



SPARTA-WHITE CO FAMILY YMCA

# GROUP FITNESS SCHEDULE

March 25th - 31st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Chapple	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Chapple			
6:00 AM	Ruck 5:30-6:15 Jonathan	Ruck 5:30-6:15 Jonathan	Ruck 5:30-6:15 Jonathan	Ruck 5:30-6:15 Jonathan			
7:00 AM							
8:00 AM							
9:00 AM	Fit, Fun & Function 8:30-9:30 Julie	HIIT & Fit 8:30-9:30 Fran	Step Aerobics 8:30-9:30 Maranda	HIIT & Fit 8:30-9:30 Fran			
10:00 AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 10:00-11:00 Bula	Active & Ageless 10:00-11:00 Bula	Silver & Fit 10:00-11:00 Bula			
11:00 AM	Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan				
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM			YogaFit 4:30-5:30 Julie				
6:00 PM	Barbell Fitness 5:30-6:15 Chapple	Dance Fit 5:45-6:30 Caitlin		Power Yoga Fusion 5:30-6:15 Julie			
7:00 PM							
8:00 PM							

## GROUP FITNESS CLASS DESCRIPTIONS

**Active & Ageless** – A fitness training program designed with your long-term health and longevity in mind. This program can help you restore your functional strength, power and balance.

**Barebell Fitness** – A barbell workout using light weight to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.

**Bootcamp Classes** – Bootcamp is an interval training program with bursts of intense activity and rests of lighter activity. This allows each participant to work at their own pace. All fitness levels.

**Cardio Circuit** – This class is a combination of low to high-intensity aerobics, resistance training and designed to be easy to follow. It will give you a great workout, target fat loss, aid in muscle development and heart-lung fitness. All fitness levels.

**Enhance Fitness** – Cardiovascular, strength training, balance and flexibility exercises. Fosters strong social relationships between participants. Low-impact and geared toward older adults, especially those with a chronic condition, such as arthritis.

**Fit, Fun & Function** – This challenging class will help progress your fitness level through a wide range of class formats, training tools, and motivation. A higher intensity program, each class will provide something new to keep you fit, functioning well and having fun.

**Group Cycling / Spin** – Spin your way through a high energy and fun cardio workout. Bike work focuses on leg strength and cardiovascular endurance. All fitness levels.

**HIIT & FIT** – Full body aerobic and strength conditioning class. This interval-based class combines strength training with high intensity cardio and active rest. It is designed to get your heart rate up and improve your strength and endurance.

**Power Yoga Fitness** – This blends body weight exercises with yoga asanas to power up your training. Practice flowing sequences that target core, balance, & flexibility then end the session with focused breathing and relaxation.

**Ruck Fitness** – Sandbag workouts are simple (but not easy) and scalable to all abilities. The focus is on the basics of movement, strength, and performance utilizing a sandbag.

**Silver & Fit** – Fun and upbeat, low impact, strength training and muscle toning workout that focuses on core exercises to keep your back and abdominals strong. Strengthens your legs for fall prevention and staying ambulatory. Plus, low impact cardio for maintaining weight loss goals. Stretch muscles to prevent injury after working out. Work at your own pace.

**Vibrant Moves** – This high-energy dance class focuses on low impact movements for building upper-body and core strength plus cardio endurance.

**Xtreme Hip-Hop** – A revamp of traditional step aerobics. With routines set to old and new school hip hop.

**Yoga Fit** – YogaFit tightens and tones the entire body, enhances balance, improves flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. The result is a mind-body workout that improves health, athletic performance and mental acuity in people of all ages and fitness levels.

**Zumba** – Zumba is an exhilarating, effective and easy to follow Latin inspired calorie burning dance fitness workout. All fitness levels.