



Sinking Spring Family YMCA

Group Fitness Schedule-2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARDIO

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. (Active Adult Cardio 30 min): 30 min of easy to follow, low impact aerobics for cardiovascular conditioning.

BODYCOMBAT (60 minutes): This fiercely energetic program is inspired by martial arts and draws from a wide variety of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai.

EXPRESS SPIN (30 minutes): Just enough time to get a few miles in on the bike to give you the cardio burst you need for the day. Come prepared to sweat!

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

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

STEP & BALL (50 minutes): This moderate to high intensity workout will combine traditional step moves with the use of medicine and or stability balls to achieve an overall total body workout. Best for intermediate to advanced exercisers.

STEP INTERVALS (60 minutes): Using a height adjustable bench, you will perform choreographed routines of cardiovascular exercise combined with other workout equipment like balls, weights and bands to achieve a total body workout each class. For **Step & Sculpt Scrambler**: Cycles consisting of athletic cardio blasts followed by upper and lower body sculpting. Class designed to burn fat, increase strength and endurance. **Plus Abs, add 15 minutes of concentrated abdominal exercises to the end of the workout!**

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

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

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. **For BodyPump Express**: remove on track in your workout to condense it to a 45 minute in and out strength training blast!

15 MIN ABS—just like it sounds! Just a short burst of concentrated abdominal exercises to get your night started off on the right foot! This is a great compliment to another class, or a personal workout on the treadmill, weight room, or elliptical! Perfect for all fitness levels!

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.

SILVER SNEAKERS 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.

SILVER SNEAKERS 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

FUNCTIONAL FITNESS (60 minutes): This class will help keep you strong and fit to accomplish every day tasks, such as lifting, bending, stretching, and strengthening! All levels of fitness.

HITT the Ball (45 minutes): Higher intensity training that incorporates the use of resistance and stability balls. This workout is usually better for intermediate to advance levels of fitness.

CORE AND MORE (45 minutes): This class has a primary focus centered around giving you an excellent ab workout, however you can expect other exercises to help you tone and sculpt as well!!

STRONG by Zumba (60 minutes): This revolutionary high intensity workout where every move is synced to a beat, will push you harder to give everything you've got and then some! Using only your body weight, STRONG will test your strength, and stamina in a powerful cardio and muscle conditioning session in one, all led by music. Best for intermediate to advanced levels of fitness.

TOTAL BODY SCULPT (60 minutes): Exercises with weights, bars, barbells, balls, and other, all to sculpt you into your best shape! This class may also contain segments of cardio, and targeted abdominal work, to give you a head to toe experience!

MIND & BODY

YOGA (60 minutes): Flowing sequences of Yoga poses, followed by stationary standing balance and floor poses. Class structured to improve strength and flexibility, burn calories and relieve stress. Modifications offered for all Yoga levels.

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

CORE & MORE YOGA (60 minutes): This core centered Yoga class will help strengthen and stretch you from your center (or core) out. You will leave feeling toned, strong, stretched, and centered. Modifications offered for all Yoga levels.

YOGA STRETCH (45 minutes): Designed to be the extra stretch you need to keep your muscles long, lean, and flexible. Good for all levels of fitness.

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