

## STUDIO A SCHEDULE

### Summer 2017 Schedule (Effective 6/5/2017)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10-5:50am H.I.I.T Daina O.			5:10-5:55am H.I.I.T Daina O.		
		6:00-6:45am Muscle Pump Deb	6:00-6:45am R.I.P.P.E.D. Rachel			
		8:30-9:10am Abz & Armz Missy		8:30-9:10am Butz & Gutz Missy		8:15-9:30am Muscle Pump Laurie
	9:15-10:15am CardioPump Dayna D.	9:15-10:15am STRONG by Zumba Missy	9:15-10:15am Zumba Katie N.	9:15-10:15am STRONG by Zumba Missy	9:15-10:15am CardioPump Dayna D.	9:40-10:40am Zumba Laurie
	10:30-11:15am Fit For Life Dayna D.	10:30-11:15am Fit For Life Missy	10:30-11:30am Muscle Pump Sarah	10:30-11:15am Fit For Life Missy		
					12:00-12:45pm Power Core Laurie	
	4:15-5:15pm R.I.P.P.E.D. Sarah		4:15-5:15pm R.I.P.P.E.D. Sarah	4:15-5:00pm Step Interval Laurie		
5:00-6:00pm CardioPump Caryn	5:30-6:25pm Muscle Pump Laurie	5:15-6:15pm R.I.P.P.E.D. Laura	5:30-6:25pm Muscle Pump Laurie	5:30-6:25pm Zumba Caryn		
	6:35-7:35pm Zumba Caryn	6:30-7:30pm Dance&Sculpt Missy	6:35-7:35pm Zumba Laurie	6:35-7:35pm Cardio Kickboxing Jason		
No Fitter Kritters or Fit Kids for the Summer. The classes will resume in the Fall.						

Schedule is subject to change at any time.

For the most up to date schedule visit [SCYMCA.org](http://SCYMCA.org)

**MULTI-LEVEL:** Classes listed below offer a variety of ways to get toned and in shape. Classes may be mostly strength and toning or mostly cardio conditioning, but many contain both!

**Abz & Armz** - All upper body and core work.

**Butz & Gutz** - All toning to target those legs, glutes, and core.

**CardioPump** - Fun, energizing, calorie burning cardio workout followed up by strength and toning targeting all major muscle groups.

**Dance & Sculpt**- Jump in for fun and easy to follow cardio dance with strength training to tone and tighten your whole body.

**Fit For Life**- Designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility. Also great for beginners!

**H.I.I.T** - Basic exercises aim to get you up to your max heart rate-delivering maximum results!

**Muscle Pump** - A class designed to help you work harder to tone and strengthen all muscles using bars and weight plates, dumbbells, bands, body weight and/or stability balls.

**Power Core**- A variety of exercises targeting the core muscles-abdominals, back and muscles surrounding the pelvis.

**R.I.P.P.E.D.** - Resistance, Intervals, Power, Plyometrics, Endurance, Diet/Nutrition - you get it all in this one-stop, power-packed class!

**Step Interval**- Intervals of step and strength that include use of dumbbells, bands and body weight exercises



**STRONG by Zumba™** combines high intensity interval training 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.



This class fuses latin rhythms and easy to follow moves to create a workout that is more fun than work! Come join the party!

#### **YOUTH**

#### **FITNESS:**

These classes are designed to bring fun to fitness for youth from 2-11 years of age. Offering cardiovascular as well as strength, endurance and flexibility to their workouts.

**Fit Kids** - Group exercise for kids 5-11 years old. Includes, but is not limited to, games, drills, agility and strength. Cancelled during the Summer Schedule.

**Fitter Kritters** - Group games/activities for ages 2-5yrs. Cancelled during the Summer Schedule