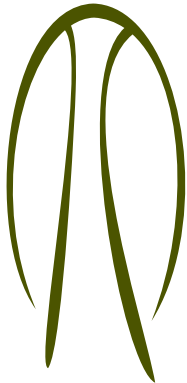


# Group Exercise

## Schedule Effective January 7<sup>th</sup>, 2019



# SPORTSPLEX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00AM <b>Rise &amp; Grind Spin</b> Samantha SS 🕒	6:00-7:00AM <b>BODYPUMP</b> Joanne MS	6:00-6:45AM <b>Spin</b> Aileen SS	6:00-7:00AM <b>Cardio &amp; Core Conditioning</b> Aileen MS	6:00-6:45AM <b>Spin</b> Joanne SS	8:30-9:00AM <b>Dirty 30</b> Caterina MS ★
7:30-8:25 <b>Power Barre</b> Diana MS	7:45-8:45 <b>BODYPUMP</b> Ania MS	8:00-9:00 <b>Barre Technique</b> Diana MS	7:45-8:45 <b>BODYPUMP</b> Joanne MS	8:30-9:30 <b>Power Barre</b> Diana MS 🕒	8:30-9:15 <b>Spin</b> Paula SS
8:30-9:25 <b>Barre Technique</b> Susan MS	9:00-9:45 <b>Vibe Ride</b> Luke SS	8:30-9:00 <b>Express Spin</b> Paula SS	8:45-9:30 <b>Spin to the Core</b> Noelle SS	9:30-10:30 <b>Pilates Sculpt</b> Christine YS	9:05-10:05 <b>Yoga Stretch</b> Brigit YS
8:30-9:00 <b>Express Spin</b> Paula SS	9:00-10:00 <b>C2C Cardio to the Core</b> Noelle MS	9:15-10:15 <b>Pilates Sculpt</b> Noelle YS	9:30-10:45 <b>Anusara Inspired Yoga</b> Tracy YS	9:30-10:15 <b>Dance Party Spin</b> Robbin SS 😊	9:05-10:05 <b>BODYPUMP</b> Joanne MS
9:15-10:15 <b>Pilates Sculpt</b> Noelle YS	9:35-10:50 <b>Gentle Yoga</b> Paula F. YS	9:30-10:25 <b>Cardio Kickbox</b> Robbin MS	9:45-10:45 <b>C2C Cardio to the Core</b> Noelle MS	9:45-10:45 <b>BODYPUMP</b> Diana MS 🕒	9:30-10:15 <b>Video Spin</b> Darcy SS
9:30-10:00 <b>Dirty 30</b> Caterina MS ★	10:05-11:05 <b>Zumba®</b> Brandon MS	10:30-11:30 <b>TBC Total Body Conditioning</b> Christine MS	5:30-6:30PM <b>Zumba®</b> Shannon MS	10:35-11:35 <b>Power Yoga</b> Paula F. YS	10:15-11:15 <b>Restorative Pilates</b> Elizabeth US
10:00-11:00 <b>BODYPUMP</b> Deb MS	5:30-6:30PM <b>Zumba®</b> Shannon MS	6:30-7:30PM <b>BODYPUMP</b> Tanya MS	6:30-7:15 <b>Video Spin</b> Darcy SS ★		10:15-11:15 <b>Zumba®</b> Shannon MS
10:30-11:30 <b>Pilates Sculpt</b> Noelle YS	6:30-7:30 <b>Barre Technique</b> Maura MS	6:30-7:30 <b>Open Level Yoga</b> Laurie US	6:30-7:30 <b>Barre Technique</b> Caterina MS 😊		10:15-11:30 <b>Vinyasa Yoga Flow</b> Brigit YS
6:00-7:00 <b>Gentle Yoga</b> Marci US ★	6:30-7:15 <b>Video Spin</b> Darcy SS				11:15-12:15 <b>Barre Technique</b> Susan MS
6:30-7:30 <b>C2C Cardio to the Core</b> Noelle MS	6:30-7:45 <b>Yoga Stretch</b> Brigit US				
				<b>Sunday</b>	
				8:30-9:15 <b>Video Spin</b> Annie SS	9:15-10:30 <b>Slow Flow Yoga</b> Paula YS
				9:00-10:15 <b>Interval Training</b> Aileen MS	9:30-10:30 <b>Pilates</b> Joanne US

### 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.

#### Spin

Sign up at the front desk begins 60 minutes prior to class. You may only sign up for yourself.

#### Yoga / Pilates

Classes are done in stocking/bare feet. Please leave shoes outside classroom and do not enter 10 minutes after class has begun.

**Want to know if your favorite class is cancelled before you arrive? Sign up for text notifications. Text to 90407 and in the message type groupex (no capitals).**

#### KEY

- MS = Main Studio
- YS = Yoga Studio
- US = Upstairs Studio
- SS = Spin Studio
- ★ = New Class
- 🕒 = New Time
- 😊 = New Instructor

#### Inclement Weather Policy:

During bad weather, please call ahead for class and nursery schedule changes. If you would like to receive the latest club notifications via text, please text 90407 and in the message type nurseryupdates (no capitals) for nursery changes. For class changes, type groupex (no capitals).

# Exercise Classes

**BARRE TECHNIQUE** ~ Have you always wanted to have a lean, toned, dancer's physique? Well now you can. This ballet-inspired sculpting class will transform your body using small targeted movements, isometrics and high repetition.

**BODY PUMP™** ~ Often referred to as 'Pump' by millions who love it, BODYPUMP™ is one of the world's fastest ways to get in shape. This choreographed weight lifting class focuses on low weight and high repetitions, you'll burn fat and calories, gain strength and quickly produce lean body muscle.

**CARDIO KICKBOXING** ~ takes kicking and punching drills and incorporates music to create a fast paced, high intensity class that targets calorie burning as well as cardiovascular fitness. Strengthen, tone and reduce fat at the same time.

**Cardio & Core Conditioning** ~ A challenging low impact/core strengthening class that focuses on developing cardio and core strength with a variety of exercises. It's a simple way to jump start your metabolism and strengthen your core early- so you reap the benefits for the rest of the day! Modifications provided for all fitness levels.

**C2C-CARDIO TO THE CORE** ~ A challenging cardio/toning class. You'll get your heart rate up with bursts of cardio and a series of sculpting moves with both light and heavy weights. Every major muscle group will be worked, with emphasis on the core. A very safe and effective workout designed for people of all fitness levels. The bikini ready workout.

**DIRTY 30** ~ 30 minutes of High Intensity Interval Training using just bodyweight exercises. Get it DONE in just 30 minutes!!

**INTERVAL TRAINING** ~ This high-energy class alternates between cardio and strength. You will bring your heart rate up with simple step choreography and challenge your muscles with light weights and high-repetition.

**PILATES** ~ 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 and upper back, glutes and shoulders. Great for problem backs! Come with bare feet.

**PILATES SCULPT** ~ Class begins with 15 minutes of arm sculpting followed by 45 minutes of intense Pilates core work.

**RESTORATIVE PILATES** ~ a slow flow Pilates class emphasizing core strengthening and lengthening with stretching. Great for beginners or intermediate level.

**POWER BARRE** ~ offers all the benefits of Barre Technique with an added cardio component. Come prepared to strengthen, tone and sweat!

**STEP SCULPT**~ An interval based class that incorporates both heavy and light weights with step. Sculpt your muscles while burning fat and calories. This class is intended for all fitness levels.

**SPINNING®** ~ cycling class that combines great music with challenging instructor-guided terrain. Low-impact and high calorie burn make this class a consistent favorite. The instructor is there to guide you but ultimately you are in control of how hard you work making this a great class for those who are new to fitness. Sign-up available at front desk 60 minutes prior to class.

**Spin to the Core** ~ A rhythmic, interval Spin class with heavy emphasis on the core. Cueing is very specific for the core and using proper form. Have fun, burn calories and tone your core all at one time.

**TBC- Total Body Conditioning** ~ is a full body conditioning class. Class utilizes heavy and light weights to give lean muscles and build body strength. Every major muscle group will be worked to fatigue, building strength and burning fat and calories.

**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.

## YOGA Class Descriptions

**Anusara Inspired Yoga** ~ Concentrates on the "celebration of life". Incorporates mind/body movements with balance work. Deals with posture and developing self-purification through centering the body and the mind.

**GENTLE YOGA** ~ designed for people who want a slower pace and the extra support of props.

**OPEN LEVEL YOGA** ~ Beginner-friendly open to students of all levels of yoga abilities, from basic level and on. Each class provides a variety of modifications enabling our students to fit the class to their own ability.

**POWER YOGA** ~ is a fitness-based vinyasa practice. Benefits include; building internal heat, increasing stamina, strength and flexibility, as well as stress reduction. All levels welcome

**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.

**YOGA FLOW / YOGA STRETCH** ~ a class for all levels. A slower Vinyasa flow focusing on proper alignment for stretching and increasing flexibility. A class heavy on instruction, adjustments and deep stretching, using blocks and straps.