

BIKING CLUB

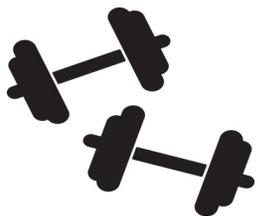
The RGSYMCA sponsor recreational and social rides for members. A bicycle club is all about group rides and shared riding experiences. This group will utilize the Armstrong Trail for hour long bike rides that will help you stay motivated and active. This group is for all levels of fitness and members will be encouraged to go at their own pace. Please dress for the weather.

W 10:00-11:00 am

Y-FIT

Fast, fun and functional! This class is inclusive to all types of training levels and has a non-sports atmosphere. A garage like workout where you get in shape and build strength through high intensity cardio and weight training.

M/W/F 5:00-5:45 am
M/W 4:15-5:15 pm
M/W 5:30-7:00 pm
T/TH 4:15-5:00 pm
T/TH 5:30-7:00 pm



PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals often with years of experience who can help any YMCA member including working professionals, new moms, seniors and triathletes. YMCA personal trainers come from as many different backgrounds and walks of life as our members do, and we take great care in matching members with the right personal trainer. YMCA personal training is held at the YMCA, on land or in the water and incorporates many different elements and equipment.

Fees:

1 Session:	M: \$35	NM: \$70
3 Sessions:	M: \$90	NM: \$180
6 Sessions:	M: \$150	NM: \$300
12 Sessions:	M: \$240	NM: \$480

BOXING TRAINING

YMCA boxing training is a one-on-one, one hour session with a boxing trainer. Our trainers are educated and experienced professionals with years of experience. Our trainers will teach you the fundamentals and basics of boxing, while giving you an intense workout that is certain to help you shred weight and build definition.

Fees:

1 Session:	M: \$35	NM: \$70
3 Sessions:	M: \$90	NM: \$180
6 Sessions:	M: \$150	NM: \$300
12 Sessions:	M: \$240	NM: \$480



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HELPING YOU REACH YOUR GOALS

Fitness



RICHARD G. SNYDER YMCA CAMPUS

1150 N. Water Street Kittanning, PA 16201
P 724-545-9622 F 724-545-1566
Hillary Brown hbrown@rgsymca.org

CARDIO KICK

An action packed workout that combines a series of punching and kicking combinations along with a mixture of other Martial Arts styles. This class improves strength, muscle tone and endurance. It's an intense workout for the participant who wants a challenge.

TH 9:00-10:00 am

YOGA

Increase flexibility, muscle toning and strength.

T 8:45-9:45 am
T/TH 6:15-7:15 pm
SAT 9:00-10:00 am

CYCLING

Pedal your way to fitness. Build your endurance and lung capacity.

M/W 5:30-6:15 am
T/TH 5:00-6:00 am
T/TH 7:30-8:15 pm

MIXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot-camp toning.

M 7:15-8:15 pm
TH 5:00-6:00 pm
SAT 9:00-10:00 am

PILATES

Build whole body strength by conditioning your "core" and more. Improve your flexibility and alignment, and get energized with this amazing mind/body workout.

M/F 9:00-10:00 am

TRX/ KETTLEBELL FUSION

This class combines the best of both Kettlebell and TRX classes in a terrific, functional and powerful class. It's perfect for those on the fast track to reaching their health and fitness goals. This is the ultimate class for extreme all-round fitness.

T 7:15-8:15 pm
SAT 8:00-9:00 am

HUSTLE&MUSCLE

A combination of cardio and resistance training moves to maximize your workout. 30 minutes of a cardio workout which may include Step, HIIT, Tabata and Kettlebells. This will be followed by a half hour of exercises for toning the upper body, arms, shoulders, legs, thighs and abdomen.

W 9:00-10:00 am

PIYO

Piyo is a music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning, and dynamic movement. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels.

T 5:00-6:00 pm

CYCLE TO THE BEAT

Pedal your way to fitness while incorporating some flavor. Build your endurance and lung capacity. This full-body workout is the perfect balance of cardio, power and strength training, all to the beat of your favorite R&B, Hip Hop, Old School and Disco.

T/TH 10:00-10:45 am
SAT 8:00- 8:45 am

TAI CHI

This Tai Chi program is recommended by the Centers for Disease Control and the National Council on Aging for Fall Prevention. Tai Chi uses a series of slow, gentle movements that build both strength and flexibility. Along with the mental components of balance. Promoting awareness and good body mechanics. Lots of studies show Tai Chi is good for improving the body, mind and spirit.

T 11:30-12:30 am
TH 6:00-7:00 pm

STRENGTH & SCULPT

This class utilizes weight lifting and barbell training to maximize calorie burning and boost metabolism.

M 6:00-7:00 pm

UPLIFT

Positive and motivating dance fitness program that utilizes unique moves and combinations allowing participants to dance away their worries. Fun and easy to do!

M 5:00-5:45 pm

HIIT

This is a cardio based total body conditioning program that utilizes interval training. HIIT it will push the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

T 9:00-10:00 am

TRX

In a TRX class you will use your body weight, gravity and TRX Training equipment to push, pull, lunge, squat, hinge and plank your way to a better you. Expect to move, sweat, shuffle, and above all, have a kick butt workout experience. Some classes challenge you with a single piece of training equipment and some use a broad mix of training tools, but they all deliver incredible results.

M/W 9:00-10:00 am

SENIOR CIRCUIT

This workout offers low-impact choreography designed to increase muscle strength, range of movement and improve activities for daily living. A chair is available for seated exercises and standing support and class can be modified depending on fitness levels.

W 10:00-10:45 am

WALKING CLUB

Get outside, walk, de-stress, and socialize with our walking club. This group will utilize the Armstrong Trail for hour long walks that will help you stay motivated and active. This group is for all levels of fitness and members will be encouraged to go at their own pace. Please dress for the weather.

T/TH 9:30-10:30 am