



GROUP FITNESS SCHEDULE

January 26, 2026

CLASSES HELD IN STUDIO A				CYCLE CLASSES HELD IN CYCLE STUDIO		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Barbell Strength 5:00-6:00am Sandy	Kettlebell HIIT 5:00-6:00am Sandy	Barre 5:00-6:00am Sam	Morning Strength 5:00-6:00am Brian			
Cross Training 6:00- 7:00am Thom	Total Body 6:00-7:00am Michelle	Muscle Conditioning 6:00-7:00am Kristi	Sunrise Cross Training 6:00-7:00am Thom	Core and Glutes 6:00-6:45am Michelle/Merilee	Morning Strength 7:00-7:50am Brian	
	Living Fit 8:00-8:50am Merilee	Cycle 8:00-9:00am Sarah	Living Fit 8:00-8:50am Merilee Sprint 8 Cycle Kristie 8:30-8:50		Barbell Strength 8:00-9:00am Thayi	Group Power™ 8:00-9:00am Rachel
Group Cycle 9:00-10:00am Kristie/Sarah	HIIT & Lift 9:00-10:00am Melina	Yoga Blend 9:00-10:00am Kristie	Wicked Workout 9:00-10:00am Kristie	Barre 9:00-10:00am Merilee Cycle Power Ride Kristie	Cycle 9:00-10:00am Meg	Cycle & Strength 9:00-10:00am 30/30 minutes Eugene
Barre 10:00-11:00am Merilee Chair Yoga 11:00-12:00pm Jess		Chair Cardio Combo 10:15-11:00am Nancy	Together Strong 10:15-11:15am Denise		Cardio Dance & Sculpt 9:15-10:15am Ashley	
Group Power™ 4:00-5:00pm Christie		Group Power™ 4:00-5:00pm Rachel				
Kickboxing 5:30-6:30pm Melina Group Cycle Eugene/Sothy	Step & Strength 5:30-6:30pm Missy	Pi-yoga 5:30-6:30pm Thayi Group Cycle 5:30-6:30 pm Michelle	TRX 5:30-6:30pm Eugene Group Power™ Amanda Express Cycle Sahara 40 mins			
Stretch Yoga 6:30-7:30pm Christie		Zumba™ 6:30-7:30pm Sarah				

SANFORDYMCA.ORG

Kettlebell HIIT Training

Kettlebells require full body movement, integration and core stabilization. Combined with cardio intervals and other fitness equipment this class provides all you need to improve fitness.

Morning Strength

5:00 am body wake up, Class involves strength training exercises using weights, bands, bars and medicine balls to increase strength and endurance.

TRX®

Suspension training builds true functional strength, balance and core stability. Balls, ropes, bands and more may be incorporated

Cross Training

Improve your cardiovascular endurance and output and build stronger, lean muscles with a variety of cardio and strength combinations.

Muscle Conditioning

Strengthen, tone and define your body using bands, balls, weights and body weight with a mind body component.

Cardio Yoga

This is a barefoot flow class designed to enhance flexibility, muscle endurance and ignite the cardio of all ability levels and it rocks!

Kickboxing

A combination of martial arts techniques with fast-paced cardio. Build stamina, improve coordination and burn calories with fun. Good for all levels



A cutting edge full-body strength based workout with functional integrated exercises using an adjustable barbell, weight plates and body weight. Dynamic music!

Total Body

Build muscle strength and power through a combination of body weight training techniques and conditioning drills.

Living Fit

Designed for the active older adult, and health seekers new to exercise. Following a warm up, activities include cardio, strength, stability, balance and flexibility.

HIIT and Lift

Weights are not the enemy! This class will help you build strength and boost your metabolism. Burn calories during and after class.

Step & Strength

An old classic is back! This involves uncomplicated, fun choreography and muscle conditioning. All levels of fitness are welcome. You can do it without a Step too!

Stretch Yoga

Focus on lengthening and relaxing primary muscle groups with a different artist or music genre each week. Everyone needs stretching

Strong Together

A movement class for neurodivergent individuals and staff but all are welcome. Includes cardio, strength, balance and stretching. Fun for sure!

Sunrise Cross Training

Early morning class that offers a high energy, medium intensity workout. A combination of step, resistance bands, weighted bars, tubing and barbells

Chair yoga

Seated yoga provides the benefits of breath work and physical poses to individuals of diverse abilities. Poses are modified and adapted.

Zumba

Spanish slang for "to move fast and have fun", Zumba combines infectious music, easy to follow dance moves with hip-hop and Latin rhythm.

Wicked Workout

A challenging class meant to push you to your limit. Incorporates movements for the whole body for greater muscle recruitment and are based on normal training principles. As wicked as you want!

Chair Cardio Combo

This a combination of seated dance moves set to music to get your heart pumping. Add some strength, balance and optional standing exercises and it's a party in Studio A!

Cardio Dance & Sculpt

This class combines strength components and cardio conditioning fused with a variety of choreographed dance steps and music favorites.

Yoga Blend

This is a blend of yoga styles to improve flexibility, mobility and strength through fluid movement and held poses.

Core and Glutes

Strong glutes and abs improve posture, help reduce back pain and provide fundamental strength and stability for daily tasks and athletic movements.

Barre

A hybrid workout combining ballet moves, dance, Pilates, dance, and strength training. High reps, low weight and small range of movements. Fun!

Group Cycle

Build strength, increase cardiovascular endurance and burn calories like crazy. Instructors will challenge you with multi-level rides.

Cycle and Strength

A challenging combination format. 30 minutes of cardio followed by an off the bike strength training session both staying true to training principles.

Sprint 8 Cycle Class

High intensity interval training, - max results in minimum time!

Pi-yoga

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga at a faster but low impact pace.

Group Fitness Policies

- All classes are drop-in for members 15 and older
- 12-14 year olds may participate in group fitness classes when accompanied by a parent/guardian and if the equipment can be appropriately fitted to their size.
- Please bring clean sneakers. Shoes may not be worn in from outdoors.
- Members are encouraged to work at their own pace. Modifications are provided as activities allow.
- Cycling classes require a bike reservation no more than 24-hours in advance. (Monday night classes reserve on Sunday anytime. Reservations can be made for only one class daily
- Bike will be forfeited at designated start time if member with reservation is not seated.
- The doors to cycle studio will open 10 minutes prior to class start
- Water bottles and hand towel are required. No cell phones, gym bags or outer wear are allowed in cycle studio