

Group Exercise

Schedule Effective March 2, 2009

SPORTSPLEX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 Spin Interval Penny SP	6:00-7:00 BODYPUMP Joanne MS	6:00-7:00 Power Interval Beth MS	6:00-7:00 Core Conditioning Aileen MS	6:00-6:45 Weekend Spin Joanne SP	8:15-9:45 Interval Training Beth MS
7:30-8:25 Fit For Life Susi MS	7:45-8:30 BODYPUMP Terri MS	7:30-8:25 Fit For Life Susi MS	7:45-8:30 BODYPUMP Joanne MS	8:30-9:15 Pilates Mat Joanne YS	8:30-9:45 Warm Yoga Paula YS
8:00-8:45 Shuffle Spin Dave SP	8:45-9:15 Express Spin Paula SP	8:00-8:45 Spinning Caitlin SP	8:30-9:30 Gentle Yoga Paula YS	8:45-9:30 Barre Technique Mary Jane MS	8:45-9:45 Interval Spin Penny SP
8:30-9:15 Pilates Mat Joanne YS	9:00-10:00 Sports Circuit Challenge Troy MS	8:35-9:20 Barre Technique Mary Jane MS	8:45-9:30 Spinning Penny SP	9:30-10:15 Spinning Gloria SP	9:00-10:00 Aqua Flex Joanne P
8:45-9:30 Barre Technique Mary Jane MS	9:30-10:30 Gentle Yoga Paula YS	9:15-10:00 Pilates Mat Joanne PS	9:00-10:00 Circuit Challenge ★ Troy MS	9:30-10:45 Yoga Gwen YS	10:00-10:45 Pilates Ring Joanne YS
9:30-10:15 Spinning Darcy SP	10:00-11:00AM BODYCOMBAT ★ Ania MS	9:30-10:15 Interval Spin Penny SP	9:35-10:50 Vinyasa Yoga Karen YS	9:35-10:35 BODYCOMBAT Ania MS	10:00-11:00 BODYPUMP Lesley MS
9:35-10:35 BODYPUMP Joanne MS	6:30-7:15PM Spin Interval Penny SP	9:25-10:25 Fatburner Robbin MS	10:00-11:00AM ★ BODYCOMBAT Ania MS	5:15-6:00PM Aqua Flex Darah P	10:15-11:00 Spinning Penny SP
10:20-11:30 Vinyasa Yoga Gwen YS	6:30-7:30PM Barre Technique Mary Jane MS	10:30-11:30 BODYPUMP Darcy MS	6:15-7:00PM Spinning Jon SP		4:00-5:00PM BODYCOMBAT CareyAnn MS
5:15-6:00PM Aqua Flex Darah P	7:00-7:45PM ★ * Beginner Salsa Greg YS	5:15-6:00PM Aqua Flex Darah P	6:30-8:00PM Sportsplex Extreme Peter MS		
6:15-7:00PM Spinning Darcy SP		6:00-7:00PM BODYPUMP Lesley MS	7:30-8:15PM ★ * Beginner Ballroom Greg YS		
6:25-7:25PM BODYPUMP Ania MS		7:05-8:05PM ★ BODYCOMBAT Lesley MS	8:30-9:15PM ★ * Beginner Latin Dance Greg YS		
7:15-8:30PM Yoga Gwen PS		7:15-8:30 Yoga Gwen PS			
7:30-8:30PM Zumba * Greg MS					
				Sunday	
				8:15-9:15 Spin Challenge Meredith/Dan SP	10:00-10:45 Pilates w/Balls Joanne YS
				9:00-10:00 Interval Training Aileen MS	10:30-11:30 BODYCOMBAT CareyAnn MS
				10:00-10:30 Mini Sculpt Aileen MS	4:00-5:15 Vigorous Yoga Penny YS

- KEY:**
- MS = Main Studio
 - PS = Pilates Studio
 - YS = Yoga Studio
 - SP = Spinning Room
 - P = Pool
 - ★ = New Class
 - = New Time
 - = New Instructor

Class Reminders

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.

Spinning
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 - 1st floor
Enter Yoga studio gently... respectfully do not enter 10 minutes after class has begun. Yoga studio temperature is kept warm—please dress accordingly.

Pilates Studio- 2nd floor
Classes are done in stocking feet. Please leave shoes outside classroom and do not enter 10 minutes after class has begun.

* single asterisk - read class description for fee

Inclement Weather Policy:
Sportsplex follows the Greenwich School System schedule. Please listen to your local radio/TV stations for announcements.

- School delay** No morning classes. Nursery opens at 10:30AM
- School Cancelled** No morning classes. Nursery closed. Please call for evening classes
- Weekends** During bad weather, please call ahead for class and nursery schedule

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.

* **BEGINNER SALSA:** ~ Introduces club style Salsa dancing, partner work and shines. No partner needed. \$15 fee for members and non-members.

* **BEGINNER BALLROOM**~ Introduces Social Ballroom dances like: Waltz, Tango, Foxtrot and Viennese Waltz. No partner needed. Free for members, non-members welcome for \$15 fee.

* **BEGINNER LATIN DANCE** ~ Introduces Social Latin dances like: Cha-Cha, Rumba, Swing, Hustle, Baciata, Bolero, Mambo, & Merengue. No partner needed. \$15 fee for members and non-members

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.

LES MILLS BODYCOMBAT ~ is an empowering cardio workout where you are **totally unleashed**. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines including Karate, boxing, Taekwondo and Muay Thai. With driving music and a master instructor, strike, punch, kick and kata your way through calories to **superior cardio fitness**.

LES MILLS BODY PUMP ~ Get the kind of legs **SHORTS** want to wear with bodypump - the original barbell class that strengthens your entire body. This 60 minute workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

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

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 ~ A total body workout that combines muscle toning, stretching, weights and low-impact aerobics, with a focus on abdominals. This class is designed to increase strength, flexibility and balance.

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 you 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.

Pilates with Balls ~ Pilates exercises incorporating various sized balls to add intensity, create alignment. and increase core stability. 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!

SPORTS PLEX EXTREME ~ If you consider yourself to be a hardcore athlete who enjoys being pushed to your absolute physical limit, try this advanced class. Military type drills, stair climbing and road runs are just a small part of the indoor/outdoor workout.

ZUMBA ~ fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Bring dance shoes if you have them. otherwise, sneakers are fine. Free for members, non-members welcome for \$15 fee.

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.

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.