



Group Fitness
 Group Fitness @ Springfield Family YMCA
 April 1st - May 26th

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

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