



Group Fitness Schedule - Week of January 20th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie	Barbell Fitness 5:30-6:15 Jill	Cardio Strength 5:30-6:15 Sherrie		
6AM							
7AM							
8AM	Fit, Fun, Function 8:30-9:30 Whitney	Hit & Fit 8:30-9:30 Whitney	Step Aerobics 8:30-9:30 Maranda	Hit & Fit 8:30-9:30 Whitney	Low, Slow Flow 8:30-9:30 Julie	Barbell Fitness 8:00-8:45 Chapple	
9AM						Cycling 9:00-9:45 Sharon	
10AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Whitney	Active & Ageless 10:00-11:00 Megan	Silver & Fit 9:45-10:45 Whitney	Active & Ageless 10:00-11:00 Megan	Pound 10:00-11:00 Tyra	
11AM	Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		
12PM							
1PM							
2PM							
3PM							
4PM		Cycling 4:30-5:15 Sharon	Yoga Fit 4:30-5:30 Carrie	Cycling 4:30-5:15 Sharon			
5PM	Barbell Fitness 5:30-6:30 Chapple	POUND 5:45-6:30 Tyra		Yoga Power Fusion 5:30-6:15 Julie	Beginner Spin 5:15-6:00 Bruce		
6PM							
7PM							



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. Beginner to intermediate fitness levels.

Barbell 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. All fitness levels.

Cardio Strength - 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.

Cycling - Spin your way through a high energy and fun cardio workout. Bike work focuses on leg strength and cardiovascular endurance. 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. Each class will provide something new to keep you fit, functioning well and having fun. 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. All fitness levels.

Low, Slow, Flow - Wind down the week with this gentle-on-the-joints class that blends yoga, Pilates-inspired techniques, balance, stretching, and intuitive movement. Explore new ways to challenge your body and your mind. Minimal impact, shoes are optional.

Pound - Workout that combines yoga and pilates movements with strength training and cardio with the help of weighted drumsticks. All fitness levels.

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.

Step Aerobics - A cardio workout that uses a raised platform to strengthen muscles and increase heart rate. All fitness levels.

Yoga Fit - The YogaFit style of Yoga 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.

Yoga Power Fusion - 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.

Questions? Email our Fitness & Wellness Director at nina@spartaymca.org.