



# 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.
- BOOM MOVE- from Silver Sneakers** (30 minutes): Move is a fun dance inspired workout. This class improves cardio fitness with easy to follow moves and energizing music. For beginner to intermediate levels of fitness.
- BENCH CAMP** (60 minutes): This class is an athletic styled, drill inspired challenging workout to make you feel strong and fit! Not as choreographed as other bench type classes, so perfect for the participant who doesn't want to worry about "musicality!"
- DRUMS ALIVE** (45 minutes): Using light drumsticks, a big stability ball, and your body, this class combines drumming elements along with kickbox and other cardio inspired moves. For all levels of fitness.
- 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!
- POUND** (45 minutes): this exhilarating full body workout uses light drumsticks combined with the perfect atmosphere for letting loose, getting energized, toning up and rockin' out. POUND, promises to improve your rhythm, timing, coordination, speed, agility, and endurance, all while being fun. For all levels of fitness.
- 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 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! For **Zumba Gold, the same concept applies, just bring the intensity level down a bit!**
- 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!
- BOOM MUSCLE – from Silver Sneakers** (30 minutes): this class offers a moderate to vigorous aerobic and muscular endurance workout. For beginner to intermediate levels of fitness.
- 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

- 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.
- SILVER SNEAKERS STABILITY** (30 minutes): This class improves balance through exercises that strengthen the ankle, knee, and hip joints, in a social fun setting. This class is specifically designed for fall prevention.
- 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.
- BOOM MIND-from Silver Sneakers** (30 minutes): this class takes Yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind. For all levels of fitness.
- POWER YOGA** (60 minutes): This Yoga class is designed for those members not new to Yoga. Expect powerful poses, and slightly higher level difficulty.
- SILVERSNEAKERS YOGA STRETCH** (60 minutes): Designed to increase your balance and flexibility in a safe setting. You will use a chair for support.
- YOGA/PILATES** (45 minutes): The best of both worlds! This workout will combine some traditional Yoga moves, with traditional Pilates exercises for a perfect combination of strength, stretch, flexibility and core workout. Good for all levels of fitness.

**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.