



# GROUP EXERCISE SCHEDULE

Beginning September 3, 2018

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

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

	<b>6:00-6:45</b> Michelle S			<b>6:00-7:00am</b> Merilee Cycle/Core 30-30min		
<b>9:00-10:00 am</b> Michelle G		<b>9:00-10:00 am</b> Michelle G			<b>8:00-9:00am</b> Michelle S	
				<b>9:30-10:30am</b> Amy		
<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**

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.

**Have a Ball**

Wake up and play! This body weight training class uses balls as tools to enhance the development of functional fitness. Medicine balls, stability balls, yoga balls and Pilates balls are incorporated.

**STRONG by Zumba®**

This class combines body weight conditioning, cardio and plyometric training moves synced to original music and designed to match every move. Every squat, lunge, and burpee 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®**

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.

**HIIT and Kick**

Ramped up kickboxing. Kickboxing with intervals— the level of intensity is up to you.

**Wicked Workout**

This high intensity class combines strength training, speed and agility drills and plyometric movements for a wickedly awesome workout. Participants are challenged to work all major muscle groups in between rounds of high intensity intervals. Modifications are provided to ensure the safety of participants.

**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.

**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. PiYo is for everyone, we have modifications if needed, its easy on the joints. Use your own bodies to get strong.

**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**

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.

**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.

**Strength & More**

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

**MY Fit**

Ready to start your fitness journey? This class includes a low impact cardio workout light with resistance training and stretching. Music, movement and fun with modifications for your fitness needs.

**Kettlebell Training**

Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization. There is no such thing as isolated muscle work in kettlebell training.

**Fitness for Beginners**

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

## 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