

Group Fitness



JANUARY LIVE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a - Spin Trish	8:00a - Body Pump Kristi/Sue Ann	8:00a - Synergy 360 Trish	5:15a - Spin Trish	8:00a: XTRAIN Trish	8:00a - Body Pump Bob
8:00a - Synergy 360 Trish	9:00a - Aqua Tabata Trish	9:00a - Aqua FIT Trish	8:00a - Body Pump Kristi/Sue Ann	9:00a - Yoga Tami	*1.13.25* BODY PUMP LAUNCH
9:00a - Yoga April	4:00p - Body Pump Kristi	10:15a - Active Agers Trish	9:00a - Aquafit Trish	4:00p - JIU JISU (Youth) Matt Bright	10:30a - Zumba Joseph
9:00a - Aqua Fit Trish	5:30p - Body Pump Tonja	12:15p - RPM Tonja	5:30p - Body Pump Tonja		
10:15a - Tai Chi Trish	6:30p - JIU JITSU (adults) Matt Bright	4:00p - Aqua Tabata Trish	6:45p - Zumba Joseph		
5:30p - Body Pump Bob		5:30p - Body Pump Casey/Bob			
6:45p - Zumba Joseph		6:45p - Zumba Joseph			
NO CLASS JAN 1 HAPPY NEW YEAR!					
Sunday					
2:00p - Yoga Leigh-Ann					



sandmountainpark.com/groupfitness



CLASS DESCRIPTIONS

Run4Fun

Beginner and intermediate running class that provides instruction on how to gradually increase mileage to be able to jog/run a 5k or 10k distance.

Body Pump

A barbell-based workout that's specifically designed to help you get lean, toned, and fit.

Dance Fitness

Dance fitness program that is a mix of explosive dancing and boot camp toning.

Power Waves

An intermediate total body aqua fitness class.

Spin

Indoor cycling class combining a foundation of cycling movements to create a low impact, high calorie burning workout.

Strong Seniors

Low impact exercise class that focuses on strength, balance, flexibility, and functional movements for Senior adults.

Yoga

The word yoga means to 'yoke' or 'unite'; the practice aims to create a union between mind and body.

If you have any questions about group exercises classes, please reach out to Tricia Morris!

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