



GROUP EXERCISE SCHEDULE

January 13, 2025

CLASSES HELD IN STUDIO A			CYCLE CLASSES HELD IN CYCLE STUDIO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kettlebell HIIT 5:00-6:00am Sandy	Group Power™ 5:00-6:00am Emma	Barre 5:00-6:00am Sam	Morning Strength 5:00-6:00am Brian	Yoga Blend 5:00-6:00am Emma		
Sunrise Cross Training 6:00-7:00am Thom	Total Body 6:00-7:00am Michelle	Muscle Conditioning 6:00-7:00am Kristi T	Sunrise Cross Training 6:00-7:00am Thom	Abs and Glutes 6:00-6:45am Michelle/Merilee	Morning Strength 7:00-7:50am Brian	
	Living Fit 8:00-8:50am Merilee	Cardio Dance 8:00-9:00am Nancy	Living Fit 8:00-8:50am Merilee		Barbell Rip 8:00-9:00am Julie	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 Group Cycle Kristie	Group Cycle 9:00-10:00am Jess	Cycle & Strength 9:00-10:00am 30/30 minutes Eugene
Barre 10:00-11:00am Merilee		Cardio Drumming 10:15-11:15am Alyssa	Chair Yoga 11:15-12:15pm Jess H		Zumba 9:15-10:15am Ashley	Muscle Conditioning 10:00-11:00am Kristi T
Group Power™ 4:00-5:00pm Christie		Group Power™ 4:00-5:00pm Rachel	Kid Fit & Fun 4:00-4:30 4-7yr 4:30-5:00 8-11yr Kim P			
Kickboxing 5:30-6:30pm Melina Group Cycle Jess	Step & Strength 5:30-6:30pm Missy	Pi-yoga 5:30-6:30pm Thayi Group Cycle Sothy	TRX 5:30-6:30pm Eugene Group Power™ Amanda			
Stretch Yoga 6:30-7:30pm Christie	Group Power™ 6:30-7:30pm Emma	Zumba 6:30-7:30pm Sarah				

SANFORDYMCA.ORG

Why group exercise classes?
Be motivated
Accountability
Learn proper form
Variety of workouts
Meet new friends
Have fun

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.

KID Fit & Fun

A productive outlet for the boundless energy your child has with age appropriate fun movement activities and games that will also build a foundation for a healthy lifestyle

Kickboxing

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

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.

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 Nation®

Body weight conditioning, cardio and plyometric training moves. Every exercise is driven by the music, helping you make it to that last rep, and maybe even five more.

Sunrise X-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 many 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!

Cross Training

Motivating after work class to help you refocus on mental and physical self. Format includes cardio, strength training, muscle endurance and flexibility.

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.

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.



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

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