

# FITNESS SCHEDULE -- FALL / WINTER 2018

updated October 1, 2018

|        | MONDAY   | TUESDAY                                       | WEDNESDAY  | THURSDAY                                      | FRIDAY  | SATURDAY                   |
|--------|--|---|--|---|---|----------------------------|
| 5:30a  | BOOT CAMP<br>60 minutes<br>YOGA<br>60 minutes      | SPINNING<br>45 minutes                        | BOOT CAMP<br>60 minutes<br>YOGA<br>60 minutes      | SPINNING<br>45 minutes                        | BOOT CAMP<br>60 minutes<br>YOGA<br>60 minutes |                            |
| 7:30a  |  |   |  |   |   | CARDIO DANCE<br>60 minutes |
| 8:15a  | LITE COMBO<br>60 minutes                           |   | LITE COMBO<br>60 minutes                           |   | LITE COMBO<br>60 minutes                      |                            |
| 8:30a  |  | Y PUMP<br>60 minutes                          |  | Y PUMP<br>60 minutes                          |   |                            |
| 8:45a  | BOOTCAMP<br>45 minutes                             |   | BOOTCAMP<br>45 minutes                             |   | BOOTCAMP<br>45 minutes                        |                            |
| 9:00a  |  | YOGA<br>60 minutes                            |  | YOGA<br>60 minutes                            |   |                            |
| 9:15a  | ZUMBA GOLD<br>45 minutes                           |   | ZUMBA GOLD<br>45 minutes                           |   |   |                            |
| 10:15  | DELAY THE DISEASE<br>60 minutes                    | SR STRENGTH<br>& CARDIO<br>60 minutes         | DELAY THE DISEASE<br>60 minutes                    | SR STRENGTH<br>& CARDIO<br>60 minutes         |   |                            |
| 12:15p | Core Express<br>30 minutes                         | YOGA<br>60 minutes                            | Core Express<br>30 minutes                         | YOGA<br>60 minutes                            |   |                            |
| 5:30p  | Y PUMP<br>60 minutes<br>CARDIO DANCE<br>60 minutes | BOOTCAMP<br>45 minutes<br>ZUMBA<br>60 minutes | Y PUMP<br>60 minutes<br>CARDIO DANCE<br>60 minutes | BOOTCAMP<br>45 minutes<br>ZUMBA<br>60 minutes |   |                            |
|        | Middle Gym   | East Gym                                      | Dance Studio A<br>(upstairs)                       | Youth Center                                  |   |                            |

## FREE CHILDCARE

while parent/guardian attends class

Ages: 6 weeks - 3rd grade

Monday - Friday

8:20 - 10:20a

Monday - Thursday

5:00-7:00p

**All fitness classes listed are FREE for members.**

**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**

**Core 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**

**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**

**Spinning:** This class will get your heart pumping while cycling on Indoor stationary bikes. This non-impact, individually paced cardio class will greatly benefit your cardiovascular fitness! Cycling is a great workout that people of all fitness levels can enjoy with the freedom to

make the workout as challenging as you want. The use of a hand towel and water bottle is highly recommended. Class size will be capped at 14 due to limited number of bikes. **60 Minutes**

**Sr. Strength & Cardio:** 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**

**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 will be pumping 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**