



# GROUP EXERCISE SCHEDULE

## February 18, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Kettlebell Circuit</b> 5:00-6:00am Sandy	<b>Morning Strength</b> 5:00-6:00am Brian	<b>Have a Ball</b> 5:00-6:00am Michelle	<b>Morning Strength</b> 5:00-6:00am Brian	<b>Kick Start</b> 5:00-6:00am Michelle/Sandy	<b>Morning Strength</b> 7:00-8:00am Brian	
<b>Sunrise X-Training</b> 6:00-7:00am Thom			<b>Sunrise X-Training</b> 6:00-7:00am Thom		<b>My Fit</b> 8:00-8:45am Thai	
	<b>Living Fit</b> 7:30-8:30am Merilee		<b>Living Fit</b> 7:30-8:30am Merilee		<b>Zumba</b> 8:00-9:00 m Beth	
	<b>Strength-IN</b> 9:00-10:00am Danielle	<b>Strong</b> by Zumba 9:00-10:00am Sarah	<b>Wicked Workout</b> 9:00-10:00am Kristie	<b>TRX® Core Functional Fitness</b> 8:30-9:30am Merilee	<b>Boot Camp</b> 9:00-10:00am Becca/Beth	<b>PIYO</b> 9:00-10:00am Thai
<b>Strength yoga</b> 10:00-11:00am Kristie	<b>Fitness for Beginners</b> 10:30-11:15am Christina		<b>ACTivate</b> 10:15-11:15am Kristie		<b>Aqua Fit</b> 9:00-10:00am Thai	
<b>Cardio Sculpt</b> 4:15-5:15pm Beth	<b>Fit Fun Kids</b> 5-8 years 4:00-4:30pm <b>Tweens Fit-n-Fun</b> 9-13 years 4:30-5:15pm	<b>Strength and More</b> 4:15-5:15pm Lucille <b>Kid Zone</b> 3-7 years Belinda	<b>Zumba</b> 5:30-6:30pm Beth			
<b>HIIT Fit</b> 5:30-6:30pm Rotating	<b>Party Boot Camp</b> 5:30-6:30pm Missy <b>TRX® Core Fitness</b> 6:00-6:45 Eugene	<b>Cardio Strength Intervals</b> 5:30-6:30pm Beth	<b>PIYO</b> 5:30-6:30pm Thai	<b>TRX® Core Functional Fitness</b> 5:30-6:15pm Eugene		
<b>Zumba</b> 6:30-7:30pm Sarah	<b>Kickboxing</b> 6:30-7:30pm Melina	<b>Stretch yoga</b> 6:30-7:30pm Christie	<b>Kettlebell Circuit</b> 6:30-7:30pm Sandy			

**SPINNING @ – PLEASE RESERVE A BIKE NO MORE THAN 24 HOURS IN ADVANCE**  
Phone reservations must be made directly with a staff person .

	<b>6:00-7:00 am</b> Michelle S			<b>6:00-7:00am</b> Merilee Cycle/Core 30-30min		
<b>9:00-10:00am</b> Michele G		<b>9:00-10:00am</b> Michele G			<b>8:00-9:00am</b> Michelle S	
				<b>9:30-10:30am</b> Amy		<b>11:00-12:00pm</b> Sothy
<b>5:30-6:30pm</b> Lucille		<b>5:30-6:30pm</b> Merilee				

**SANFORDYMCA.ORG**

**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**

Based on max interval training. You can push yourself with athletic/plyometric drills with 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.

**Have a Ball**

Wake up and play! This body weight training class uses balls as tools to enhance the development of functional fitness.

**Strength & More**

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

**STRONG by Zumba®**

Body weight conditioning, cardio and plyometric training moves synced to original music and designed to match every move. Every exercise is driven by the music, helping you make it to that last rep, and maybe even five more.

**Activate**

New to exercise, returning from an injury, have physical limitations? This class combines low impact cardio with full body strength and flexibility for one impactful workout.

**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®**

Suspension training builds true functional strength, balance and core stability all at once. Balls, ropes, bands and more will be incorporated in the classes.

**Kettlebell Circuit Training**

Kettlebells require full body movement, integration and core stabilization. Combined with cardio intervals and other fitness equipment this class provides all you need to improve fitness.

**Tweens Fit-n-Fun**

Circuit workouts with drills, bodyweight exercises and interval training to improve strength and cardio efficiency while having fun.

**Wicked Workout**

This high intensity class combines strength training, speed and agility drills and plyometric movements for a wickedly awesome workout. Work all major muscle groups in between rounds of high intensity intervals.

**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.

**Stretchyoga**

Focus on lengthening and relaxing primary muscle groups with a different artist or music genre each week.

**Strength Yoga**

A total mind-body workout that combines strengthening with stretching poses with focus on the breath.

**Strength-IN:**

Class will include weight equipment, body weight training, plyometrics, functional fitness and the INner focus necessary for good form and self-motivation.

**PIYO**

PiYO combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low impact workout .

**CSI: (Cardio Strength Intervals)**

Integrate 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.

**Living Fit**

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.

**Aqua Fit**

A drop-in water workout in the deep and shallow ends of the pool. Push yourself using water resistance for muscle strength and cardio endurance.

**Fit-n-Fun**

Circuit workouts with drills, body/weight exercises and interval training to improve strength and cardio efficiency while having fun.

**Fit Fun Kids**

Fun fitness activities and games to develop skills, increase strength, balance and cardio capacity through the art of play.

**Kid Zone**

Supervised play and physical activity for ages 3-7. Parent presence for 3 ages-4 required

**Fitness for Beginners**

For those who have never been in a class, avoid the gym and want to overcome their fear of exercise.

**MY Fit**

Ready to start your fitness journey? This class includes a low impact cardio workout light with resistance training and stretching.

## Group Fitness , Spinning , & TRX Policies

- All classes are drop-in for members 15 and older and will operate on a first come first serve registration basis
- Members are encouraged to work at their own pace. Modifications are provided as activities allow.
- Please arrive on time, you may not join a class after warm up. Spin bike will be forfeited at designated start time if member with reservation is not seated.
- Please bring clean sneakers (shoes may not be worn in from outdoors)
- 12-14 year olds may participate in all group fitness classes when accompanied by a parent/guardian and if the equipment can be appropriately fitted to their height.
- 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 and hand towel are required. No cell phones, gym bags or outer wear are allowed in class