

Group Exercise Schedule

Wednesday, September 6 - Sunday, October 8, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00a Total Conditioning Jessica E.	5:15 - 6:00a Body Pump Express® Amy P	5:15 - 6:15a Spinning Jack	5:15 - 6:15a Power Yoga Amy P	5:15 - 6:15a Spinning Brian	8:00 - 8:30a Hard Core Sue W
5:15 - 6:15a Spinning® Jack	8:15 - 9:15a BodyPump Joy	5:15 - 6:00a Bootcamp Jessica	8:30 - 9:15a Zumba Gina F	5:30 - 6:15a BodyShred Sue W	8:30 - 9:15a Bootcamp 1st Sat. Jack 2nd Heather 3rd Lory 4th Heather 5th Gina B
8:00 - 8:30a Foam & Roll L Danielle	8:15 - 9:00a Spin 45 min. Express Amy R.	8:30 - 9:15a Cardio Circuit Blast Joy	9:00 - 10:00a Spinning Chris/Brian	8:00 - 8:25a Hard Core Chris	8:30 - 9:30a Step Jam Sue W
8:30 - 9:30a H.I.I.T Boxing w/ Bags Chris/Elizabeth	8:30 - 9:00a Foam & Roll L Jennifer K	8:45 - 9:45a Spin & Core Chris	9:00 - 10:00a Meditation Yoga L Elaine	8:30 - 9:15a Cardio Circuit Blast Joy	8:30 - 9:30a Spinning 1st Amy P. 2nd Lory 3rd Lisa 4th Lory 5th TBA
8:45 - 9:30a The Barre Class Sue W.	9:10 - 10:10a Pilates Mat-based L Jennifer K	9:30 - 10:45a Vinyasa Flow Yoga Plus Maryanna	9:20 - 10:20a BodyPump Gina F	8:30 - 9:30a Spinning Chris	9:35 - 10:35a Pilates Mat-based L Sue/Lory
8:30 - 9:30a Spinning Jennifer	9:15 - 10:15a BodyPump Amy R	9:30 - 10:25a Body-Combat Amy R	10:15 - 11:00a Pedaling for Parkinson's Registration required Amy R.	9:30 - 10:15a Bootcamp Colleen/Nikki	9:35 - 10:25a BodyCombat 1st Amy R 2nd Elizabeth 3rd Amy R 4th Elizabeth 5th Elizabeth
9:35 - 10:20a Bootcamp Chris/Brian	10:15 - 11:00a Zumba Burst Gina/Jennifer	10:30 - 11:30a Pilates Mat-based L Lory	10:30 - 11:20a Cardio Combo Gold L Colleen	9:30 - 10:30a The Barre Class L Tasha/Amy R	9:35 - 10:25a BodyCombat 1st Amy R 2nd Elizabeth 3rd Amy R 4th Elizabeth 5th Elizabeth
9:35 - 10:20a BodyShred® Amy R	11:10a - 12:10p Total Body Strength L Janice	11:00a - 12:00p Prenatal Yoga Registration required	11:30a - 12:30p Gentle Pilates L NEW Janice	9:25 - 10:25a Piloxing Jennifer K	10:30 - 11:00a 30 Min. BodyPump Express 1st Amy R 2nd Elizabeth 3rd Amy R 4th Elizabeth 5th Elizabeth
10:00 - 11:15a Vinyasa Flow Yoga Canella	5:30 - 6:15p Bodypump Express Colleen	4:30 - 5:00p T.R.C. Brian	5:10 - 6:10p PiYo Live Sue	10:40 - 11:55a Hatha Flow Yoga L Maryanna	10:30 - 11:00a 30 Min. BodyPump Express 1st Amy R 2nd Elizabeth 3rd Amy R 4th Elizabeth 5th Elizabeth
10:30 - 11:15a Zumba Gold® L Gina/Elizabeth	6:00 - 6:45p Bootcamp Jack	5:15 - 6:15p Body Combat Elizabeth	6:15 - 7:00p HIIT Mix Colleen	10:45 - 11:30a Total Body Strength L Gina F	
11:20 - 12:20p Tai Chi L Mayumi	6:20 - 7:05p Zumba Burst Gina F	5:30 - 6:30p Barrelates Jennifer K	6:30 - 7:30p Hatha Flow Yoga L Amy P		
5:15 - 6:15p Piloxing Sue W.	6:30 - 7:15p Off the Mat L Cindy	6:00 - 7:00p Spinning Beth			
6:15 - 7:15p Spinning Tracey		6:20 - 7:20p BodyPump Diane A/ Denise/ Gina B			
6:20 - 7:20p Zumba/WERQ Dance Mix NEW 1st and 3rd Zumba 2nd, 4th & 5th WERQ Dawn, Cindy, Jennifer, Diane					
6:30 - 7:30p Hatha Flow Yoga L Amy P					

SUNDAY
8:00 - 8:25a Foam & Roll L Amy P
8:30 - 9:30a Power Yoga Amy P
8:30 - 9:30a Spinning Lisa
9:40 - 10:40a Zumba Instructor Rotation

L Workouts on the lighter side

Classes labeled with a "L" next to the class name are great options for beginners and/or those looking for a non-impact, low intensity workout.

The weekly class substitute and instructor rotation schedule is available on our website. The Sub Schedule is subject to change.

Club Hours

Monday-Thursday:
5:00 a.m. - 10:00 p.m.

Friday:
5:00 a.m. - 9:00 p.m.

Saturday:
6:00 a.m. - 7:00 p.m.

Sunday:
7:00 a.m. - 5:00 p.m.

- = Spin Studio
- = Multi-Purpose Room
- = Main Studio
- = Gym

L Workouts on the lighter side

Great options for beginners and/or those looking for a non-impact, low intensity workout: **Foam & Roll, Zumba Gold, Tai Chi, Ai Chi, Aqua Yoga, H2O YoPi, Total Body Strength, Pilates mat-based, Meditation Yoga, Hatha Flow Yoga, Water Walking, Aqua Tone, Cardio Combo Gold, Off the Mat and Barre.**

THE BARRE CLASS – This class combines isometrics, dance conditioning and interval training to quickly firm and elongate participants' musculature. This is a targeted workout designed to flatten the abdominal area, lift the buttocks and increase muscle definition in the upper body.

CARDIO COMBO GOLD – Fun fitness class designed for the active older adult. This combination class combines non-impact cardio, strength exercises, balance work and flexibility.

FOAM & ROLL – A myofascial release class to relieve muscle soreness and joint pain using a variety of tools such as the foam roller, tennis ball and a tune-up ball. Foam rollers and tune-up balls are available for purchase in the pro shop.

GENTLE PILATES – This is the perfect class for those who want a nice gentle pilates mat-based workout. Focus on posture, core, balance, and stretching. Great class for beginners or those with injuries.

HATHA FLOW YOGA – This class combines breath work with a variety of yoga poses and deep relaxation. Poses are held for a number of breaths to allow students the opportunity to open and release. This class is perfect for the practitioner who prefers slow, steady and specific instructions through each pose. All levels are welcome and variations will be offered so more advanced students can move deeper into the asanas.

MEDITATION YOGA – On the mat, it's not about being more or being better... but rather about just being. In this class you will focus on breathing practices, run through a series of hatha yoga stretch and strengthening movements, and practice meditation techniques.

OFF THE MAT – A blend of Barre exercises, standing pilates and stretches utilizing small props to tighten and strengthen the core.

PILATES MAT-BASED – Train your abdominal and back muscles and improve your posture, align your spine and build strength in your stomach muscles. All levels welcome.

TOTAL BODY STRENGTH – A non-impact, strength and toning workout for the entire body using a variety of equipment.

ZUMBA GOLD – A Low Impact, low intensity zumba class designed for beginners.

BARRELATES – This 60-minute class integrates the precision of pilates along with the full-body movement of dance. Standing barre elements will focus on the glutes, thighs and hips while standing pilates and stretches will enhance your training with a major focus on the core, balance and flexibility. You will use weights, tubes and a variety of props. This class is appropriate for all fitness levels.

BODYCOMBAT – Martial arts inspired workout! You will go through a series of music tracks striking, punching and kicking using movements from Boxing, Tae kwon Do, Muay Thai, Kung Fu and Tai Chi. Boxing/grappling gloves recommended but not required.

BODYPUMP – A total body strength training barbell workout focusing on all the major muscle groups. All fitness levels welcome.

JILLIAN MICHAELS BODYSHRED® – Synergistic, High Intensity, Resistance, Endurance, Dynamics - This high intensity and endurance based metabolic circuit training workout uses a 3-2-1 interval format which is 3 minutes of Resistance, 2 minutes of high intensity cardio and 1 minute of active recovery.

BOOTCAMP – A circuit style strength/cardio workout held in the gymnasium. Outdoor bootcamp will be held on Wednesday morning weather permitting.

CARDIO CIRCUIT BLAST – A 45 minute fun and fast-paced circuit challenge. This workout consists of a series of rounds that will surely burn fat and calories while shocking your muscles, head to toe! The rounds will consist of core work, cardio/legs and compound exercises. Various pieces of equipment will be used to increase intensity, deliver variety and inspire you to work harder!

HARD CORE – 30 minute ab workout to chisel the core and strengthen the back muscles.

H.I.I.T BOXING WITH BAGS – a blend of cardio blasting aerobic and anaerobic intervals sure to boost the metabolism. You will punch and kick your way through rounds of bag work and strength training segments. Punching bag gloves required.

HIIT Mix – Challenge yourself with muscle building, fat burning and core strengthening exercises using a variety of high intensity interval methods such as bodyshred, tabatas, bootcamp circuits and more.

PILOXING – PILOXING blends power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates. It is a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape. Piloxing gloves are optional and available for purchase in the Pro Shop.

PiYo LIVE – Unleash your power with Pilates + yoga + nonstop movement! You'll sweat, stretch, & strengthen—all in one workout. No weights. No bulk. Just hardcore results with increased flexibility! Recommended to bring your own yoga mat. If not, one will be provided for you.

POWER YOGA – A powerful blend of continuous yoga poses designed to increase strength, flexibility and balance for both mind and body. Prior Yoga experience is encouraged.

SPINNING – Indoor cycling workout. It is recommended to arrive at least 10 minutes before class begins to set-up your bike. Sign-up is required for all Spinning classes at the Fitness Desk. The sign-up sheet is available 1 hour before class begins at the Fitness Desk. Staff, family and friends may not sign-up another person for class.

SPIN & CORE – 45 minutes of indoor cycling followed by 15 minutes of core exercises to tone and tighten the abdominal and back muscles.

STEP JAM – Creative step choreography that will challenge your body and mind. This class also incorporates strength exercises to power sculpt your muscles and core.

TOTAL CONDITIONING – This 45 minute fast-paced class is a challenging and unique blend of aerobic & anaerobic conditioning held on the fitness floor. Using cardio machines, weights and more the instructor will lead a bootcamp style class that will give everybody a full-body workout.

T.R.C. – This high intensity class will include 8-three minute rounds of TRX/Ropes/Core exercises with a 30 second break after each round. Work your entire body in an action packed 30 minute workout. Supplement your cardio with this class or get your entire workout done if you are short on time.

VINYASA FLOW YOGA – Experience the flow of Vinyasa (movement united by breath) as you are guided through creative blends of various yoga poses in a rhythmic energy flow.

VINYASA FLOW YOGA PLUS is your traditional vinyasa flow with a kick. Take your yoga practice to the next level, learning how to create more engagement and strength in your body, while fluidly linking your breath and movement.

WERQ – is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music. The signature WERQ® warmup previews the dance steps used in class and the signature WERQ™ cooldown includes balance and yoga inspired poses. Are you ready to WERQ?®

YO-PI SCULPT – Intensify your mind body experience by adding 1-3lb weights to your workout. You will sculpt and stretch your body lean with the fusion of yoga, pilates-core and toning exercises.

ZUMBA – Sizzling hot dance class featuring music from Latin America, Top 40 and other international countries.

ZUMBA BURST – 45 minutes of Zumba infused with high-intensity cardio bursts. We take the same great Zumba music and add intervals of challenging cardio bursts. Let's turn up the intensity, turn up the fun, and pack a massive calorie burn into a short workout!