

GOOD OLD AEROBICS and STEP AEROBICS:

***30 Minute Sweaty Step Aerobics with Kelly**

***Cardio & Core Class with Sherry**

***30 Minute Intermediate Athletic Step Aerobics Workout with Sherry**

***Military Cadence Warmup and Aerobics, Aerobics and More Aerobics with Kelly**

***Half Step/Half Dumbbells with Kelly**

***Tribal Add-On Aerobics with Kelly**

***5000+ Steps in One Class with Kelly**

***Sticks and Stones Won't Break Your Bones with Kelly**

***30 Minute Repeater Step Aerobics with Sherry**

SPINNING CLASSES:

***Sweaty Spin with Kelly**

***45 Minute Intense Hill Ride with Chad**

***30 Minute Spin Workout with Sherry**

***Power Spin with Les**

***Rockin' Remix Spin with Kelly**

***30 Minute Flats Spin/Quick Hills Spin with Sherry**

***SPIN FOR AN HOUR-BURN SOME CALORIES WITH KELLY**

***Country Climb/70s Sprints Spin with Kelly**

Also, remember to check out all the other numerous SSOD classes available to you with other world class trainers all at your disposal with a valid monthly membership or the Online Streaming membership that is just \$20 a month!



Somerset Sports and Fitness

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Skowhegan, Maine 04976

207-474-2224

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**Somerset
Sports
And
Fitness**



**STUDIO
sweat®
onDemand▶**

SSF Class Offerings

As of 8/16/24

**Please see the front desk or call
474-2224 to get the link to be
able to stream SSF SSOD classes
and more at home and beyond!**

STRETCHING CLASSES:

- *Retro Zoomba Stretch with Kelly
- *15 Minute Post Workout Stretch with Sherry
- *Therapeutic Shoulder Release with Lidi

YOGA:

- *Gentle Chair Yoga with Sarah
- *Yin Yoga with Lidi
- *Flow Yoga with Lidi
- *Fit for Life Yoga with Kelly
- *Mediation and Yoga with Chad
- *Yoga for All with Arleen

BEGINNER/GENTLE START TO FITNESS:

- *15 Minute Chair Workout with Kelly
- *Beginner Spinning Class with Kelly
- *30 Minute Walk Class with Kelly
- *30 Minute Beginner Step Aerobics Class with Kelly
- *Beginner Step Class with Sherry
- *Boxercise for Hand/Eye Coordination and Beginners with Carroll

DANCE CLASSES:

- *ZUMBA!!!!!! With Carol
- *Retro ZOOMBA with Kelly, Part 1, Part 2, and Part 3
- *ZUMBA ROCKS!!! With Carol
- *Beginner Line Dancing with Pam

CIRCUIT STYLE WORKOUTS:

- *Circuit Mix-Up Workout with Sarah
- *Upper Body Push with Kevin
- *EMOM (Every Minute On The Minute) with Kelly
- *Your Station Workout with Sherry
- *Killer Circuit Workout with Sarah
- *NEW! Sweaty Bootcamp Party with Jillian

CORE/ABS WORKOUT:

- *Gentle Floor Core Workout with Kelly
- *30 Minute Core Workout with Sherry
- *Floor Core/Pilates/Yoga with Kelly

TRAINER WORKOUTS:

- *Trainer Erin's Workout #1: Upper Body
- *Trainer Erin's Workout #2: Booty Circuit!
- *Trainer Erin's Workout #3: Lower Body
- *Trainer Erin's Workout #4: Core
- * "It's All In the Cards" Workout with Trainer Erin
- *Resistance Tubing/Band Workout with Trainer Erin
- *Everyday 13 Minute Core Workout with Trainer Tammy
- *Back and Bicep 30 Minute Work with Trainer Tammy
- *30 Minute Leg Day with Trainer Tammy
- *Introduction to Boxercise Class with Carroll

BODYWEIGHT WORKOUTS:

- *Spartacus Workout #1 with Chad
- *Spartacus #2: 2023 with Chad
- *Body Weight Floor Work with Kelly
- *Card Workout with Les
- *30 Minute Resistance Band Workouts with Sherry

WEIGHED RESISTANCE WORKOUTS:

- *The Lifting Workout with Sherry
- *PUMP IT UP with Chad
- *Fit for Life – Aerobics and Weights with Kelly
- *30 Minute MAX-OUT Weightlifting Workout with Sherry
- *30 Minute Weighted Workout with Sherry
- *Back to Basics Lifting with Kelly
- *30 Minute Cardio & Core with Sarah
- *30 Minute Strength Workout with Sarah

TABATA-STYLE CLASSES:

- *30 Minute Tabata with Sherry
- *Fit for Life – Tabata Style
- *Fit for Life – 200 Seconds Work/10 Seconds Rest with Kelly and Friends
- *Fit for Life: February 2023 Weighted Tabata with Kelly