

FITNESS SCHEDULE -- FALL / WINTER 2018

updated October 22, 2018

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

FREE CHILDWATCH

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.

-NEW IN DECEMBER-
Pilates, Barre & Yoga
9:15 - 10:00a
Taught by Gayle DeLoss

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**