



GROUP EXERCISE

Schedule



MULTI-PURPOSE ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rep 8:10-9:00 AM	Pilates 8:10-9:00 AM	Rep 8:10-9:00 AM	Pilates 8:10-9:00 AM	Rep 8:10-9:00 AM	
Spinning* 9:00-9:50 AM	Spinning* 9:00-9:50 AM	Spinning* 9:00-9:50 AM	Spinning* 9:00-9:50 AM	Hip Hop 9:00-10:00 AM	Zumba 9:00-10:00 AM
AOA 10:00-10:45 AM	Tai Chi 10:00-10:45 AM	AOA 10:00-10:45 AM	Tai Chi 10:00-10:45 AM		Zumba Basic 10:00-10:45 AM
Zumba 5:30-6:20 PM	Kickboxing 5:30-6:20 PM	Zumba 5:30-6:20 PM	Kickboxing 5:30-6:20 PM	Zumba 5:00-5:50 PM	
Zumba 6:20-7:10 PM	Tone & Sculpt 6:20-7:10 PM	Zumba 6:20-7:10 PM	Tone & Sculpt 6:20-7:10 PM		
Pilates 7:10-8:00 PM	Spinning* 7:15-8:05 PM	Pilates 7:10-8:00 PM	Spinning* 7:15-8:05 PM		

GYM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zumba 9:00-10:00 AM	Zumba 9:00-10:00 AM	Step Aerobics 9:00-10:00 AM	Zumba 9:00-10:00 AM	
Boot Camp 6:00-7:00 PM		Boot Camp 6:00-7:00 PM		Boot Camp 5:00-5:45 PM

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics 9:00-10:00 AM	Water Aerobics 9:00-10:00 AM	Water Aerobics 9:00-10:00 AM	Water Aerobics 9:00-10:00 AM	Water Aerobics 10:00-11:00 AM
	Aqua Zumba 10:15-11:00 AM		Aqua Zumba 10:15-11:00 AM	
Water Aerobics 11:00-11:45 AM	Water Aerobics 11:00-11:45 AM	Water Aerobics 11:00-11:45 AM	Water Aerobics 11:00-11:45 AM	
Water Aerobics 5:30-6:15 PM		Water Aerobics 5:30-6:15 PM		

* SEPARATE FEE REQUIRED

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GROUP EXERCISE

United
Way



Class Descriptions

AOA CLASSES

Designed for active older adults to maintain flexibility, range of motion, and increased energy

BOOT CAMP

Maximize your power and strength, improve agility, speed, and overall endurance. Incorporates plyometric moves, calisthenics, and cardio for a total body workout.

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. It's a fitness party!!

SPINNING

Spinning brings your out door cycling indoors. Through instructor motivation and heart-pounding music you'll get a workout unlike any you've had before.

You'll sit and stand and increase intensity as you climb hills and roll back down.

PILATES

Improve balance and coordination while improving strength and flexibility. The mostly full range of motion exercises can be done with or without special equipment and each movement is executed according to six basic principles:

control, concentration, centering, focus, precision, and breathing.

REP REEBOK

A development from the fitness specialists at Reebok University which uses weights in the workout routine for increased strength and power. It's a revolutionary re-invention of traditional group strength training.

STONE & SCULPT

Combined moves from different types of exercise create a dance-based class full of fun and movement. A total body workout with cardio, strength, and stretching.

AQUA ZUMBA

You might recognize Zumba, a popular fitness class that's all about movement, dancing, and feeling the rhythm of the pulsating sounds of world music.

Add water and you've got Aqua Zumba!

WATER AEROBICS

Combines the benefits of a great cardio and strength training workout while protecting the joints from excess strain. Designed to improve flexibility, balance, coordination, and strength.

TAI CHI

If you're looking for another way to reduce stress, consider tai chi (TIE-chee). Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that increases flexibility, range of motion, and overall well-being.