



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

**SUMTER FAMILY YMCA**  
**Family Friendly Classes**  
**FITNESS CLASSES 2019**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aerobics</b>	4:30pm		War		War	Family Fitness (Group Training Studio)
	5:30pm	Zumba		Zumba		Zumba and Boot Camp
	6:30pm		Boot Camp		Boot Camp	
	7:30pm	Hip Hop After Dark				

**What makes a family friendly class?**

A family friendly class is one that is for all levels and backgrounds. The workouts are designed for participants to move at their own pace while still maintaining a high heart rate. Bring the family for a group workout that is fun and enjoyable for everyone!

**Class Descriptions**

**Boot camp** - 55-minute high intensity conditioning workout that focuses on core, plyometric, and strength. Make it as challenging as you want!

**Family Fitness** – 45 Minutes class that whatever your sport or activity level, improve your strength and stamina through a fun workout consisting of drills, circuits, fun games and interval training.

**Hip Hop After Dark** – Easy to follow dance class that has you moving to the beat of fast and slow rhythms.

**War @ By Group RX** - MMA inspired athletic training set to motivating music. Easy to follow fight patterns partnered with athletic drills to create a HIIT effect.

**Zumba @** – Easy to follow Latin inspired class that includes fast & slow rhythms (55 minutes)

**Indoor Cycling** – All classes on a stationary bike (15 and older) – see group exercise schedule