



HEALTH & WELLNESS GROUP EXERCISE CLASSES

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STAFF CONTACT

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FREE GROUP EXERCISE CLASSES (AGES 12 YEARS & UP, UNLESS OTHERWISE NOTED)

- **Y Members:** Free with Membership
- **General Public:** Day Pass required

A LISTING OF CLASS DAYS AND TIMES CAN BE FOUND ON OUR APP, OR THE SCHEDULES TAB ON OUR WEBSITE. www.spymca.org.



Family Friendly: This icon indicates Family Friendly Classes which run as usual, but are open to kids ages 7 and up accompanied by an adult. See schedule for class times that are Family Friendly

***Classes with asterisk require pre-registration to reserve your spot. Instructions on how to register for classes is located at the end of this document.**

GROUP CYCLING*

Come enjoy a heart-pumping ride while you pedal to the beat of great music using Coach By Color®. Join us for a non-impact, fitness program for all abilities and ages (kids must be about 5 ft tall to fit properly on bikes). Beginners must come 10 minutes early for bike setup! Group Cycling room. **Limit 24 participants per class. *Please reserve your spot. Location: Group Cycling Studio**



KICKBOXING

This class combines martial arts techniques with fast-paced cardio. This high-energy workout is flexible to serve the levels of all students yet challenges every level alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. **Location: Group Exercise Studio**

LES MILLS BODYPUMP/ EXPRESS (AGES 13 YEARS & UP)

Bodypump™ is intended to build strength and sculpt your muscles—it is also a killer cardio workout, with many tracks spiking your heart rate and leaving you dripping with sweat. Each song track focuses on a different muscle group, with a warm-up and cool-down track opening and closing the class, and requires various weights (heavier for the bigger muscle groups, lighter for the smaller ones). You will do a high number of repetitions with lighter weights for maximum fatigue and, ultimately, to get stronger. The class is ideal for those who want to add weight lifting into their routine. 60-minute format and Express 45 minute format. Must be 13 years old & up. **Location: Group Exercise Studio**



BOOT CAMP

This boot camp style class will have cardio and strength intervals, circuits and more. Class will be outside when temperatures are 48 degrees or warmer. Fall/Winter class will continue to run in the gym when weather is not appropriate **Location: Soccer Fields/Group Exercise Studio**



QUICK HIIT (HIGH-INTENSITY INTERVAL TRAINING)

This class delivers a sweat drenching, calorie-blasting workout designed to maximize the EPOC (Excess Post-exercise Oxygen Consumption) effect, which means you will be burning more calories long after your workout. We combine cardio and strength in this Boot Camp-style high intensity

interval training (HIIT) class to deliver a total body challenge. Energy will be high and rest will be short, so be ready to work hard to help maximize your results in minimal time. **Location: Group Exercise Studio**

TOTAL BODY

Total Body is a head-to-toe cardio and strength workout that will elevate your heart rate by combining cardio, strength and core exercises using your own body weight, as well as, a variety of equipment.

Location: Group Exercise Studio

WATER EXERCISE

This low-impact class incorporates cardiovascular and muscle conditioning exercises using the water as resistance. This environment is great for everything from athletic training to arthritis relief—water naturally offers resistance. Working in the water will help improve balance and core strength. No swimming skills are necessary. **Location: Adventure Pool**

SILVERSNEAKERS CLASSIC (AGES 40 YEARS & UP)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **Location: Gymnasium**

SILVERSNEAKERS CIRCUIT (AGES 40 YEARS & UP)

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. **Location: Group Exercise Studio**

SILVERSNEAKERS YOGA (AGES 40 YEARS & UP)

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. **Location: Group Exercise Studio**

TOTAL ABS EXPRESS

An action-packed 30 minutes designed to tone, build and strengthen the abdominal muscles. Total Abs uses a various exercises to target the core muscles, and get results fast. **Location: Group Exercise Studio**

FREE YOGA & PILATES MAT CLASSES (All Yoga and Pilates mat classes are FF)

Y Members: Free with Membership

General Public: Day pass required

GENTLE YOGA



Rejuvenate, reduce stress, increase flexibility & strength with this gentle yoga class introducing students to basic yoga postures and breathing techniques. The approach is gentle, supportive and caring. **Location: Group Exercise Studio**

MORNING YOGA



Wake up to a dynamic flowing yoga practice so you can nurture a healthier you. Become more aware of the body and mind, cultivate strength and increase flexibility. First week of every month will be more of a Yin Yoga. All levels welcome. **Location: Group Exercise Studio**



YOGA BASICS*

An Ideal place for students to begin their yoga journey. This class will place emphasis on the foundational postures, as well as deepen the student's knowledge of alignment and physical condition while bringing awareness to breath. **Location: Mind Body Room**



YOGA FLOW

Experience a powerful yoga flow to strengthen and stretch while balancing your body with relaxation and focus. Breath work, yoga postures and movements, stretching and relaxation incorporated in each class. Open to all experience levels (even beginners!) and individual modifications will be available. **Location: Group Exercise Studio/Mind Body Room**



YOGA SLOW FLOW

Experience the power of moving slow to strengthen your whole body. The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose, instead of moving to each breath. Open to all experience levels (even beginners!) and individual modifications will be available. **Location: Group Exercise Studio/Mind Body Room**



PILATES MAT

Use this class to jumpstart core strength and flexibility, working 360° around the torso. Basic to intermediate Pilates incorporated into seated, standing and mat work. **Location: Group Exercise Studio/Mind Body**

SMALL GROUP TRAINING (AGES 12 YEARS & UP)

PILATES REFORMER INTERMEDIATE

Continue your Pilates Reformer training in this small group class. Previous Pilates Reformer training is required. **Limit 5 participants. Location: Core Room.**

Class Day and time: Mondays 5:00-5:45pm

Summer Session 1 June 4-July 15 (no classes week of July 4th) (5 weeks)

Summer Session 2 July 16-Aug 19 (5 weeks)

Y Member: \$49

General Public: \$60

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX** Suspension Trainer, a performance-training tool that leverages gravity and the user's body weight to complete the exercises.

Limit 8 participants per class. Location: Core Room

Class day and time: Wednesdays 6:00-6:45am

Summer Session 1 June 4-July 15 (no class week of July 4th) (5 weeks)

Summer Session 2 July 16-Aug 19 (5 weeks)

Y Member: \$15 General Public \$38

BATTLE ROPES BURN is a small group training class that blends bodyweight exercises with the use of battle ropes to improve conditioning, coordination, and strengthen the entire body in just 30 minutes. All sessions are instructed by a certified personal trainer. **Limit 3 participants. Location: Training Room.**

Class Day and time: Mon and Wed 8:00a-8:30am Or Tues and Thurs 5:45p-6:15pm

Summer Session 1A: June 12-June 30 (3 weeks, 6 classes total)

Summer Session 1B: July 10-July 28 (3 weeks, 6 classes total)

Summer Session 2: July 31- August 18 (3 weeks, 6 classes total)

Y Member: \$20

General Public: \$40

SMALL GROUP TRAINING YOUTH/TEEN (AGES 10-17)

Y-FAST- Youth Athletic Development Program

Y-FAST will focus on increasing 5 components that directly feed into youth athletic performance- speed, agility, quickness, power, and strength. Participants will meet 3 times weekly for a 3-week period. Instructed by a certified personal trainer. **Limit 10 Participants.**

Class Day and Time: Monday, Tuesday, Thursday 7:45a-8:45a

Summer Session 1A June 12-30th (3 weeks, 9 classes)

Summer Session 1B July 10th-28th (3 weeks, 9 classes)

Summer Session 2 July 31st- August 18th (3 weeks, 9 classes)

Y Member: \$50

General Public: \$100

GROUP EXERCISE RESERVATION INSTRUCTIONS

*Reservations open 2 days before the class start time.

TO OPEN THE GROUP EXERCISE SCHEDULE:

- Go to our website www.spymca.org
- Click on the tab "Schedules" located on the top menu bar and choose "Group Ex Classes"
- Once in the schedule, locate the class you want to take. (Go to the correct date, locate the class)
- On right side click "Sign Up"

THE FIRST TIME YOU REGISTER FOR A CLASS:

- Click on "Create a login" (near top)
- Enter your First and Last name, email address, and a password; confirm your password.
- Click "Register"
- Enter the email and password you created
- Click "Login"
- Click the blue "Reserve a Spot"

That's it!! It will tell you if you have a spot reserved, or if it is full. You may then log out of your account.

TO CANCEL A RESERVATION:

- Follow the same steps to open the schedule
- Open the class you registered for
- Click on "Sign Up"
- Log into your account. It will tell you in green you have a spot
- Click on blue "Cancel Reservation"

If you do not have access to a computer, please contact the Member Services Desk at 715.342.2980 and we will be happy to assist you.