



SRAC Winter 2020 Group Fitness Schedule

Morning Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35- 6:35 am Strength & Conditioning <i>w/ Connie</i>	*6:00-6:30 am* Cycling <i>w/ Connie</i>	5:35- 6:35 am Strength & Conditioning <i>w/ Connie</i>	*6:00-6:30 am* Cycling <i>w/ Connie</i>	5:35- 6:35 am Strength & Conditioning <i>w/ Connie</i>	8:30-9:30 am Yoga SCULPT <i>w/Connie</i>
8:00-8:45 am *Silver Sneakers® Classic <i>w/Steph</i>		8:00-8:45 am *Silver Strength <i>w/Cody</i>		8:30-9:30 am Vinyasa Flow Yoga <i>w/Connie</i>	
8:30-9:15 am Strength & Define <i>w/Kelly</i>	8:30-9:30 am Gentle Flow Yoga <i>w/Connie</i>	8:30-9:15 am Strength & Define <i>w/Mandy</i>	8:30-9:15 am Cardio Blast <i>w/Kelly</i>	8:30-9:15 am Cardio Blast <i>w/Kelly</i>	
9:00-9:45 am *Silver Strength <i>w/Cody</i>	8:30-9:15 am Cardio Blast <i>w/Kelly</i>	9:00-9:45 am *Silver Sneakers® Classic <i>w/Steph</i>	9:20-10:00 am Total Body Strength <i>w/ Cody</i>	9:30-10:15 am *Silver Sneakers® Classic <i>w/Steph</i>	
9:20-10:00 am Cycling <i>w/Kelly</i>	9:20-10:00 am Total Body Strength <i>w/ Cody</i>	9:20-10:00 am Cycling <i>w/Mandy</i>	9:30-10:20 am *Silver Sneakers® Circuit <i>w/Kelly</i>	10:20-11:05 am *Silver Sneakers® Yoga <i>w/ Steph</i>	
	9:30-10:20 am *Silver Sneakers® Circuit <i>w/Kelly</i>				



SRAC Winter 2020 Group Fitness Schedule

Evening Fitness Classes

Monday	Tuesday	Wednesday	Thursday	
5:30-6:15 pm Cycling w/Cody	5:30-6:30 pm Variety Yoga w/Amy	5:30-6:15 pm Cycling w/Marissa		<p><u>Class Cost Options:</u></p> <p>Member fee --- \$3/class. Non-member fee --- \$6/class.</p> <p><i>MEMBERS</i> may instead purchase a <u>Group Fitness Pass</u> for 1 month, 3 months, or 12 months. A recurring fee of \$15.07/ month is also available if you have a recurring membership!</p> <p><u>*FREE for Members!!!</u> *6:00 AM Cycling class</p> <p>*Silver Sneakers Classes! (Free w/ Senior Membership or Insurance)</p>
5:45-6:30 pm POUND w/Steph	5:45-6:30 pm Strength/Cycle w/Carmen	5:45-6:30 pm POUND w/Steph	5:45-6:30 pm Strength/Stretch w/ Marissa	
<p><u>SRAC Hours:</u> Monday-Friday: 5:30 am – 9 pm Saturday: 8 am – 6 pm, Sunday: Noon – 6 pm *Holiday Hours May Apply</p>			<p><u>HOURLY CHILDCARE HOURS</u> Monday-Saturday: 8-11:00 am Monday-Thursday: 5-7:30 pm *Holiday Hours May Apply</p>	

*This schedule is subject to change at any time. Scheduled instructors may not always be the instructor teaching class.



Spearfish Rec & Aquatics Center

122 Recreation Ln • 722-1430

SpearfishRecCenter.com

Class Descriptions

Beginner Level Fitness Classes:

SilverSneakers® Circuit: Join us for a fun workout to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is used for support and stretching!

SilverSneakers® Classic(Silver Strength): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and Silver Sneakers ball, offered for resistance. A chair is used for seated and standing support.

SilverSneakers® Yoga: This class will move your whole body through a complete series of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Gentle Flow Yoga: Gentle Flow Yoga combines basic gentle yoga poses and breathing techniques to achieve better health and flexibility, while reducing stress levels. This slower paced flow class is geared towards those preferring a restful, calming class with breathing and gentle flow movements. Great for both beginners and experienced participants!

Intermediate Level Fitness Classes:

Total Body Strength: This class is designed to increase strength and promote lean muscle gain. Each class includes total body strength conditioning exercises that utilize a variety of different training methods. AM classes are located in the training room; Thursday PM class is located in the group fitness room.

Vinyasa Flow Yoga: Vinyasa Flow Yoga combines traditional yoga poses into a fluid sequence, with less rest time between poses, slightly increasing difficulty. Poses are linked together and synchronized with breathing, increasing cardiovascular benefits and flexibility. Must be able to easily move from lying to standing position and able to balance on 1 leg.

Variety Yoga: This class is for everyone! We will combine different yoga classes for something new and exciting each time! This session of yoga will test and improve your flexibility and balance while working your body to improve strength as well.

Strength/Stretch: This combination strength and restorative stretching class starts out with a total body strengthening workout ending with a recovery section that will focus on rolling out muscles and deep stretching.

Strength/Cycle: This combination strength and cardio class will start out with approximately 20 min of strength training, with the second half focusing on an upbeat and challenging cycling segment.

POUND: POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45 minute class. Strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

Advanced Level Fitness Classes:

Cardio Blast: Blast your cardio fitness level through the roof with a full class of the best of any type of cardio training the instructor feels like throwing at you! Some days you may do kickboxing, some days step, high/low impact, & some days sports conditioning—but the bottom line, you will challenge your aerobic & anaerobic thresholds every time. Come prepared to sweat, breathe hard, and get super fit!

Cycling: See consistent results while burning high amounts of calories and improving cardiovascular endurance in this non-impact class! Whether you're a beginner or avid cyclist this class is for you! Instructor focuses on fun and challenging rides with steady progressions. Different rides include but are not limited to: intervals, strength, split rides, combo, & variety. Come enjoy the interaction, driving energy, & beats from fantastic music and get a great workout!

Strength & Define: Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing lean muscle. Research has proven by adding lean muscle you can speed up your metabolism & burn more calories! You will use hand weights, tubing, and your own body weight to change the shape of your body. No muscle gets neglected in this class!

Power Yoga: Power yoga encompasses the traditional flows and power poses of yoga. It is an athletic, fitness based approach to vinyasa-style yoga, with an emphasis on strength and flexibility. You can expect a great cardiovascular and strength building workout combined with breath work. Must be able to easily move from lying to standing position and be able to balance on 1 leg.

Strength & Conditioning: This class uses mainly kettlebells to give you a complete and full body workout that will increase strength, endurance and mobility. With consistent practice you will achieve a leaner, stronger, more functional body. This is an ADVANCED level class so expect to work hard!

Yoga Sculpt: Yoga Sculpt combines Vinyasa Flow with a full body dumbbell workout. As we are flowing from pose to pose we will incorporate dumbbells into each asana to tighten and tone every muscle in the body. This will be a class of constant movement, so expect to sweat!