



**SPARTA-WHITE CO FAMILY YMCA**

# GROUP FITNESS SCHEDULE

January 23rd - January 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	Cardio Strength 5:30-6:15 Sherrie	BodyPump 5:30-6:15 Chapple	Cardio Strength 5:30-6:15 Sherrie	Bodypump 5:30-6:15 Chapple	Cardio Strength 5:30-6:15 Sherrie		
	Ruck 5:30-6:15 Robbie		Ruck 5:30-6:15 Robbie		Ruck 5:30-6:15 Robbie		
7:00 AM							
8:00 AM	Fit, Fun & Function 8:30-9:30 Julie	HIIT & Fit 8:30-9:30 Fran	HIIT & Fit 8:30-9:30 Fran	HIIT & Fit 8:30-9:30 Fran	Fit, Fun & Function 8:30-9:30 Julie		
						Cycling 9:00-9:45 Sharon	
9:00 AM							
10:00 AM	Active & Ageless 10:00-11:00 Megan	Silver & Fit 10:00-11:00 Pita	Active & Ageless 10:00-11:00 Megan	Silver & Fit 10:00-11:00 Pita	Active & Ageless 10:00-11:00 Megan	Bootcamp 10:00-10:45 Julie	
11:00 AM	Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan		Enhance Fitness 11:15-12:15 Megan	Zumba 11:00-12:00 Tyra	
12:00 PM							
1:00 PM							
2:00 PM							Bodypump 2:00-3:00 Chapple
3:00 PM							
4:00 PM							
5:00 PM		Cycling 4:30-5:15 Sharon	YogaFit 4:30-5:30 Carrie	Cycling 4:30-5:15 Sharon			
	BodyPump 5:30-6:30 Nina	Xtreme Hip Hop 5:30-6:30 Nina		Xtreme Hip Hop 5:30-6:30 Nina	Beginner Cycling 5:15-6:00 Bruce		
6:00 PM							
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.

**BodyPump** – 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.

**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.

**Xtreme Hip-Hop** – A revamp of traditional step aerobics. With routines set to old and new school hip hop. Tuesday focuses on beginner to intermediate step routines with Thursday's focus being for the intermediate to advanced and integrating weight routines in combination with the step routines. 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.

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