

GROUP EXERCISE SCHEDULE

FEBRUARY 1 - 28

All classes are free as a member benefit and require registration available three days in advance.

The schedule is subject to change. Please visit us online at sewickleymca.org or our new mobile app to reserve your spot and check for the latest class availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8 - 8:45 a.m. STRETCH & STRENGTH AMY CV GYM	5:30 - 6:15 a.m. TONE & SCULPT AMY CV GYM	5:30 - 6:15 a.m. CYCLE MIKE HUNTER GYM	5:30 - 6:15 a.m. HIIT AMY CV GYM	5:30 - 6:15 a.m. CYCLE GEORGE HUNTER GYM	7 - 7:45 a.m. PUMP IT ADRIANE HUNTER GYM
9:15 - 10 a.m. TOTAL BODY WORKOUT AMY CV GYM	8 - 8:45 a.m. STRETCH CHRIS CV GYM	5:30 - 6:15 a.m. CARDIO PUMP AMY CV GYM	8:15 - 9 a.m. PILATES AMY CV GYM	5:30 - 6:15 a.m. CARDIO BARRE CHRIS CV GYM	8 - 8:45 a.m. PILATES AMY C.A.C.
5:45 - 6:30 p.m. BOOTCAMP LORI CV GYM	9:15 - 10 a.m. TONE & SCULPT AMY CV GYM	7 - 7:45 a.m. B.Y.O.B. (bring your own band) CHRIS C.A.C.	9:15 - 10 a.m. CARDIO BOX AMY CV GYM	7 - 7:45 a.m. YOGA CHRIS CV GYM	8:15 - 9 a.m. CYCLE ADRIANE HUNTER GYM
6 - 6:45 p.m. CYCLE PHYLLIS HUNTER GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8 - 8:45 a.m. BARRE AMY CV GYM	9:15 - 10 a.m. CYCLE ADRIANE HUNTER GYM	8:15 - 9 a.m. LOW IMPACT AMY C.A.C.	9:15 - 10 a.m. CARDIO PUMP AMY CV GYM
6:45 - 7:30 p.m. STEP & SCULPT AMY CV GYM	10:15 - 10:45 a.m. YOGILATES ADRIANE CV GYM	8 - 8:45 a.m. YOGA CHRIS C.A.C.	10:15 - 11 a.m. TOTALLY CORE CV GYM	9:15 - 10 a.m. CONDITIONING & CORE ADRIANE CV GYM	9:15 - 10 a.m. BOOTCAMP LAURA HUNTER GYM
	5:30 - 6:15 p.m. CYCLE LORI HUNTER GYM	9:15 - 10 a.m. PUMP IT AMY HUNTER GYM	6 - 6:45 p.m. P90X CASSY CV GYM		SUNDAY
	6 - 6:45 p.m. CONDITIONING & CORE CASSY CV GYM	9:15 - 10 a.m. DANCE FITNESS CHRIS CV GYM			8:30 - 9:15 a.m. TOTAL BODY WORKOUT CASSY CV GYM
					10:30 - 11:15 a.m. STRETCH AND STRENGTH CHRIS CV GYM

BARRE

This low impact, high intensity class pulls elements of ballet for a strength focused workout.

Balance:



Tone/Sculpt:



BOOT CAMP

This high-intensity class uses exercises and drills to push you to the next fitness level.

Cardio:



Balance:



Tone/Sculpt:



B.Y.O.B.

Bring Your Own Band combines stretch and conditioning exercises using stretch bands to help increase strength and flexibility

Balance:



Tone/Sculpt:



CARDIO BARRE

Cardio Barre offers a series of fast-paced Ballet moves to elevate your heart rate and focuses on strengthening your lower body.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CARDIO BOX

Cardio Box combines kicking and punching moves to help increase balance and cardio conditioning.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CARDIO JAM

Cardio Jam provides an aerobic workout through high-paced dance moves.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CARDIO PUMP

Give yourself a full-body workout with Cardio Pump! This class provides a combination of aerobic and strengthening exercises.

Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



CONDITIONING & CORE

Conditioning & Core combines strength exercises and core work to strengthen and tone the whole body.

Balance:



Tone/Sculpt:



CYCLE

Using stationary cycles, this is a low-impact exercise that improves aerobic conditioning, core strength, and balance.

Cardio:



Balance:



Tone/Sculpt:



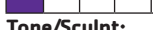
DANCE FITNESS

Dance Fitness provides a cardiovascular workout that includes fun moves of dancing and requires no dance experience.

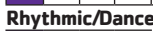
Cardio:



Balance:



Tone/Sculpt:



Rhythmic/Dance



HIIT

High Intensity Interval Training alternates short periods of challenging cardio and strength exercises with less intense recovery periods.

Cardio:



Balance:



Tone/Sculpt:



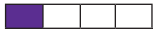
LOW-IMPACT

Low-Impact is a combination of aerobic and strengthening exercises without impact.

Cardio:



Balance:



Tone/Sculpt:



PILATES

Participants will utilize a series of movements that strengthen and support core muscles.

Balance:



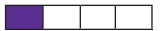
Tone/Sculpt:



PUMP-IT

This class uses added resistance and body bars to improve muscle strength.

Cardio:



Balance:



Tone/Sculpt:



P90X

P90X combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics and martial arts.

Cardio:



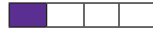
Balance:



Tone/Sculpt:



Rhythmic/Dance



STEP & SCULPT

Enjoy a challenging workout with high-energy step movements using the whole platform to keep you moving with added sculpting.

Cardio:



Balance:



Tone/Sculpt:



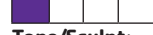
Rhythmic/Dance



STRETCH

Stretch offers a combination of exercises to lengthen and improve joint flexibility.

Balance:



Tone/Sculpt:



STRETCH AND STRENGTH

This class is designed to gently increase the range of motion of joints and strengthen supporting muscles.

Balance:



Tone/Sculpt:



TOTAL BODY WORKOUT

This workout offers a combination of aerobic, strengthening and flexibility exercises.

Cardio:



Balance:



Tone/Sculpt:



TOTALLY CORE

Totally Core combines movements that promote core strength along with balance.

Balance:



Tone/Sculpt:



YOGA

Yoga participants will strengthen and lengthen muscles through physical poses, stretches, controlled breathing and meditation.

Balance:



Tone/Sculpt:



YOGILATES

This class combines the stretching of Yoga with the dynamic strengthening of Pilates.

Balance:



Tone/Sculpt:

