

Schedule Effective June 9, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 Spin Interval Penny SP	6:00-7:00 Warm Vinyasa Yoga Kerri YS	6:00-6:45 Power Interval Beth MS	6:00-7:00 Core Conditioning Patti MS	6:00-6:45 Weekend Spin Joanne SP	8:15-9:30 Warm Yoga Paula YS
7:45-8:40 Get Fit For Life Susi MS	6:00-7:00 Core Conditioning Patti MS	7:30-8:25 Get Fit For Life Susi MS	6:00-7:00 Warm Vinyasa Yoga Jenn YS	8:00-8:45 Shuffle Spin Dave SP	8:15-9:45 Interval Training Beth MS
8:30-9:30 Pilates Mat Patti YS	7:45-8:30 Pure Power Sculpt Penny MS	8:00-8:45 Spinning Caitlin SS	7:45-8:30 Pure Power Sculpt Penny MS	8:30-9:30 Pilates Mat Patti YS	8:45-9:45 Interval Spin Penny SP
8:45-9:30 Barre Technique Mary Jane MS	8:30-9:00 Express Spin Paula SS	8:35-9:20 Barre Technique Mary Jane MS	8:45-9:30 Spinning Penny SP	8:45-9:30 Barre Technique Mary Jane MS	9:00-10:00 Aqua Flex Joanne P
9:30-10:15 Spinning Darcy SP	9:00-10:00 Sports Circuit Challenge Troy MS	9:15-10:00 Pilates Mat Joanne YS	9:30-10:45 Vinyasa Yoga Karen YS	9:30-10:15 Spinning Gloria SP	9:45-10:30 Core Revolution Penny MS
9:30-10:30 ★ Latin Dance Stephanie MS	10:00-11:00 Gentle/Yin Yoga Paula YS	9:30-10:15 Interval Spin Penny SP	9:35-10:35 Latin Groove Greg MS	9:35-10:50 Yoga Gwen YS	10:00-10:45 Pilates Ring Joanne YS
10:20-11:30 Warm Vinyasa Yoga Gwen YS	5:30-6:30 🕒 Barre Technique Mary Jane MS	9:30-10:30 Fatburner Robbin MS	5:30-6:30 🕒 Barre Technique Mary Jane MS	9:40-10:40 Step & Sculpt Renee MS	12:15-1:15 Gentle Yoga Paula YS
5:15-6:00 Aqua Flex Darah P	6:30-7:15 Spin Interval Penny SP	10:15-11:00 Core Revolution Penny YS	6:15-7:00 Spinning Jon SP	5:00-6:00PM Aqua Flex Darah P	
6:00-7:00 Sports Circuit Challenge Troy MP		5:15-6:00PM Aqua Flex Darah P	7:30-8:45 Hot Yoga Penny YS (May 8-June 12)		
6:15-7:00 😊 Spinning Darcy SP		7:15-8:30 Yoga Gwen YS			
7:15-8:30 Yoga Gwen YS					
				Sunday	
				8:15-9:15 Spin Challenge Paula/Meredith SP	10:00-10:45 Pilates Reformer on the Mat Joanne YS
				9:00-10:00 Interval Training Aileen MS	
				10:00-10:30 Mini Sculpt Aileen MS	

KEY:
MS = Main Studio
YS = Yoga Studio
SP = Spinning Room
WF = Woman's Fitness Center
P = Pool
★ = New Class
🕒 = New Time
😊 = New Instructor

Class Reminders		
Spin & Fit Fast Sign up at the front desk begins 60 minutes prior to class. You may only sign up for yourself. No one is permitted to join class 5 minutes after it has begun. Please bring water bottle and towel.	Yoga Studio Enter Yoga studio gently... respectfully do not enter 10 minutes after class has begun. Yoga studio temperature is kept warm - please dress accordingly.	Schedule Classes are subject to change or cancellation at any time. Management reserves the right to substitute or cancel "specialty classes" in cases of instructor unavailability or absence.
Snow Policy Cancellations and/or delays in class schedule will be based on the severity of the weather and the availability of the instructor. Please call front desk for updated class information.		

Exercise Classes

AQUA FLEX ~ A great workout in the pool intended for swimmers, non-swimmers, those just starting to exercise or anyone wanting to cross train without stress to the body. Cardio movements along with muscular endurance and strength exercises round out the hour of wet sweat.

BARRE TECHNIQUE ~ Barre Technique - a free standing ballet bar will be the only piece of equipment used for this class. Standing exercises incorporate upper body workout, abdominals and lower body strengthening.

CORE CONDITIONING ~ A combination of sculpting, functional training & Pilates Mat.

CORE REVOLUTION ~Awaken Your Deep Core Muscles and roll away your aches and limiting bodily tightness with this unique class utilizing the foam roller. Feel the change instantly as you add length to tight muscle lines. Space is limited. Foam Rollers provided.

EXPRESS SPIN ~ A 30 minute abbreviated spin class Perfect for beginners and anyone looking for a quick efficient workout.

FAT BURNER ~By definition, you can burn more “fat” calories by keeping your workout at a medium intensity over 30-40 minutes and that’s exactly what happens in our unique Fat Burner Class, followed up with some conditioning moves at the end, it’ll be the exact recipe for meeting your weight-loss goals!

FIT FOR LIFE ~ Mild aerobics (for cardiovascular conditioning) along with muscle toning, and stretch work make this an excellent class for a total body workout. Geared toward those interested in a gentler, but, effective routine...As well as those returning to exercise after inactivity, just starting to exercise, recovering from injury or surgery, or resuming activity after childbirth.

INTERVAL TRAINING~ Alternating between stepping, light weight work and hi-lo aerobics this challenging class will keep you sweating and will help you rev up your metabolism for the entire day!

INTERVAL SPIN ~ Our regular spin class with the addition of intervals of hand weight sets. Strength work to compliment the cardio benefits of spinning.

LATIN GROOVE ~ Incorporating traditional dance moves like meringue, salsa and rumba, this dance-based class will leave your exhilarated and ready to hit the dance floor.

PILATES MAT ~ (Regular or on-ball) Based on the teachings of Joseph Pilates, this is a great workout designed to strengthen all the core muscles of the trunk-the entire abdominal system, lower back, upper back, glutes and shoulders. All levels can participate, as modifications are given for beginners, intermediate and advanced. Work deep into the “belly” of these all important stabilizing muscles. Great for problem backs! Come with bare feet.

PILATES with RINGS ~ Bump up your Pilates Mat training to the next level! Rings increase resistance for Faster and More Targeted Zoning of Core Muscles.

PURE POWER ~ Using barbells, this intense sculpting class will define muscles you never knew were there!

REFORMER ON THE MAT ~ Discover a new way to workout on the mat. Reformer-based exercises, incorporating props and aerobic flowing movement, access the weak areas of your body to uniformly build alignment, muscular balance and strength. This workout will really challenge your core.

SHUFFLE SPIN ~ Allowing the music to set the pace this spontaneous class will keep you guessing what hill is next!

SPINNING ~ Multiply the cardio benefits of stationary cycling by trying this group exercise class set to motivating music and instructor guided terrain. Sign up at the front desk 60 minutes prior to class.

SPORTS CIRCUIT CHALLENGE ~ This cardio class moves you quickly through a variety of stations that the teacher sets up.It combines aerobic segments and strength segments to give you a challenging heart-pumping workout that will tone your muscles as you train your heart. Prepare to sweat!

YOGA Class Descriptions

GENTLE YOGA ~ An all-level, restorative yoga class designed to soothe and calm the physical and mental body. Poses are done seated and reclining with relaxation in between. Eye pillows are provided.

HOT YOGA ~ This intermediate class is held in a heated room and is designed for athletes and/or experienced yogis. Time will also be spent releasing tightness in the shoulders/neck and hips/low back.

VINYASA YOGA ~ A dynamic flow class with an uplifting heart oriented philosophy blending the science of biomechanics, alignment principles and balanced action between muscular strength and flexibility. Challenging, but modifications are given, making it appropriate for all level students.

WARM YOGA ~ Emphasis will be on grounding and sustaining of postures, producing internal heat and supple strength.