

Sparta Athletic Club
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 H₂O 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 Guts: 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.

Zumba: Choreographed dance steps to upbeat music. Great cardio workout!! 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		Nina		5:45am Glen		Brielle	
8:00 AM	Glen						Charlene
8:30 AM		Charlene	Todd	Heather	April	Laura M	
9:00 AM	Paul						Jane
9:30 AM		Jayne	Carrie	Nina	Lisa K	SPIN/STRENGTH LISA B (90 minutes)	
1:00 PM			Lisa B				
5:00 PM			5:30pm Joyce				
6:00 PM		Todd/Dave			Sandra	Todd	
6:30 PM				6:15pm Paul			Effective June 21 st

Group Fitness / Spin Class Schedule							Effective June 21st
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			Power Sculpt Nina		LEVEL 2 Yoga Kristina		
8:00 AM	Step & Sculpt Tammy						Step Lynne
8:30 AM		Pilates Lisa K	20/20/20 Lynne	Power Sculpt Sharon	Step n Sculpt Lisa K	Butts N Gutts Lisa B	
9:00 AM	Pilates Dana						Power Sculpt Courtney/Lynne
9:30 AM		Power Sculpt Lynne	Zumba Amy	Interval Training Lynne/Charlene	Cardio Blast Sharon	Power Sculpt Robyn	
10:00 AM	10:15am LEVEL 2 Yoga** Diane						LEVEL 1 Yoga** Courtney/Kylen
10:30 AM		15 min Abs Lynne	Pilates Lisa K		Pilates Robyn	15 min Abs Robyn	
10:45 AM		LEVEL 1 YOGA** Jackie		LEVEL 2 Yoga** Gail	11:30 am Zumba Amy	LEVEL 1&2 Yoga** Kylen	
12:00 PM		Senior Fitness Pam/Lorraine		Senior Fitness Pam/Lorraine		Senior Fitness Pam/Lorraine	
1:00 PM						Pilates Lisa	
4:30 PM		Power Sculpt Chris D	Pilates Dana	20/20/20 Courtney/Chris	Pilates Courtney/Chris	Bootcamp Sharon	
5:30 PM		Zumba Amy	Kickboxing Kathy	Pilates Courtney/Chris	Step N Sculpt Courtney/Chris		
6:30 PM		7:00 pm Level 2 Yoga** Diane	½ Strength ½ Abs Kathy	Butts N Gutts Jane	Level 1 Yoga** Kristina		Effective June 21st

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

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