



# Sinking Spring Family YMCA

## Group Fitness Schedule – Effective January 2 – April 30, 2012

### CARDIO

**CARDIO KICKBOX INTERVALS** (60 minutes): This class combines traditional kickboxing moves like punches, jabs, and kicks, with segments of resistance training throughout your workout.

**KICK AND CORE** (60 minutes): This class combines traditional kickboxing moves, like jabs, punches, kicks, and follows up with “killer” abdominal exercises to finish your workout!

**SPIN** (60 minutes): This “super-charged” spin class promises to burn tons of calories and be loads of fun!

**STEP INTERVALS** (60 minutes): Using a height adjustable bench, you will perform choreographed routines of cardiovascular exercise combined with segments of resistance training throughout your workout. **For Cardio Step, it’s just like it sounds. NO INTERVALS! Total cardiovascular training!**

**POWER RIDE** (45 minutes): Athletic rides meant to teach you about aerobic, anaerobic and cardiovascular training zones.

**ACTIVE ADULT** (60 minutes): This low impact class is designed for cardio conditioning choreographed to music. The class may also include resistance training. This is a great class for beginner exercisers.

**ZUMBA** (60 minutes): This is a Latin inspired dance fitness class. Ditch the workout and join the party! No dance experience necessary!

**ZUMBA GOLD** (60 minutes): Same description as above, although this class is specifically for our senior population, or anyone who is looking for Zumba with a little less intensity. It’s great place to start if you brand new!!

**ZUMBA TONING** (60 minutes): This is a Latin inspired dance fitness class that includes small hand weights to give added intensity to your upper body!

**SILVER SNEAKERS CARDIO FIT** (60 minutes): Get up and Go with an aerobic class for you—safe, heart healthy and gentle on the joints. Includes easy to follow, low-impact movement, upper body strength, abdominal toning, stretching and relaxation.

### MUSCLE CONDITIONING

**ALL ABS!** (30 minutes): 30 minutes of concentrated abdominal work! **For ABS/Stretch, this 30 minute class gives you a little of both. Some core work, and some stretching. A great way to end a workout, or just enough time to get a little something in!!**

**BODYPUMP** (60 minutes): This class is a revolutionary weight training workout using barbells with adjustable weights in a group fitness setting. Set to motivating music, BODYPUMP is a simple athletic based workout that strengthens, tones and defines every major muscle group.

**RAISING THE BAR** (60 minutes): You will use the body bar throughout your workout. This is a great sculpting class!!

**STRENGTH CONDITIONING** (60 minutes): This class will target all major muscle groups while using barbells and hand weights.

**SILVERSNEAKERS 1 muscular strength and range of motion** (60 minutes): Designed to increase muscular strength, range of movement and daily living. Use hand held weights, elastic tubing, and balls for resistance. Chairs are offered for seated and standing support.

**SILVERSNEAKERS CARDIO CIRCUIT** (60 minutes): Combine fun with fitness to increase cardio and muscular endurance with a standing circuit workout. Small weights, bands, and balls will be utilized to increase strength. A chair is offered for support, stretching, and relaxation.

### COMBINATION CLASSES

**BOOT CAMP** (60 minutes): This high-intensity workout will combine functional and athletic drills like push-ups, plyometrics, squats, lunges and more!

**CARDIO,CORE-N-MORE** (60 minutes): This class promises to deliver exercises specifically designed to target your core (abdominal/back) muscles, while getting your heart rate up for maximum calorie burn!

**MIX IT UP!** (60 minutes): This class leaves you guessing! You could get anything from weight training, step, to spin. Studies prove the best way to get into your optimal shape is to cross train and do several different types of workouts. This class is perfect for that!

**SCULPT IT!** (60 minutes): Exercises with weights, bars, barbells, balls, and other, all to sculpt you into your best shape!

**SPIN AND CORE** (60 minutes): 45 minutes of cardiovascular work on the spin bike, followed by 15 minutes of core work.

**TOTAL CONDITIONING** (60 minutes): This workout includes cardio, weight training, abdominal and flexibility work in every class.

### MIND & BODY

**SILVERSNEAKERS YOGA STRETCH** (60 minutes): Designed to increase your balance and flexibility in a safe setting. You will use a chair for support.

**BASIC VINYASA YOGA** (60 minutes): Centered around flowing Yoga movements and breath. This class will leave you feeling strong and centered.

**GENTLE YOGA** (60 minutes): Yoga poses that anyone can do.

**BODYFLOW** (60 minutes): This class combines Yoga, Tai Chi and Pilates to build flexibility and strength, leaving you feeling centered and calm.