

FITNESS SCHEDULE

May 29-Aug 6

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Boot Camp	Y Pump	Boot Camp		Boot Camp	
	Yoga		Yoga		Yoga	
7:30am						Cardio Dance
8:15 am	Lite Combo		Lite Combo		Lite Combo	
8:35 am		Y Pump		Y Pump		
8:45 am	Boot Camp		Boot Camp		Boot Camp	
9:00 am		Yoga		Yoga		
9:15 am	Zumba Gold*		Zumba Gold*			
10:15 am	Delay the Disease	Sr. Strength & Conditioning	Delay the Disease	Sr. Strength & Conditioning		
12:15 pm	Abs Express ⁺	Yoga	Abs Express ⁺	Yoga		
5:30 pm	Y Pump	Boot Camp*	Y Pump	Boot Camp*		
	Cardio Dance	Zumba	Cardio Dance	Zumba		
		Pilates & Yoga		Pilates & Yoga		

**FREE
CHILDWATCH**
6 weeks - 3rd grade
Monday - Friday
8:20 - 10:20 AM
Monday - Thursday
5:00-7:00 PM

All classes are 60 minutes unless otherwise marked. *45 minute class +30 minute class

All fitness classes listed are free for members.

Abs Express: Improve the strength of your mid-section in a minimal amount of time with this 30-minute class. Instructors will help you train your abdominals and back, as well as all the other core muscles. **30 Minutes**

Boot Camp: Become one of the few, the proud, the conditioned! This class will include jogging, push-ups, circuit training and more in an easy to follow format. Intermediate to advanced level. **45 or 60 Minutes**

Cardio Dance: An awesome dance-based total workout. Cardio and resistance. **60 Minutes**

Delay the Disease: a fitness program designed to empower people with Parkinson's Disease (PD) by optimizing their physical function & to help delay symptom progression. **60 Minutes**

Lite Combo: This group class is taught by a certified group fitness, kickboxing, step and floor aerobics instructor. Gayle will get your heart rate up while having a fun time learning new low impact exercises. **60 Minutes**

Pilates: Pilates offers a focus on core stability to maintain a balanced and aligned body that looks fit, and feels revitalized and moves with ease. This class will offer flexibility and strength for the total body. **60 Minutes**

Sr. Strength & Conditioning: To provide the Spencer Community with an effective, research-driven physical activity program that is scientifically proven to improve health and performance in older adults. **60 Minutes**

Total Body Conditioning: This group fitness class will include plenty of cardio and strength training. A section of this class will concentrate on core strength. **60 Minutes**

Yoga: Practices the fundamentals of Yoga through stretching, strengthening and proper breathing. This invigorating practice results in improved circulation, a strong body and a calm mind. All fitness levels welcome. **60 Minutes**

Y Pump Pump up the volume and transform your body. You'll be pumpin' barbells and plates to challenge your muscular strength and endurance, raising your metabolic rate for effective fat burning. **60 Minutes**

Zumba: Combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Licensed Instructor. **60 Minutes**

Zumba Gold: <Low Impact> Combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Licensed Instructor. **45 Minutes**