



Group Fitness  
 Group Fitness @ Springfield Family YMCA  
 December 31st - March 31st

300 S Limestone St  
 SPRINGFIELD, OH 45505  
 (937) 323-3781

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Jump Start</b> Cathy Tagg 6am - 6:50am	<b>Ride &amp; Shine</b> Stacey Picolo 6am - 6:50am	<b>Jump Start</b> Cathy Tagg 6am - 6:50am		<b>Jump Start</b> Cathy Tagg 6am - 6:50am		
8am	<b>Fitness Challenge</b> Rhonda Highfield 8:30am - 9:20am	<b>Power Up</b> Andrea Rak 8:30am - 9:20am	<b>Fitness Challenge</b> Rhonda Highfield 8:30am - 9:20am	<b>Power Up</b> Andrea Rak 8:30am - 9:20am	<b>Cross Train Plus</b> Rhonda Highfield & Andrea Rak 8:30am - 9:20am	<b>Cycle Circuit</b> Stacey Picolo 8:30am - 9:20am	
9am	<b>Zumba</b> Melissa Marshall 9:30am - 10:20am	<b>Drums Alive</b> Linda Getz 9:30am - 10:20am	<b>Zumba</b> Melissa Marshall 9:30am - 10:20am	<b>Retro-Aerobics</b> Linda Getz 9:30am - 10:20am	<b>Yoga</b> Casey Bancroft 9:30am - 10:20am	<b>Super Saturday</b> Julie Siders 9:30am - 11am	
10am	<b>Moving With Motive</b> Terry Muscato 10:30am - 11:20am	<b>Silver Sneakers</b> Terry Muscato 10:30am - 11:20am	<b>Zumba Gold</b> Linda Getz 10:30am - 11:20am	<b>Silver Sneakers</b> Terry Muscato 10:30am - 11:20am	<b>Gentle Yoga</b> Casey Bancroft 10:30am - 11:20am		
11am					<b>Line Dancing</b> Cathy Robinson 11:30am - 12:20pm		
12pm	<b>Body Shop</b> Nanci Sarven 12:15pm - 12:45pm	<b>Cycle 30</b> Samantha Trempe 12:15pm - 12:45pm	<b>Body Shop</b> Nanci Sarven 12:15pm - 12:45pm	<b>Cycle 30</b> Samantha Trempe 12:15pm - 12:45pm			
1pm							<b>Pound</b> Alyssa Dunham 1:30pm - 2:15pm
4pm	<b>Fusion</b> Terry Muscato 4:30pm - 5:20pm	<b>Yoga</b> Julie Siders 4:30pm - 5:20pm	<b>Kettlebells</b> Terry Muscato 4:30pm - 5:20pm	<b>Yoga</b> Victoria Walters 4:30pm - 5:20pm	<b>Happy Hour Cycle</b> Melissa Marshall 4:30pm - 5:20pm		
5pm	<b>Cycle Circuit</b> Stacey Picolo 5:30pm - 6:20pm	<b>Zumba</b> Kellye Hickman 5:30pm - 6:20pm	<b>Cycle Circuit</b> Sarah Shaffer 5:30pm - 6:20pm	<b>Zumba</b> Kellye Hickman 5:30pm - 6:20pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Springfield Family YMCA

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**Body Shop** - LUNCHTIME FULL BODY WORKOUT FOR AN ENERGY BOOST.

**Cross Train Plus** - THIS CLASS UTILIZES EVERYTHING FROM WEIGHTS TO MATS AND BALLS TO BIKES TO VARY YOUR WORKOUT EACH FRIDAY.

**Cycle 30** - A lunchtime cycle class to get your cardio done in 30 minutes. All fitness levels welcome!

**Cycle Circuit** - STATIONARY BIKE INTERVALS OF HIGH AND LOW INTENSITY. THIS IS A GREAT CLASS FOR ALL LEVELS OF FITNESS.

**Drums Alive** - HIGH ENERGY CLASS USING STABILITY BALLS AND DRUM STICKS. IN THIS CLASS, ALL LEVELS OF FITNESS ARE WELCOME.

**Fitness Challenge** - THIS CLASS USES A MIXTURE OF STEP, HI/LO AEROBICS AND STRENGTH TRAINING FOR ALL YOUR FITNESS NEEDS.

**Fusion** - A TONING CLASS USING DUMBBELLS, TUBES, BANDS AND STABILITY BALLS TO STRENGTHEN THE ENTIRE BODY.

**Gentle Yoga** - AN INTRODUCTION CLASS TO YOGA USING PROPS ALLOWING FOR A SLOW AND RELAXING PRACTICE.

**Happy Hour Cycle** - - WORK OUT BEFORE YOU GO OUT! FRIDAY NIGHT CLASS GETS YOU READY FOR THE START OF YOUR WEEKEND.

**Jump Start** - BEGIN THE DAY WITH A BOOT CAMP OR CYCLE CLASS TO GET YOUR ENERGY GOING.

**Kettlebells** - USING MOMENTUM AND THE STRENGTH OF MULTIPLE MUSCLE GROUPS, BURN UP TO 400 CALORIES IN A 45 MINUTE WORKOUT.

**Line Dancing** - LEARN THE SIMPLE DANCE COMBOS AND LISTEN TO GREAT COUNTRY MUSIC. NO PARTNER NECESSARY TO JOIN THE FUN!

**Moving With Motive** - LOW IMPACT AEROBICS, STRENGTH TRAINING AND CORE WORK FOR ACTIVE, OLDER ADULTS.

**Pound** - A full body cardio workout using weighted drumsticks and fast paced combos. All fitness levels are welcome!

**Power Up** - A 45-MINUTE STRENGTH TRAINING CLASS USING TUBES, BANDS AND DUMBBELLS.

**Retro-Aerobics** - "OLD SCHOOL" AEROBIC DANCE MOVES WITH GREAT MUSIC FROM THE 50's - 80's.

**Ride & Shine** - A CYCLE CLASS THAT WILL MAKE YOU FEEL AS IF YOU ARE OUTDOORS WITH SPRINTS, HILL CLIMBS AND GROUP CHALLENGES.

**Silver Sneakers** - HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOTION AND ACTIVITY FOR DAILY LIVING SKILLS.

**Super Saturday** - 40 MINUTES OF STRENGTH-TRAINING FOLLOWED BY 40 MINUTES OF ZUMBA EQUALS A GREAT RESISTANCE/CARDIO WORKOUT.

**Yoga** - A BALANCED COMBINATION OF YOGA POSES USING THE BREATH WITH A FOCUS ON THE SPINE AND ON RELAXATION TECHNIQUES.

**Zumba** - A DYNAMIC COMBO OF SALSA, HIP HOP AND CALYPSO STEPS SET TO SPICY LATIN MUSIC.

**Zumba Gold** - EASY TO FOLLOW MOVES FOR BEGINNING ZUMBA PARTICIPANTS AND ACTIVE, OLDER ADULTS.