

# FITNESS SCHEDULE -- SPRING 2019

Effective March 4, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30a	BOOT CAMP 60 minutes YOGA 60 minutes	5:45a SPINNING 45 minutes	BOOT CAMP 60 minutes YOGA 60 minutes	5:45a SPINNING 45 minutes	BOOT CAMP 60 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	MUSCLE ENDURANCE 45 minutes		MUSCLE ENDURANCE 45 minutes		CYCLING 45 minutes	
9:00a		YOGA 60 minutes		YOGA 60 minutes		
9:15a	ZUMBA GOLD 45 minutes Pilates, Barre & Yoga 60 minutes		ZUMBA GOLD 45 minutes Pilates, Barre & Yoga 60 minutes			
10:15	PARKINSONS IN MOTION 60 minutes CHAIR YOGA 60 minutes	SR STRENGTH & CARDIO 60 minutes	PARKINSONS IN MOTION 60 minutes CHAIR YOGA 60 minutes	SR STRENGTH & CARDIO 60 minutes	PEDAL FOR PARKINSONS 45 minutes	
12:15p	Core Express 30 minutes	YOGA 60 minutes	Core Express 30 minutes	YOGA 60 minutes		
5:30p	Y PUMP 60 minutes CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes CYCLING 60 minutes	Y PUMP 60 minutes CARDIO DANCE 60 minutes	BOOTCAMP 45 minutes CYCLING 60 minutes		
	Middle Gym	East Gym	Dance Studio B (downstairs)	Dance Studio A (upstairs)	Youth Center	

**FREE CHILDWATCH**  
while parent/guardian uses the facility

Ages: 6 weeks - 3rd grade

MONDAY - FRIDAY  
8:20 -10:20a

MONDAY - THURSDAY  
5:00-7:00p

SATURDAY  
8:00a - noon

**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

**- NEW CLASS - CHAIR YOGA:** This yoga class does not have you on the ground! You will still receive the flexibility and mind-body experience while standing or in a chair.

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

**- NEW TIMES - CYCLING:** 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.

45 OR 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

**PARKINSONS IN MOTION:** Focuses on cognitive components and voice skills to help people as well as perform exercises to strengthen handwriting skills, gait, walking, rigidity, balance, and posture.

60 MINUTES

**- NEW CLASS - PILATES, BARRE & YOGA:** Focused on core elements of pilates, ballet & yoga, as well as strength training. We specialize in low impact movements and poses that safely tone, lift and transform.

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 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

• ALL FITNESS CLASSES FREE FOR MEMBERS •