

# Group Exercise Schedule

Wednesday, January 3 – Sunday, February 25, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15a Spinning* Lisa	5:15 - 6:00a Body Pump Express* Stephen	5:15 - 6:00a Tabata Bootcamp Sue W.	5:15 - 6:15a Power Yoga Canella	5:15 - 6:15a Spinning Brian	8:00 - 8:30a Hard Core Sue W	
5:15 - 6:00a Total Conditioning <b>NEW</b> Cindy	6:05 - 6:50a Core Cardio Conditioning <b>NEW</b> Stephen	5:15 - 6:15a Spinning* class begins January 17 TBA <b>NEW</b>	8:30 - 9:15a Zumba Gina F	5:15 - 6:00a BodyShred Sue W	8:30 - 9:30a Tai Chi <b>NEW</b> Mayumi	
8:00 - 8:30a Foam & Roll <b>L</b> Danielle	8:15 - 9:15a BodyPump Joy	8:00 - 8:25a Hard Core Joy	9:00 - 10:00a Spinning Brian/Amy	8:30 - 9:15a Cardio Circuit Blast Joy	8:30 - 9:15a Bootcamp 1st Gina B 2nd Heather 3rd Lory 4th Heather 5th Gina B	
8:30 - 9:15a Spinning Tracey	8:25 - 9:10a Spin 45 min. Express Amy R.	8:30 - 9:15a Cardio Circuit Blast Joy	9:00 - 10:00a Meditation Yoga <b>L</b> Elaine	8:30 - 9:30a Spinning Michelle	8:30 - 9:30a Step Jam Sue W	
8:45 - 9:30a The Barre Class <b>L</b> Sue W.	9:10 - 10:10a Pilates Mat-based <b>L</b> Jennifer K	8:45 - 9:45a Spin & Core Michelle	9:20 - 10:20a BodyPump Gina F	9:20 - 10:05a Piloxing Jennifer K	8:30 - 9:30a Spinning 1st Michelle 2nd Lory 3rd TBA 4th Lory 5th TBA	
8:45 - 9:30a Bodycombat <b>NEW</b> Jennifer	9:15 - 10:15a BodyPump Amy R	9:30 - 10:45a Vinyasa Flow Yoga Plus Maryanna	10:30 - 11:30a Pedaling for Parkinson's Registration required Jenna	9:30 - 10:15a Bootcamp Colleen/Nikki	9:35 - 10:35a Pilates Mat-based <b>L</b> Sue/Lory	
9:35 - 10:20a Bootcamp Scott/Brian	10:15 - 11:00a Zumba Burst Gina/Jennifer	9:30 - 10:25a Body-Combat Amy R	10:30 - 11:20a Cardio Combo Gold <b>L</b> Colleen	9:30 - 10:30a The Barre Class <b>L</b> 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* AmyR	10:30 - 11:30a Pedal For Parkinsons Registration required Jenna	10:30 - 11:30a Pilates Mat-based <b>L</b> Lory	11:30a-12:30p Gentle Pilates <b>L</b> Janice	10:10 - 10:40a PiYo Live Express <b>NEW</b> Jennifer		
9:45 - 11:00a Vinyasa Flow Yoga Canella	11:10a-12:10p Total Body Strength <b>L</b> Janice	11:00a-12:00p Prenatal Yoga Registration required	5:15 - 6:10p Piloxing <b>NEW</b> Sue	10:40 - 11:55a Hatha Flow Yoga <b>L</b> Maryanna		
10:30 - 11:15a Zumba Gold* <b>L</b> Gina/Elizabeth	5:30 - 6:15p Bodypump Express Colleen	4:30 - 5:15p T.R.C. Brian	6:15 - 7:00p HIIT Mix Colleen	10:45 - 11:30a Total Body Strength <b>L</b> Gina F		
11:20 - 12:20p Tai Chi <b>L</b> Mayumi	6:00 - 6:45p Bootcamp Chris	5:15 - 6:15p Body Combat Elizabeth	6:30 - 7:30p Hatha Flow Yoga <b>L</b> Cheryl	12:00p-12:30p Chair Yoga <b>L</b> Maryanna	10:30 - 11:00a 30 Min. BodyPump Express 1st Amy R 2nd Elizabeth 3rd Amy R 4th Elizabeth 5th Elizabeth	
5:15 - 6:05p Tabata Conditioning <b>NEW</b> Sue W.	6:20 - 7:05p Zumba Burst Gina F	5:30 - 6:30p Barrelates Jennifer K				
6:15 - 7:15p Spinning Tracey	6:30 - 7:30p Barrelates Cindy	6:00 - 7:00p Spinning Beth				
6:20 - 7:20p Zumba Dawn		6:35 - 7:20p WERQ Jennifer/ Cindy				
6:30 - 7:30p Hatha Flow Yoga <b>L</b> Cheryl		<b>NEW</b>				

## **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.

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

### 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.

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

## 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, Total Body Strength, Pilates mat-based, Meditation Yoga, Hatha Flow Yoga, Water Walking, Aqua Tone, H2O Yo Pi Chi, Cardio Combo Gold 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.

**CHAIR YOGA** – Perfect for anyone looking for a gentle yoga practice, and students who are recovering from injuries. This class will include seated and standing postures utilizing the chair for support (no floor work is included)

**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.

**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.

**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.

**TABATA CONDITIONING** – High Intensity Interval Training that includes 7 Tabata rounds of 20 seconds work/10 seconds recovery with 1 minute of "active" recovery between each round consisting of strength or core based moves. If you want to build your endurance and get a lot of bang for your workout buck this is the class for you!! Modifications and levels for every move offered so you can work at your own fitness level.

**TOTAL CONDITIONING** – Combining strength, cardio, and plyometrics in this ultimate interval format. It's 45 mins of non-stop movement that delivers total body results.

**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?

**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!