

**Sparta Athletic Club**

**Winter Group Fitness Class Descriptions**

\*Due to illness/emergencies instructors are subject to change\*

**Cardio Classes**

**Cardio Blast:** High intensity bouts of cardiovascular segments; athletic drills, hi/lo cardio, boxing, step patterns with dynamic core training into a fun, power packed workout.

**Step:** 50 minutes of Step training followed by an intense abdominal workout and relaxing cool-down. All fitness levels welcome.

**Step & Sculpt or Sculpt & Pilates:** A perfect combination of Step training to burn fat and strength training to improve muscular strength. Pilates will help develop core strength and flexibility.

**Bootcamp:** The Ultimate fat burning and strength building class. Challenge yourself with easy aerobic patterns, plyometric moves, athletic drills and power sculpting.

**Spin:** Great cardiovascular workout. Instructors design different workouts each class. Classes can consist of long flat ride, hard to climb hills and fun-filled rides to great motivating music. All fitness levels welcome. Bring H<sub>2</sub>O and a towel!! You will sweat!!

**20/20/20:** 20 minute intervals of cardiovascular exercise. Class may consist of Boxing, Step, Hi/Lo, and Kickbox. All levels of fitness welcome.

**Interval Training:** This class is intense training. Consisting of high intensity intervals of strength and cardio combo training. . \*all levels of fitness welcome.

**Strength and Spin:** ½ hour spin class combined with ½ strength training series. Great full body workout. All levels of fitness welcome.

**Kickboxing:** Cardio based class with kickboxing moves. This class will burn calories and tighten up the lower body and core area. All levels welcome.

**Butts N Gutts:** This hour is filled with a variety of leg/butt exercises and abdominal exercises. Get ready to feel the burn!! All levels welcome.

**Double Bench:** This is a great workout for those who love to step. It is choreographed with fun innovative steps. Get ready to feel energized! All levels welcome.

**Strength and Flexibility Classes**

**Power Sculpt:** Total body conditioning. Sculpt the entire body using weights, balls, tubing, bands and Pilates rings.

**½ Strength ½ Abs:** Class consists of intense strength training upper and lower body for ½ hour transitioning into ½ hour of core and abs.

**Pilates:** Focus for this class is designed to increase your core body strength. Create long lean muscles while increasing strength, flexibility, and balance. All fitness levels welcome.

**LEVEL 1 Yoga:** Beginners start here. A slow progression of Yoga postures for beginners to energize the body and calm the mind. Anyone new to yoga starts here.

**LEVEL 2 Yoga:** Develop a mind-body connection with Hatha Yoga postures. Each person is guided to their own level of ability while combining the efforts of mind and body. This energizing class focuses on muscular strength, flexibility, and balance while decreasing mind and body tension. Level 1 classes are encouraged prior to taking level 2 classes.

**Will Power and Grace (WPG):** Bring your body back to the basics. This functional training exercise class is designed to incorporate all muscle groups in the body. Cardio plus strength training is involved with this class. **All levels welcome.**

**Senior Stretch:** Class consists of low impact movements, light toning and stretching.

**Spin Schedule**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Laura D		5:45am Glen		Brielle	
8:00 AM	Glen						Charlene
8:30 AM		Charlene	Todd	Heather	Todd	Laura M	
9:00 AM	Paul						Jane
9:30 AM		Lisa B	Carrie	Nina	Lisa K	SPIN/STRENGTH LISA B (90 minutes)	
1:00 PM			Charlene				
5:00 PM			5:30pm Joyce	4:30pm Sharon			
6:00 PM		Todd			Sandra	Todd	
6:30 PM			Jane	6:15pm Paul			Effective Feb. 1

<b>Group Fitness / Spin Class Schedule</b>							<b>Effective Feb. 1st</b>
<b>Time</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
6:00 AM			<b>Power Sculpt</b> Nina		5:45am <b>LEVEL 2 Yoga</b> Kristina		
8:00 AM	<b>Step &amp; Sculpt</b> Tammy						<b>Step</b> Lynne
8:30 AM		<b>Pilates</b> Lisa K	<b>20/20/20</b> Lynne	<b>Power Sculpt/Pilates</b> Michelle	<b>Step n Sculpt</b> Lisa K	<b>Butts N Gutts</b> Lisa B	
9:00 AM	<b>Pilates</b> Dana						<b>Power Sculpt</b> Courtney/Lynne
9:30 AM		<b>Power Sculpt</b> Lynne	<b>Zumba</b> Amy	<b>Interval Training</b> Lynne/Charlene	<b>Kickboxing</b> Jayne	<b>Power Sculpt</b> Robyn	
10:00 AM	10:15am <b>LEVEL 2 Yoga**</b> Diane		9:30am <b>Bootcamp</b> (fieldhouse) Robyn/Nina				<b>LEVEL 1 Yoga**</b> Courtney/Kylen
10:30 AM		<b>15 min Abs</b> Lynne	<b>Pilates</b> Lisa K		<b>Pilates</b> Robyn	<b>15 min Abs</b> Robyn	
10:45 AM		<b>LEVEL 1 YOGA**</b> Jackie		<b>LEVEL 2 Yoga**</b> Gail		<b>LEVEL 1&amp;2 Yoga**</b> Kylen	
12:00 PM		<b>Senior Fitness</b> Pam/Lorraine		<b>Senior Fitness</b> Pam/Lorraine	<b>Zumba @ 11:30</b>	<b>Senior Fitness</b> Pam/Lorraine	
1:00 PM		<b>Zumba</b> Amy		<b>Step n Sculpt</b> Robyn	<b>Spin n Strength</b> Lynne	<b>Power Sculpt /Pilates</b> Lisa K	
4:30 PM		<b>Power Sculpt</b> Chris D	<b>Pilates</b> Dana	<b>20/20/20</b> Courtney	<b>Pilates</b> Courtney	<b>Bootcamp</b> Sharon	
5:30 PM		<b>Cardio Blast</b> Christa	<b>Kickboxing</b> Kathy	<b>Pilates</b> Courtney	<b>Step N Sculpt</b> Chris D	<b>½ Core Ball Training</b> Sharon	
6:30 PM		7:00 pm <b>Level 2 Yoga**</b> Diane	<b>½ Strength ½ Abs</b> Kathy	<b>Butts N Gutts</b> Jane	<b>Level 1 Yoga**</b> Kristina		<b>Effective Feb. 1st</b>

**\*\*Indicates Classes Are 70 Minutes Long**

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