

ADULT GYM EXERCISE CLASS SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:15 AM	**5:45-6:30 AM Kettlebell 1 / Dance Studio	**5:30-6:15 AM Kettlebell 2 / Dance Studio	**5:45-6:30 AM Kettlebell 1 / Dance Studio	**5:30-6:15 AM Kettlebell 2 / Dance Studio	**5:30-6:15 AM Kettlebell 2 / Dance Studio	
5:30-6:30 AM	Boot Camp/ Middle gym NEW STOTT PILATES-MMR	Strength Combo/ Middle gym	Boot Camp/ Middle gym NEW STOTT PILATES-MMR	Strength Combo/ Middle gym	Total Body Conditioning Middle gym	7:00-7:45 AM Boot Camp/East
8:30-9:30 AM	Lite Combo/ Middle gym	10:15-11:15 AM Enhanced Fitness	Lite Combo/ Middle gym	10:15-11:15 AM Enhanced Fitness	Lite Combo/ Middle gym	7:30-8:30 AM Cardio Dance/Middle
8:45-9:30 AM	Boot Camp/ East gym	8:45-9:45 NEW BODYPUMP™ Middle gym #01165	Boot Camp/ East gym	8:45-9:45 NEW BODYPUMP™ Middle gym #01166	Boot Camp/East gym	
9:00-10:00 AM		Yoga/MMR		Yoga/MMR		
5:30-6:15 PM	5:30-6:30 PM NEW ZUMBA-East Gym Kettlebell/ MMR room	Boot Camp/ East Gym	5:30-6:30 PM NEW ZUMBA-East Gym Kettlebell/ MMR room	Boot Camp/ East Gym		
5:30-6:30 PM	NEW BODYPUMP™ Middle gym #01169	Cardio Dance/ Middle gym Pilates & Yoga Combo/ MMR	NEW BODYPUMP™ Middle gym #01170	Cardio Dance/ Middle gym Pilates & Yoga Combo/ MMR		

NEW Enhanced Fitness for Seniors (description below. A punch card purchase is required to attend class.)
Classes offered at Spencer Family YMCA, Senior Center and Highlands.
At the Y: T/TH 10:15-11:15 AM
Senior Center: W/ F 10:30-11:30 AM
Highlands: T/TH 3:00-4:00 PM

FREE CLASSES FOR MEMBERS: see chart for times

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.

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.

Kettlebell 1: For beginners, this is an introductory class to the kettlebell training class.**

****Before beginning any kettlebell class you need an initial consultation, please contact Megan at mwhitker@spencerymca.org or 262-3782.**

Kettlebell 2: Fantastic core strength and cardio workout. This advanced Kettlebell workout is intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements.

Yoga: A safe and contemporary approach to this classic discipline.

Strength Combo: Strength class using plyo-balls, weights, body bars and benches.

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.

Bootcamp: 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.

Cardio Dance: An awesome dance based total workout. Cardio and resistance. Strength experienced instructor, Sally Deloss.

NEW BODYPUMP™: is the fastest way to shape up and lose body fat. It's a toning and conditioning class with weights and is for just about everybody who wants to add strength training into their aerobic workout. The simplicity of the class makes BODYPUMP™ a great starting point to develop strength and confidence. Hot sounds and compelling choreography keep you going through each one-hour workout. You'll use a step platform, a bar and a set of weights.

NEW Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Licensed Instructor.

NEW STOTT PILATES: incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and athletic performance enhancement. The exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, placing more emphasis on scapular stabilization.

Program Participant Rate Land Classes

45 Minute Class			60 Minute Class		
Times/Week	Prog #	Fee	Times/Week	Prog #	Fee
1	01111	\$24.50	1	01101	\$35.00
2	01112	\$49.00	2	01103	\$70.00
3	01113	\$73.00	3	01105	\$105.00
4	01114	\$98.00	4	01107	\$140.00
5	01115	\$122.00	5	01109	\$175.00

Pay as you go \$7.00/class

Enhanced Fitness Program is a group fitness class designed just for seniors. EFP is an evidence-based program developed by Senior Services in Seattle, WA and as such is part of a study originally sponsored through a grant from Center of Disease Control. Recognized nationally as one of the top 10 senior exercise programs, EFP offers strength training, flexibility, and cardiovascular conditioning designed to promote better balance and health for longevity of independent living. Improve your flexibility, bone density, and stability with this fun interactive exercise program. Remember consistency and commitment are the key to a successful exercise program. **For all levels of fitness.**

Punches: \$1.00 per punch for Members, \$2.00 per punch for Program Participants. Cards have 12 punches.