

Group Exercise

Schedule Effective March 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45 Cycling Interval Penny CR	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 Heart Rate Cycling Joanne CR	7:45-8:30 ★ Indoor Cycling Darcy CR
7:30-8:25 Barre Technique Mary Jane MS	7:45-8:45 BODYPUMP Terri MS	7:30-8:25 Barre Technique Mary Jane MS	7:45-8:45 ★ Pedal & Pump Joanne CR/MS 4-Week Trial	7:45-8:15 Express Cycling Dave CR	8:15-9:45 Interval Training Beth MS
8:00-8:30 Express Cycling Paula CR	8:45-9:15 Express Cycling Paula CR	8:00-8:45 Indoor Cycling Caitlin CR	8:30-9:30 Express Yoga Paula YS	8:15-9:15 Pump & Pedal Penny MS/CR	8:30-9:45 Warm Yoga Paula YS
8:30-9:25 Barre Technique Mary Jane MS	9:00-9:55 😊 Sports Circuit Challenge Eric MS	8:30-9:25 Barre Technique Mary Jane MS	8:45-9:30 Indoor Cycling Penny CR	8:30-9:15 Pilates Mat Joanne PS	8:45-9:45 Interval Cycling Penny CR
8:45-9:30 Pilates Mat Joanne YS	9:30-10:30 Gentle Yoga Paula YS	9:15-10:00 Pilates Mat Eva YS	9:15-10:15 BODYATTACK Sarah MS	8:45-9:45 Barre Technique Mary Jane MS	9:00-9:45 Aqua Flex Joanne P
9:30-10:25 Zumba Jill MS	10:00-11:00 BODYCOMBAT Ania MS	9:30-10:25 Fat Burner Robbin MS	9:35-10:50 Vinyasa Yoga Karen YS	9:30-10:45 Vinyasa Yoga Becky YS	10:00-11:00 BODYPUMP Lesley MS
9:35-10:20 Indoor Cycling Darcy CR	5:15-6:15 Zumba Shannon MS	9:35-10:20 Interval Cycling Penny CR	10:15-11:15 Zumba Jill MS	9:45-10:45 🕒 BODYCOMBAT Ania MS	10:00-10:45 Pilates Ring Joanne YS
10:20-11:30 Yoga on the Foam Roller Penny PS	6:30-7:15 Cycling Interval Penny CR	10:30-11:30 ★ Pump & Pedal Darcy MS/CR 4-Week Trial	5:15-6:15 Zumba Shannon MS	5:15-6:00 Aqua Flex Darah P	11:15-12:15 Zumba Shannon MS
5:15-6:00 Aqua Flex Darah P	6:30-7:30 Barre Technique Mary Jane MS	5:15-6:00 Aqua Flex Darah P	6:15-7:00 Indoor Cycling Jon CR	5:15-6:00 ★ TGIZ Thank God it's ZUMBA Shannon MS (March 6-27)	
6:15-7:00 Indoor Cycling Darcy CR	7:30-8:45 ★ Vinyasa Yoga Brigit PS	6:45-7:45 BODYPUMP Lesley MS	6:30-8:00 Sportsplex Extreme Peter MS	Sunday	
6:25-7:25 BODYPUMP Ania MS		7:15-8:30 Yoga on the Foam Roller Penny PS		8:15-9:15 Indoor Cycling Paula/Dan CR	10:00-10:45 Pilates w/Balls Joanne YS
7:15-8:30 Yoga on the Foam Roller Penny PS				9:00-10:00 Interval Training Aileen MS	11:00-12:00 BODYPUMP Joanne YS
7:30-8:30 Advanced Zumba* Greg MS				10:00-10:30 Mini Sculpt Aileen MS	

SPORTSPLEX

KEY

MS	=	Main Studio
PS	=	Pilates Studio
YS	=	Yoga Studio
CR	=	Cycling 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.

Indoor Cycling

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 ~ Get your workout wet in this non-impact, medium intensity class held in the pool. If you are new to exercise, pre or post natal or a non-swimmer, invigorate yourself in Aqua Flex! Expect cardio movements to strengthen your heart combined with muscular strength work for your muscles.

BARRE TECHNIQUE ~ Sculpt and lengthen your muscles in this unique, ballet-inspired sculpting class. Using a ballet barre for the majority of the class, Barre Technique also rounds out your workout with arm and core work, leaving you with a lean, sleek dancer's physique.

LES MILLS BODYATTACK ~ is the sports-inspired cardio workout for building strength + stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

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 body pump - 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 CYCLING ~ A 30 minute abbreviated spin class. Perfect for beginners and anyone looking for a quick efficient workout.

FAT BURNER ~ This high energy, multi-impact class works at a medium intensity to ensure that your workout burns the most calories of any of our main studio classes. Expect to sweat, smile and shrink those fat stores! Class finishes with calisthenics and ab work.

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

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.

PUMP & PEDAL ~ No time to do it all? Well now you can, with our new Body Pump/ Indoor Cycling combo class! You'll start in the main studio with 5 barbell tracks, focusing on upper body strength. Then you'll hit the indoor cycling studio for a 30 minute express ride. It's the fastest track to well rounded fitness yet! Sign up 60 minutes prior to class at the front desk.

INDOOR CYCLING ~ 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!

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 to attend the Monday 7:30PM class for a \$15 fee

YOGA Class Descriptions

EXPRESS YOGA ~ Do you think you need 90 minutes in order to practice yoga? Not always! Express Yoga moves you efficiently through a series of standing and seated poses designed to mentally revitalize and physically awaken

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.

YOGA on the FOAM ROLLER ~ this unique class incorporates the foam roller for deep tissue release and muscular lengthening. If you have muscular tightness or aches and pains, this is the yoga class for you.