



GROUP EXERCISE SCHEDULE

Beginning May 1, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebells 5:00-6:00 am Sandy	Morning Strength 5:00-6:00am Brian	Have a Ball 5:00-6:00 am Michelle S	Morning Strength 5:00-6:00am Brian	Kick Start 5:00-6:00 am Michelle S/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 Thai	
	Living Fit 7:30-8:30 am Merilee		Living Fit 7:30-8:30 am Merilee		Zumba 8:00-9:00 am Beth	
HIITyoga 9:00-10:00 am Kristie	Wicked Workout 9:00-10:00 am Kristie	Strong by Zumba 9:00-10:00 am Sarah	Wicked Workout 9:00-10:00 am Kristie	TRX® 8:30-9:30 am Merilee	Boot Camp 9:00-10:00 am Becca/Beth	PIYO 9:00-10:00 am Thai
	ACTivate 10:15-11:15 Kristie		ACTivate 10:15-11:15 Kristie		Drop-in Aqua Fit 9:00-10:00am Thai	
Cardio Sculpt 4:15-5:15pm Beth		Strength and More 4:15-5:15pm Lucille	Zumba 5:30-6:30pm Beth			
HIIT Fit 5:30-6:30pm Rotating	Party Boot Camp 5:30-6:30pm Missy	Cardio Strength Intervals 5:30-6:30pm Beth	PIYO 5:30-6:30 pm Thai	TRX® 5:30-6:15 pm Eugene		
Zumba 6:30-7:30pm Sarah	Kickboxing 6:30-7:30 Melina	Stretchyoga 6:30-7:30 Christie	Kettlebells 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 .						
				6:00-7:00am Merilee		
9:00-10:00 am Michelle G		9:00-10:00 am Michelle G			8:00-9:00am Michelle S	8:00-9:00am Rotating
				9:30-10:30am Amy		
5:30-6:30pm Lucille		5:30-6:30pm 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.

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 is on lengthening and relaxing primary muscle groups to promote healing and strength.

HIITyoga

An integration of yoga and calorie burning exercise. Students are guided through intervals of cardio and strength training broken up by muscle lengthening moves.

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.

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 & 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.

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