

# Body & Soul Community Center Class Schedule

Mon-Fri: 5:00 AM- 9:00 PM    Sat: 7:00 AM- 5:00 PM    Sun: 1:00 PM- 6:00 PM

717-899-2111

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY**

## MORNING

<b>5:15 AM</b>		<b>SPIN</b>		<b>SPIN</b>			
<b>6:00 AM</b>							
<b>8:00 AM</b>	<b>STRENGTH, CARDIO, &amp; YOGA</b>		<b>STRENGTH, CARDIO, &amp; YOGA</b>				
<b>9:00 AM</b>	<b>CHAIR &amp; FLOOR YOGA</b>				<b>SILVER SNEAKER CLASSIC</b>		
<b>9:15 AM</b>							
<b>10:30 AM</b>	<b>ZUMBA FITNESS</b>		<b>ZUMBA GOLD</b>		<b>ZUMBA GOLD</b>		

## EVENING

<b>4:00 PM</b>							
<b>5:30 PM</b>	<b>SPIN</b>		<b>SPIN</b>		<b>HOT YOGA</b>		
<b>5:45 PM</b>		<b>STEP</b>	PiYo	<b>POUND</b>			
<b>5:45 PM</b>		<b>R.I.P.P.E.D</b>					
<b>7:00 PM</b>		<b>ZUMBA FITNESS</b>	<b>BEGINNER YOGA</b>	<b>ZUMBA FITNESS</b>			
<b>7:15 PM</b>						<b>HOT PILATES</b>	

<b>AMPD</b>	Kettlebell AMPD is a group fitness format that takes heart-pumping music and kettlebell moves and combines them into 60 minutes of calorie torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective full body workout.	<b>POUND</b>	Fuses cardio interval training with drumming to provide a challenging, heart-pumping workout--channel your inner rockstar!
<b>BEGINNER YOGA</b>	Gentle movement combined with breath and body awareness. Focus on alignment, creating flexibility and reducing tension in the body. Great for all levels!	<b>SILVER SNEAKER CLASSIC</b>	Geared for those who have never exercised or need a slower pace. Use light weights, resistance bands and balls to build muscle strength and increase range of motion. Low impact aerobics and yoga.
<b>STRENGTH, CARDIO, &amp; YOGA</b>	Total body workout using a variation of weights and resistance exercises, combined with cardio and yoga poses to improve both muscle tone and overall flexibility. All fitness levels and ages will benefit as you work at your own pace.	<b>R.I.P.P.E.D</b>	R.I.P.P.E.D combines key elements like resistance, intervals, power, Plyometrics, Endurance, and Diet in a class format to provide the basis for a total body workout and offers ultimate results in a minimal time.
<b>CHAIR &amp; FLOOR YOGA</b>	Gentle, low impact yoga that uses a chair for support & balance. Classes focus on lengthening muscles to improve flexibility and gently strengthen muscles.	<b>SPIN</b>	A low-impact, high cardio, up to 1,000+ calorie burn per hour ride. Ride at your own pace following the instructor.
<b>CORE DE FORCE</b>	Much more than a typical cardio class! It combines authentic boxing, kickboxing and muay thai moves, explosive power moves, and interval training that all engage your core!	<b>STEP</b>	Step up, around, and down from a raised platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. <b>Modified step</b> is less intense and lower beats per minute.
<b>GEISINGER-ZUMBA GOLD</b>	For anyone over 55, cost is \$2 per person. These classes are not part of B & S members weekly class allowance.	<b>SUNRISE YOGA</b>	Gentle movement combined with breath and body awareness. Focus on alignment, creating flexibility and reducing tension in the body. Great for all levels!
<b>PIYO</b>	Combines yoga poses and pilates moves into a strength, flexibility, and stamina building workout.	<b>ZUMBA GOLD</b>	Modified, lower intensity Zumba class that focuses on balance, range of motion and coordination.
<b>HOT YOGA</b>	Sweat out toxins, improve balance and flexibility, reduces stress, and find your body and mind connection, all in one class. This 90 minute class consists of 26 postures and 2 breathing exercises to heal your body from the inside out.	<b>ZUMBA FITNESS</b>	A mix of low and high intensity moves for an interval style, calorie burning dance fitness party! You get cardio, muscle conditioning, balance, boosted energy levels and serious FUN!
<b>HOT PILATES</b>	95 degrees, 40% humidity Full body, low impact, high intensity interval training using Pilates Principles. Get your sweat on, build strength, and fall in love with yourself!	<b>ZUMBA STRONG</b>	Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. A demanding hour long session that works our entire body.