



GET FIT TOGETHER

GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET OUR TEAM



Amber Christensen
Group Fitness Coordinator



Aaron Byrd
Aquatics Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOT CAMP 5:30am - 6:15am Starts Sep 20th		BOOT CAMP 5:30am - 6:15am Starts Sep 20th		BOOT CAMP 5:30am - 6:15am Starts Sep 20th		
H2O Aerobics 8:00am - 9:00am	H2O Aerobics 8:00am - 9:00am	Cycling 6:00am - 6:45am Community Room	H2O Silver Sneakers 8:00am - 9:00am	ZUMBA 8:30am - 9:30am Gym 3		
ZUMBA 9:00am - 10:00am Gym 3	TONING 9:00am - 10:00am Gym 3	H2O Aerobics 8:00am - 9:00am	TONING 9:00am - 10:00am Gym 3	MULTILEVEL YOGA 9:30am - 10:30am Community Room	AQUA ZUMBA 10:00am - 11:00am	
SILVER SNEAKERS 9:00am - 10:00am Community Room		STRONG NATION 9:00am - 10:00am Gym 3				
LUNCH CRUNCH 12:00pm - 12:30pm Gym 3	HIIT 12:00pm - 12:30pm Gym 3	SILVER SNEAKERS 9:00am - 10:00am Community Room	HIIT 12:00pm - 12:30pm Gym 3	LUNCH CRUNCH 12:00pm - 12:30pm Gym 3		
		LUNCH CRUNCH 12:00pm - 12:30pm Gym 3				
Build N' Burn 5:30pm - 6:15pm Community Room						
H2O Aerobics 6:15pm - 7:15pm	ZUMBA STEP 6:00pm - 7:00pm Community Room	Cycling 5:30pm - 6:00pm Community Room	TABATA 6:15pm - 7:15pm Community Room			
ZUMBA 6:30pm - 7:30pm Community Room	Aqua Tabata 6:15pm - 7:15pm	STRONG NATION 6:15pm - 7:15pm Community Room				

Specialty Classes
These classes are NOT part of membership plans and must be paid in advance

Things you need to know!

- (if applicable) Lap lanes will be available during water classes.
- Participants must disinfect equipment before and after each use.
- Practicing social distancing and wearing a mask are optional. Please respect those who choose to follow.

GROUP FITNESS POLICIES

- Members age 13+ may participate in all group exercise classes.
- Members age 8 - 12 may participate in classes only with instructor approval and if they are accompanied by an adult (18+) who is participating in the class.
- T-shirts, shorts, sweat pants, tights, leotards, socks and closed-toe athletic shoes are acceptable.
- No street clothes - including jeans, sandals or swimsuits are allowed in floor exercise classes.
- Water fitness class participants must wear lined swim trunks or swim suits. Cotton clothing is not allowed.

Classes are subject to change with little to no notice. Stay up to date with schedule changes and more by signing up for information by text. Text @saymca4 to 81010.

Child Watch

Hours of Operation

Monday - Friday

8am - 1pm

5pm - 8pm

Child watch is offered for free to members with a Family or Single Parent Family membership. Child watch can be purchased for a fee of \$2 per child for 2hrs

RESPECT EACH OTHER, BUILD RELATIONSHIPS AND IMPROVE YOUR HEALTH WHILE HAVING FUN!



Group Fitness Class Descriptions

Build N Burn:

This class offers an intense workout, combining total body strength training with weights and cardio.

Cycling:

Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Step:

It is a class that makes cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.

HIIT:

High-intensity interval training takes your cardio workout to another level. This class will get you a full-body workout in 30-mins.

PiYo Live:

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. Improve your flexibility, balance, and core power with this intense, low-impact workout that will burn crazy calories and sculpt every inch of your body for a long, lean, and beautiful physique.

Silver Sneakers®:

Muscular strength & range of movement. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity of daily living skills.

Strength:

This class uses your body weight to help build endurance, agility and strengthen your core.

STRONG Nation™:

Combines high-intensity interval training (HITT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Tabata:

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds.

Toning:

This class utilizes strength training exercises aiming at developing a physique with a large emphasis on strength and muscle toning. With the use of light weights (1lbs - 3lbs.) this class will give your body a noticeable muscle definition and shape.

Zumba®:

Dance your way to a fitter you with exciting and unique Latin moves and rhythms!

Zumba Gold®:

This dance fitness class has all the same energizing music as Zumba®, but set to a low- or no-impact routines designed to be easy-to-follow and fun!

Zumba® Step:

Increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

Water Aerobic Classes

Aqua Zumba®:

Water class offering low impact, allowing you to let loose. The water's natural resistance provides a challenge that will help to tone muscles.

Aqua Tabata:

HIIT movements that are adapted to water creating a workout that gives you resistance and cardio.

H2O Aerobics:

Low-impact performed in the water to induce strength and muscle gains. With added equipment like paddles, noodles, and kickboards. Ideal class for those with arthritis, back problems, foot or leg injuries, and knee conditions will benefit from the reduced impact this class has to offer.