



## STUDIO A SCHEDULE

(effective 11/3/2019 – 11/30/2019)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10-5:50am H.I.I.T. Cathy			5:10-5:50am H.I.I.T. Cathy		
		6:00-6:45am Muscle Pump Deb	6:00-6:45am H.I.I.T. Fusion Nicole		6:00-6:45am H.I.I.T. Fusion Dawn	
		8:15-9:00am Abz & Armz Laurie	8:15-9:05am Barre Nicole	8:15-9:00am Butz & Gutz Laurie		8:00-9:10am Muscle Pump Laurie
	9:15-10:15am Cardio Pump Dayna D.	9:15-10:05am H.I.I.T. Drew	9:15-10:15am Zumba Katie	9:15-10:05am H.I.I.T. Trisha	9:15-10:15am Cardio Pump Dayna D.	9:20-10:20am Zumba Laurie
10:15-11:15am Muscle Pump Caryn	10:30-11:15am Fit for Life Dayna D.	10:15-11:05am Stretch & Strength Carla	10:30-11:15am Fit for Life Dayna D.	10:15-11:05am Stretch & Strength Carla	10:30-11:15am Fit for Life Christine	
11:30-12:30pm Zumba Caryn						
					12:00-12:45pm Power Core Laurie	
	4:30-5:15pm Core Strength & Resistance Drew	4:15-5:00pm Barre Nicole	4:30-5:15pm H.I.I.T. Shadow Boxing Drew	4:15-5:15pm Step Interval Laurie		
	5:30-6:25pm Muscle Pump Laurie	5:15-6:15pm R.I.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	
	6:35-7:35pm Zumba Caryn	6:30-7:30pm Barre Cathy	6:35-7:35pm Zumba Laurie	6:35-7:35pm Barre Cathy		

Schedules are 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 increase your strength and cardio endurance. Classes consist of many different levels of fitness.

- Abz & Armz -** All upper body and core work.
- Barre -** Barre integrates elements of Pilates, dance, and strength. This total body workout performs small isometric movements that burn fat, sculpt muscles and builds long lean muscle tone.
- 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 minimal 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.
- Core Strength & Resistance -** This class will focus on increasing your strength and core stability through low impact resistance training.
- 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 that aim to get you up to your max heart rate-delivering maximum results! A cardiovascular exercise strategy alternating short periods of intense anaerobic movements with less intense recovery periods.
- H.I.I.T Fusion -** Get sweaty in this full body workout then cool down while focusing on mobility, flexibility, and balance. You can expect 30 min of HIIT to warm the body up followed by 15 min of relaxing stretching and mobility work.
- H.I.I.T. Shadow Boxing -** Get ready to punch and kick your way to a chiseled body! This class incorporates a mixture of cardiovascular and strength exercises with boxing moves such as jabs, hooks, kicks, and easy to follow combinations.
- 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.
- 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.
- 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.
-  This class fuses latin rhythms and easy to follow moves to create a workout that is more fun than work! Come join the party.