Group Fitness Schedule – Week of June 1st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	**Ruck** 5:30-6:15 - Gym Caleb	**Fierce & Fit** 5:30-6:15 Jill	**Ruck** 5:30-6:15 - Gym Caleb	**Fierce & Fit** 5:30-6:15 Jill	**Cardio Strength** 5:30-6:15 Sherrie		
6AM	**Cardio Strength** 5:30-6:15 Sherrie		**Cardio Strength** 5:30-6:15 Sherrie				
7AM							
8AM							
9AM	**Fit, Fun & Function** 8:30-9:30 Haley	**HIIT & Fit** 8:30-9:30 Whitney	**Step Aerobics** 8:30-9:30 Maranda	**HIIT & Fit** 8:30-9:30 Whitney	**Low, Slow Flow** 8:30-9:30 Haley	**Cycling** 9:00-9:45 Sharon	
10AM	**Active & Ageless** 10:00-11:00 Megan		**Active & Ageless** 10:00-11:00 Megan		**Active & Ageless** 10:00-11:00 Megan		
11AM	**Water Aerobics** 10:00-11:00 - Pool Julie		**Water Aerobics** 10:00-11:00 - Pool Julie		**Water Aerobics** 10:00-11:00 - Pool Julie		
12PM	**Enhance Fitness** 11:15-12:15 Megan		**Enhance Fitness** 11:15-12:15 Megan		**Enhance Fitness** 11:15-12:15 Megan		
1PM							
2PM							
3PM				**Cycling** 4:30-5:15 Sharon			
4PM	**Kids Jiu-Jitsu** 4:30-5:30 - Gym Warren	**Cycling** 4:30-5:15 Sharon	**Yoga Fit** 4:30-5:30 Carrie	**Kids Jiu-Jitsu** 4:30-5:30 - Gym Warren	**Beginner Cycling** 4:30-5:15 Bruce		
5PM	**Jiu-Jitsu** 5:30-6:30 - Gym Warren			**Jiu-Jitsu** 5:30-6:30 - Gym Warren			
6PM		**Water Aerobics** 6:00-700 - Pool Nina		**Yoga Power Fusion** 5:30-6:15 Julie			
7PM				**Water Aerobics** 6:00-700 - Pool Nina			

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.

Brazilian Jiu-Jitsu– A grappling-based martial art whose central theme is the skill of controlling a resisting opponent. No gi is required and open to all levels of experience.

Cardio Strength – This class is a combination of low to high-intensity aerobics, resistance training and esigned 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.

Fierce & Fit – Strength and cardio workout using light weight to moderate weights utilizing dumbbells and barbells to increase endurance and strength. All fitness levels.

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.

Postpartum Mommy & Me Yoga – Reconnect with your body and bond with your baby in this gentle Postpartum Mommy & Me Yoga class. Designed for postpartum recovery, we'll focus on core strength, tension relief, and mindful movement—all while incorporating baby into the flow. No experience needed, just bring your little one (6 weeks to crawling) and enjoy the journey.

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.

Vinyasa Flow – An energizing, all levels Vinyasa Yoga. This dynamic morning practice links breath with movement to build strength, flexibility, and focus. Modifications are offered for all levels, making it the perfect way to wake up your body and mind.

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.