

## STUDIO A SCHEDULE

### Winter 2018 Schedule (Effective 4/03/2018)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10-5:50am H.I.I.T Dawn			5:10-5:55am H.I.I.T Dawn		
		6:00-6:45am Muscle Pump Deb	6:00-6:45am R.I.P.P.E.D. Rachel			
						7:00-8:00am R.I.P.P.E.D. Sarah
		8:30-9:10am Abz & Armz Laurie		8:30-9:10am Butz & Gutz Laurie		8:15-9:30am Muscle Pump Laurie
	9:15-10:15am CardioPump Dayna D.	9:15-10:15am CardioBlast Cathy	9:15-10:15am Zumba Katie N.	9:15-10:15am CardioBlast Cathy	9:15-10:15am CardioPump Dayna D.	9:40-10:40am Zumba Laurie
10:15-11:15am Muscle Pump Caryn	10:30-11:15am Fit For Life Dayna D.		10:30-11:15am Fit For Life Cathy		10:30-11:15am Fit For Life Cathy	10:50-11:35am Yoga Flow Laurie
11:30-12:30pm Zumba Caryn						
					12:00-12:45pm Power Core Laurie	
		4:15-5:05pm Zumba Genife	4:30-5:15pm Power Mat Pilates Cathy	4:15-5:00pm Step Interval Laurie	4:30-5:15pm STRONG by Zumba Missy	
	4:30-5:15pm STRONG by Zumba Missy	5:15-6:15pm R.I.P.P.E.D. Laura	5:30-6:25pm Muscle Pump Laurie	5:30-6:25pm STRONG by Zumba Caryn	5:30-6:30pm Zumba Caryn	
	5:30-6:25pm Muscle Pump Laurie	6:30-7:30pm Dance&Sculpt Missy	6:35-7:35pm Zumba Laurie	6:35-7:35pm Cardio Kickboxing Jason		
	6:35-7:35pm Zumba Caryn					
Youth/Family Fitness - Effective 3/8/2018						
		9:00-9:30am Fitter Kritters		9:00-9:30am Fitter Kritters		
		5:00-5:45pm Fit Kids	5:00-5:45pm Fit Kids			

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.

**CardioBlast** - This intense program of aerobics covers anything from boxing and step to squats, lunges and running, each class offers a different challenge but all combine body weight training and aerobic activity. This low impact but high intensity class is a great calorie burner suitable for all fitness levels.

**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 major muscle groups with 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.

**Mat Pilates**- A class that focuses on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels. Students learn to be aware of breathing patterns and spinal alignment while engaging deep muscles of the core. Props are used to enhance and intensify the workout. All levels welcome

**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 aerobics and exercises to tone and tighten!



**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.

**Total Barre** - A high-energy and dynamic program that integrates elements of Pilates, dance, cardio and strength training. This focuses on increasing strength, flexibility, stamina and dynamic stability



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 Summer schedule.

**Fitter Kritters** - Group games/activities for ages 2-5yrs.