



GROUP CLASS SCHEDULE

Beginning April 24, 2017

GROUP FITNESS						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kick Start 5:00-6:00 am Sandy	Morning Strength 5:00-6:00am Brian	Kick Start 5:00-6:00 am Michelle	Morning Strength 5:00-6:00am Brian	Kick Start 5:00-6:00 am Michelle/Sandy	Morning Strength Brian 7:00-8:00am	
Sunrise X-Training 6:00-7:00am Thom	Morning Strength 6:00-7:00am Brian		Sunrise X-Training 6:00-7:00am Thom		My Fit 8:00-8:45 am Merilee	
	Living Fit 7:30-8:30 am Merilee		Living Fit 7:30-8:30 am Merilee		Zumba 8:00-9:00 am Beth	
Tabata Fusion 9:00- 10:00 am Melina	Lift, Spin & Sprint 9:00-10:00 am Kristie	Kickboxing 9:00-10:00 am Melina	Strength & Conditioning 9:00-10:00 am Kristie	TRX® Circuit Training 8:30-9:30 am Merilee	Boot Camp 9:00-10:00 am Julie/Beth	PIYO 9:00-10:00 am Thayi
Fit Kids 4:00-4:30 ages 5-8 Xcel Fitness 4:30-5:15 ages 9-12 Kim					Community Aqua Fit 9:00-10:00am Rotating	
Cardio Sculpt 4:15-5:15pm Beth	TRX® Flow 4:30-5:30pm Betsy	Strength and More 4:15-5:15pm Lucille				
HIIT Fit 5:30-6:30pm Julie	Party Boot Camp 5:30-6:30pm Missy	CSI: Cardio Strength Intervals 5:30-6:30pm Beth	PIYO 5:30-6:15pm Thayi Zumba 5:30-6:30pm Beth	TRX® 5:30-6:15 pm Eugene		
Zumba 6:30-7:30pm Beth			My Fit 6:15-7:00 pm Sarah			
SPINNING @- PLEASE RESERVE A BIKE NO MORE THAN 24 HOURS IN ADVANCE Phone reservations must be made directly with a staff person .						
				6:00-7:00am Merilee	7:00-8:00am Rotating	
9:00-10:00 am Christine		9:00-10:00 am Christine			8:00-9:00am Dawn	
				9:30-10:30am Amy		10:30-11:30 am Rotating
5:30-6:30pm Lucille		5:30-6:30pm Rotating	5:15-6:00pm Dawn			

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Spinning: MUST RESERVE A BIKE
Classes provide participants a varied cycle experience featuring drills based on cadence, speed, work resistance and intensity. You can push yourself to your edge or stay within your comfort zone.

HIIT FIT
This class is based on max interval training. You can push yourself with athletic/plyometric drills mixed with intervals of cardio, strength, power, resistance, and core training.

Morning Strength
Involves resistance training based on functional movements using weights, bands, bars and medicine balls to increase strength and endurance.

Sunrise X-Training
Early morning class that offers a high energy, high intensity workout. A combination of step, core boards, high-low, intervals, weight training and sport drills.

Tabata Fusion
This high intensity interval training class will focus on combinations of strength and cardio intervals utilizing the Tabata style of training. Each exercise consists of 20 seconds of work followed by 10 seconds of rest. This class is a perfect fusion of strength and cardio to ensure that you get a full body workout.

MY Fit:
Ready to start your fitness journey? This class includes a low impact cardio workout, with light resistance training and flexibility. Music, movement and fun with modifications for all abilities.

Cardio Kickboxing
A combination of basic boxing moves, punches, blocks, kicks and foot work in rhythmic combinations. (Kick up your aerobic fitness.

Party Boot Camp
Set to upbeat music this high energy workout fuses dance choreography with bouts of plyometric, aerobic and strength training movements, and core work.

TRX®
This workout gives participants an edge over conventional strength training because every suspension exercise builds true functional strength, improves flexibility, balance and core stability all at once.

TRX® Yoga Flow
Mixing TRX with yoga is a new fitness hybrid. TRX both supports and challenges many yoga poses, helps deepen the stretch while working your entire body.

Fit Kids
is designed to provide exciting, vigorous fitness activities coupled with fun, engaging games for children 5 to 8 years of age.

Xcel Fitness
This is a structured class for youth 9 to 12 years of age that will focus on improving agility, balance, coordination, strength and more.

Cardio Sculpt:
This class combines Cardio 30 with Total Body Sculpting for a fun mix of HI/Lo cardio combos, drills and muscle conditioning.

Kick Start
Start your day with a cardio and resistance training workout. The class will include use of the equipment available: weights, tubes, bars and balls.

Zumba
The latest dance-based cardio craze. Spanish slang for "to move fast and have fun", Zumba combines infectious music, easy to follow dance moves with hip-hop and Latin rhythm.

Strength & More
A combination of strength, cardio intervals, balance, and yoga. A great class for beginners as well as seasoned exercisers!

CSI: Cardio Strength Intervals
Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. Improve overall fitness, agility, speed and athleticism in this high-intensity class.

PIYO
A class inspired by both yoga and Pilates, using your own body resistance to build lean muscle while getting a deep stretch. A quick pace with short rest periods adds a cardio component. Lengthen and tone your body and calm your mind.

Cardio Step:
A high energy class that incorporates traditional high and low impact moves with and without the step platform.

Living Fit
This class is designed for the active older adult, ages 50+ and health seekers new to exercise. Following a warm up, activities include strength, stability, balance and flexibility.

Community Aqua Fit
A water workout in the deep and shallow ends of the pool. Push yourself using water resistance for muscle strength and cardio endurance. Exercise your independence! Open to the Public.

Strength & Conditioning
This class will integrate cardio & strength training with little rest between exercises in an effort to maximize calorie burn and increase metabolic rate during and after workout.

Lift, Spin, and Sprint
Similar to the Strength and Conditioning class with the addition of cycle intervals in the spin room and sprints/walks outside (weather permitting).

TRX® Circuit Training
Time or repetition based sets allow you to train on the TRX® Suspension Trainer at your own speed and intensity, incorporating cardio and recovery intervals through lower body, upper body, core and cardio.

Group Fitness , Spinning , & TRX Policies

- All classes are drop-in for members and will operate on a first come first serve registration basis
- Please arrive on time, you may not join a class after warm up
- Please bring clean sneakers (shoes may not be worn in from outdoors)
- Must be 15 and older for TRX and Spinning classes
- 12-14 year olds may participate in all other group fitness classes if accompanied by a parent/guardian
- The doors to spinning classes will open 15 minutes prior to class start
- Spinning classes require a bike reservation no more than 24-hours in advance
- Water bottles are required. No gym bags or outer wear are allowed in class room
- Limited to one spin class a day unless there is a bike available when another class begins
- All classes are subject to change
- HAVE FUN!