Fitness and Pop Cardio Dance Fitness. (Country Heat 11.10 & 11.24 | Pop 11.3, 11.17)
- Evening Yoga Flow- This class starts with breath-work before moving into a series of poses engaging your whole body and ending with a restful savasana. This class is open to participants of all levels and encourages exploration and trying new poses.
- Fitness Circuit- This class will be in the Wellness Center using ropes, sled, squat machine, plates, dumbells, and various cardio and weight equipment in a circuit format. Class will be limited to 8 participants. You must register in advance.
- Fitness Mashup- This workout is always different, and you will always be moving, working, and having fun. All levels are welcome!
- Get On the Ball-Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this 30-minute muscle toning workout. All moves are done using the stability ball and hand-held weights. All fitness levels welcome.
- H.I.I.T.-An interval training class with high intensity movements to increase the heart rate followed by short periods of lower intensity movements. This may include circuits on some Fridays. (No Class 11.27)
- Interval Craze- This class will combine different interval styles to work all muscles. All are welcome! Come join us and leave sweaty!!
- Kickboxing- This class combines elements of boxing and aerobics to provide overall physical conditioning and toning. No prior experience.
- PiYo®LIVE! - This challenging body sculpting workout is a blend of Pilates, yoga, strength, and core exercises set to the beat of music. *Intermediate to advanced level class.
- P90X®LIVE! - A result driven, full body strength training format featuring unique blocks of work Cardio X, Lower Strength, Upper Strength, & X Core. Powerful moves that motivate participants to push their limits while also including modifications for those just getting started.
- Quick Lift-Get your strength training workout in 30 minutes. All levels welcome. (No Class 11.26)
- Quick Lift + -30-minute full body strength workout with optional restorative stretch after.
- Senior Strength -This strength training class for active older adults will focus on helping you maintain muscle mass and bone density through a variety of resistance exercises. (No Class 11.26)
- SilverSneakers® Circuit-This is an interval class which includes warm-up, 10 minutes low impact aerobics, 5 minutes of weights, 10 minutes of low impact aerobics, 5 minutes of bands, 10 minutes low impact aerobics, 5 minutes with ball, stretch, cool down and relaxation. (No Class 11.3, 11.26)
- SilverSneakers® 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 skills. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support. (No Class 11.27)
- Slow Yoga Flow- This class will synchronize movements with breathing using common yoga poses emphasizing a mind and body connection. Benefits can include flexibility, strength, and balance. All levels welcome. (No Class 11.27)
- Somatic Stretch Yoga- Come stretch your body and mind. Increase strength, balance, flexibility, recovery, sleep, and athletic performance. Take health and wellness to the next level with Somatic Yoga Stretch. (No Class 11.26)
- Step Combo 60-A cardio step workout followed by arm and core muscle strengthening with variables using weights, exercise bands, Pilates balls, and yoga blocks. (No Class 11.28)
- Strength & Cardio Intervals-An upper and lower body strength training workout with intervals of cardio and core work. (No Class 11.26)
- Strong Nation™-A music led interval training class. The music was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone, and definition as well as an increased after burn. (No Class 11.1, 11.8)
- Total Toning- This intermediate-advanced strength training class will focus on a specific muscle group each session. If you want to see your body composition change, these muscle-specific workouts are for you! (No Class 11.27)
- TRX Training- This class uses a suspension system that uses body weight and gravity to build strength, flexibility, and balance
- Zumba®-A Latin inspired, calorie burning, dance fitness class that mixes body sculpting moves with easy-to-follow steps. Participants of all levels welcome. Come join the party! (No Class 11.7, 11.28)
- Zumba Gold®-A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant. (No Class 11.27)
- Zumba Gold Toning®-A traditional Zumba Gold class PLUS the added benefit of muscle strength and toning using weighted toning sticks or handheld weights.
- 30 Minute Shred- 4 rounds/8 exercises of total body workout that will keep your heart rate up while working lower and upper body muscles.

*POP-UP CLASS- A yoga class designed for men that aims to release tension in the shoulders, chest, and back. This class includes breathwork and some core exercises, open to men of all ages and experience levels. (11.14 from 7:30-8:30am)

- Pedal & Press- Wanna ride? Want a full body workout? Try Peddle and Press. We'll warm up and push our muscles working them with a ride then pump them up with weights.
- Revolutions-Participants of all levels welcome - you control your own intensity level. You'll burn calories like crazy while improving your cardiovascular endurance and building strength especially in the quadriceps, gluteus, hamstrings, and calf muscles. Please arrive 10 minutes early to set up your bike and bring a towel and water bottle. Members may sign up at the front desk for class 24 hours in advance and nonmembers 1 hour in advance. If not there when class starts your seat may be given away. If you fail to cancel twice you may not reserve a seat for 2 months. (No Class 11.26 @ 5:45am, 11.27 @ 6:30am)
- Spin & Sculpt- Integrating traditional spin class with core, arm and glute sculpting on and off the bike! This 45-minute class includes a half hour of spinning with 10 minutes of sculpting exercises.
- Torque and Burn- A high intensity cycling class incorporating a variety of moves with quick transitions, combining resistance training and speed intervals for a total body workout.