GROUP FITNESS SCHEDULE
November 2, 2026

CLASSES HELD IN STUDIO A			CYCLE CLASSES HELD IN CYCLE STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Power ™ **5:00-6:00am** Emma	**Kettlebell HIIT 5:00-6:00am** Sandy	**Barre 5:00-6:00am** Sam	**Morning Strength 5:00-6:00am** Brian			
Stretch Yoga 6:00-7:00am Emma	**Total Body 6:00-7:00am** Michelle	**Muscle Conditioning 6:00-7:00am** Kristi	**Sunrise Cross Training 6:00-7:00am** Thom	**Abs and Glutes 6:00-6:45am** Michelle/Merilee	**Morning Strength 7:00-7:50am** Brian	
Zumba 7:30-8:15am Emma	**Living Fit 8:00-8:50am** Merilee	**Cycle 8:00-9:00am** Sarah **Cardio Dance** Ashley **8:00-8:50**	**Living Fit 8:00-8:50am** Merilee **Sprint 8 Cycle** Kristie **8:30-8:50**		**Barbell Strength 8:00-9:00am** Thayi	
Group Cycle 9:00-10:00am Sahara/Sarah	**HIIT & Lift 9:00-10:00am** Melina	**Yoga Blend 9:00-10:00am** Kristie/Sarah S	**Wicked Workout 9:00-10:00am** Kristie	**Barre Fusion 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 Fusion 10:00-11:00am Merilee **Chair Yoga 11:00-12:00pm** Jess			**Better Balance with Yoga 10-:30-11:30** Jess		**Cardio Dance & Sculpt 9:15-10:15am** Ashley	
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** Christie **Group Cycle 5:30-6:30 pm** **Reaching the Peak** Meg	**TRX 5:30-6:30pm** Eugene **Group Power** ™ Rachel			
Stretch Yoga 6:30-7:30pm TBD		**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 in crease strength and endurance.

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

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!

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

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

M GROUP POWER
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

Cycle Express
Learn the ABCs of cycling in a shorter class. This intro class includes a warm up and cool down with the basics skills necessary to prepare you for all classes.

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!

Better Balance with Yoga
Gentle, supportive yoga class designed for over 55 participant to improve balance, muscle strength, flexibility, and mobility using seated and standing poses with assist as needed.

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.

Abs 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 any-time. 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
- Limited to one spin class a day unless there is a bike available when another class begins