

ADULT WELLNESS CLASSES

Cardio Combat

Build aerobic capacity-muscular strength-endurance/burns body fat

Cardio Kickboxing

Get ready to kick it, jab it, jump it and tone it! This class combines kickboxing techniques that will elevate your heart rate & tones/strengthens your muscles.

Easy Does It

Designed for the "over 50" crowd. Helps build cardiovascular endurance, strengthen muscles, and improve flexibility.

Gut and Butt Buster

"The Troublesome Foursome"

This class will concentrate on these areas: Hips/Abdominals/Thighs/Butt.

Muscle Madness

A wonderful wellness class that increases muscle mass and endurance and strengthens and tones your muscles using rehabilitation balls, light weights, tubing and power bars.

Strong and Balanced

Enhance your muscle, strength and balance! This class combines slow movement and weights. Geared towards older adults.

Silver Sneakers Fitness Program

This fitness class, for anyone 65 and older, helps increase muscular strength, flexibility, balance and coordination. Participants use balls, tubing and light weights.

BODYPUMP®

A challenging original barbell class that strengthens and tones your entire body using a barbell, weights, and a step. *BODYPUMP Express is shorter class, lasting between 30-45 minutes.

Pilates

Benefits include:

- ◆ Trim/Tone/Strengthen Muscles
- ◆ Increase Flexibility
- ◆ Decrease Stress

TRX Suspension Training

An approach to exercise leveraging one's own bodyweight and the force of gravity. Designed to develop strength, balance, flexibility, endurance, coordination and core stability simultaneously.

Yoga

Increase your flexibility and strength. Learn essential poses, stretch and tone muscles, release chronic tension and improve circulation. Includes breathing exercises!

Zumba Fitness

A dance fitness class that combines Latin and International Rhythms and easy-to-follow moves creating a one-of-a-kind fitness program that'll blow you away! NO dance experience necessary. All ages 13+ welcome!

Piloxing

Piloxing mixes Pilates and boxing moves into a fat burning, muscle sculpting, core-centric interval workout.

Yoga Stretch

A class geared towards older adults that helps increase balance, flexibility and strength

Power Cycling

This instructor led class on a stationary bike is for all fitness levels. Let one of our motivated instructors guide you through the ride on our revolutionary training bikes, which have been constructed to simulate the feel of a high performance road bicycle. Please bring a water bottle and towel (if needed). Newcomers should arrive five minutes early. Bikes cannot be saved or reserved.

Special Needs - We Are Y

This is a 45 minute class of fun, energetic dancing and wellness activities that bring the joy and benefits of dance to special needs adults.

GREATER SCRANTON YMCA

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Become a Fan



As part of the YMCA's mission, financial scholarships are available based on the need and availability of funds. Classes or programs may be changed or canceled at any time by YMCA Management.



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