



FEBRUARY 2012



POCONO FAMILY YMCA: WEST END EXTENSION

<u>Mondays</u>	<u>Class</u>	<u>Room</u>	<u>Instructor</u>
9:30-10:30am	Totally60	Gym	Tamara
10:30-11:30am	SilverSneakers	Gym	Tamara
<u>Tuesdays</u>			
4:30-5:30pm	BODYPUMP*	Gym*	Tamara
6:30-7:30pm	BODYPUMP*	Gym	Tamara
<u>Wednesdays</u>			
9:30-10:30am	Interval Rally	Gym	Tamara
10:30-11:30am	SilverSneakers	Gym	Tamara
<u>Thursdays</u>			
4:30-5:30pm	BODYPUMP*	Gym*	Tamara*
6:30-7:30pm	BODYPUMP*	Gym	Tamara
<u>Fridays</u>			
9:30-10:30am	Pilates/CoreX	Gym	Tamara
10:30-11:30am	SilverSneakers	Gym	Tamara
<u>Saturdays</u>			
9:30-10:30am	Zumba*	Gym*	Mary Ellen
10:30-11:30am	BODYPUMP*	Gym*	Mary Ellen

Monthly Special Events

Weight-'s Over Challenge
Weigh-in February 11

Health Heart Day
at Pocono YMCA in Stroudsburg
Thursday, February 16th
9am-2pm

Hours of Operation

Monday—Friday
7:00am-1:00pm
2:30pm-8:00pm

Saturday
8:00-2:00pm

SCHEDULE

Eldred Elementary School
RR2 Box 11; Kunkletown Road

Phone: 570-807-3068

570-421-2525 ext141

Fax: 570-421-2640

Website: www.poconoymca.org

E-mail: fitness@poconoymca.org

**SCHEDULE
SUBJECT TO
CHANGE
WITHOUT
NOTICE
1.28.2012**

See Reverse Side of Schedule for Class descriptions and important information

Classes Starred * have a charge:

Members: \$5/Class; 5/\$20; 10/\$35; and Unlimited pass/\$50

Non-Members: \$12/Class; 5/\$50; 10/\$80; Unlimited Pass/\$99

Unlimited passes are good for ALL premium classes at Pocono Family YMCA and West End Extension and is non-transferable or refundable

Class Descriptions



*—An Moderate to high intensity weight-based resistance training that lasts 60 minutes to burn calories, tone and strengthen your muscles and improve coordination

CoreX—A core focused 45-60 Minute workout


IntervalRally—A 60 minute, multi-level class for a total body workout, this class will include step and floor aerobics, kickboxing, bands, weights, abs... The excitement goes on.

Kickin' Bootcamp—A 60 minute Boot camp class using kettle bells, TRX suspension and other fun exercises to get the results your body is looking for.

Pilates/CoreX—A 30 minute study of core exercises that works on strengthening and stretching the core muscles while improving the mind and body connection

Totally60— For 60 minutes, get lost in a great total body strength and cardio workout finishing with a strong core strengthening finale.

SilverSneakers (Muscular Strength and Range of Motion)— The class is for total body conditioning. Your instructor will guide you through functional, daily exercises using a variety of different tools at your own pace.

 ZUMBA*- a Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a “fitness-party” that is downright addictive.