

GROUP EXERCISE CLASS SCHEDULE – FALL, 2017

EFFECTIVE: 11/8/2017

MON	TUES	WED	THURS	FRI	SAT/SUN
Indoor Cycling # 6 – 7 am - Carlos	Vinyasa Flow Yoga 6 – 7 am - Kristen	Indoor Cycling # 6 – 7 am - Carlos	OPEN STUDIO / FOD Classes 5:30 – 8 am	Indoor Cycling # 6 – 7 am - Carlos	SATURDAY:
OPEN STUDIO / FOD Classes 7:15 – 8:15 am	OPEN STUDIO / FOD Classes 7:15 – 8 am	OPEN STUDIO / FOD Classes 7:15 – 8:15 am		OPEN STUDIO / FOD Classes 7:15 – 8:15 am	Glutes & Abs 9 – 9:45 am - Dan
Indoor Cycling # 8:30–9:30 am - Michelle	Indoor Cycling # 8:15 – 9 am - Denise	Indoor Cycling # 8:30-9:30 am - Michelle	Indoor Cycling # 8:15 – 9 am - Denise	Indoor Cycling # 8:30-9:30 am - Michelle	Zumba 10–11 am - Leslie
Cardio Kickboxing 9:45–10:45 am - Emily	TRX # 8:30 – 9:30 am - Michelle GYM	Cardio Kickboxing 9:45–10:45 am - Emily	TRX # 8:30 – 9:30 am - Michelle GYM	Cardio Kickboxing 9:45–10:45 am - Emily	Chair Yoga 11:15 am -12:15pm Corrine
Sculpt 9:45 - 10:25 am - Sara GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am - Denise	Sculpt 9:45 - 10:25 am - Sara GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am - Denise	Sculpt 9:45 - 10:25 am - Hayley GYM	OPEN STUDIO / FOD Classes 12:30 – 7 pm
Stretching 10:30 – 11 am - Sara GYM		Stretching 10:30 – 11 am - Sara GYM		Stretching 10:30 – 11 am - Hayley GYM	
Power Yoga 11 am – Noon - Tamra	BODYFIT 10:15 -11:15 am - Hayley	Vinyasa Flow Yoga 11 am – Noon - Kristen	BODYFIT 10:15 – 11:15 am - Hayley	Power Yoga 11 am – Noon – Corrine Last Class: 11/24/17	
Zumba 11:05 - 11:55 am - Sarah GYM	ABSolute Core 11:30 am- Noon Michelle	Zumba 11:05 - 11:55 am - Sarah GYM	ABSolute Core 11:30 am- Noon Michelle	Zumba 11:05 - 11:55 am - Sarah GYM	SUNDAY:
BOOTCAMP 12:10 - 12:50 pm - Dan GYM	PUMP! 12:10 - 1 pm - Sara	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	PUMP! 12:10 - 1 pm - Sara	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	OPEN STUDIO / FOD Classes 1 – 1:55 pm
OPEN STUDIO / FOD Classes 12:15 – 2:00 pm		Zumba GOLD! 12:30 – 1 pm - Billy		OPEN STUDIO / FOD Classes 12:15 – 2:30 pm	
Quicksilver 1:15 - 2:15 pm - Corrine GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm - Corrine GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 – 2:15 pm - Corrine GYM	Zumba 2 – 3 pm TBD
Studio Closed for Cleaning 2 – 2:45 pm	Studio Closed for Cleaning 2:30 – 3 pm	Studio Closed for Cleaning 2 – 2:30 pm	Studio Closed for Cleaning 2:20 – 2:50 pm	Studio Closed for Cleaning 2:30 – 3:30 pm	Open Studio / FOD Class 3:15 – 5 pm
Pilates 3 - 4 pm - Debra	OPEN STUDIO / FOD Classes 3:15 – 4:15 pm	Pilates 3 - 4 pm - Debra	Yoga 3 - 4 pm - Julie		Studio Closed for Cleaning 5 pm
OPEN STUDIO / FOD Classes 4:15 – 5:15 pm		OPEN STUDIO/ FOD Classes 4:15 – 5:15 pm		OPEN STUDIO / FOD Classes 3:30 – 8:00 pm	<i>Class schedule is subject to periodic change without advance notice.</i>
TRX # 5 – 5:45 pm - Hayley GYM	Total Body Tabata 4:25 – 5:25 pm - Emily	TRX # 5 – 5:45 pm - Hayley GYM	Total Body Tabata 4:25 – 5:25 pm - Emily		
STRONG 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm - Billy	STRONG 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm - Billy		
K-30 6 – 6:30 pm – Dan GYM	AB Attack 6:45 – 7:15 pm - Dan	K-30 6 – 6:30 pm – Dan GYM	AB Attack 6:45 – 7:15 pm - Dan		
Yoga 6:45 – 7:45 pm - Julie	Music Conservatory 7:30 - 8:30 pm	Yoga 6:45 – 7:45 pm - Corrine	Music Conservatory 7:30 - 8:30 pm		



FOD = “Fitness On Demand” – On Demand Video-Based Classes. See the FOD Kiosk in the Studio for options.

NOTE: “Open Studio / FOD Class” times are on a “First-Come, First-Served” basis, with earlier arrivers choosing their activities. Other members may join in any currently playing FOD Class, however.



Fitness Class Descriptions and Times – FALL, 2017 (11/8/17)



ABSolute Core	Build a more powerful, stable abdomen and improve posture with this fun, high-energy half-hour attack on ALL the core muscles. Get a vigorous core-building (abs & back) experience! INTERMEDIATE-ADVANCED	Tue & Thurs 11:30 am - Noon			
AB ATTACK	Attack your ab muscles through high-intensity, isolation exercises! INTERMEDIATE-ADVANCED	Tue & Thurs 6:45 – 7:15 pm			
BODYFIT	Unique blend of strength, core and cardio that changes weekly in order to fight boredom and keep your body guessing! INTERMEDIATE-ADVANCED	Tues & Thurs 10:15 – 11:15 am			
 Cardio KICKBOXING	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. INTERMEDIATE-ADVANCED	Mon Wed Fri 9:45- 10:45 am			
Gentle FUNCTIONal Strength (GFS)	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! BEGINNER.	Tue & Thurs 9:15 - 10 am			
Glutes & Abs	This 45 minute class will firm, strengthen and shape your "bum" like no other! BEGINNER-INTERMEDIATE.	Saturday 9 - 9:45 am			
Indoor Cycling	Fast-paced workout on a stationary bike. Climb, sprint, interval and more with incredible music & extraordinary instruction! Burns a TON of calories! BEGINNER - ADVANCED	Mon Wed Fri 6 - 7 am & 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am		
K-30	An accelerated class that packs 60 minutes of interval training into 30 minutes. Weights, calisthenics, bodyweight drills and cardio address the entire body. INTERMEDIATE-ADVANCED.	Mon & Wed 6 - 6:30 pm			
BOOTCAMP	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. INTERMEDIATE-ADVANCED.	Mon Wed Fri 12:10 - 12:50 pm			
PILATES	Tone and strengthen your abdominals, hips and back. This classic matwork Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout. BEGINNER – INTERMEDIATE.	Mon & Wed 3 – 4 pm			
PUMP!	Challenging group-strength training class that utilizes dumbbells, barbells, medicine balls, stability balls, resistance tubing, steps and your own body weight. INTERMEDIATE-ADVANCED.	Tue & Thurs 12:10 – 1 pm			
quicksilver	Balance, Strength & Fall Prevention for Seniors: Learn how to stabilize and balance while using full-body strength, core strength and proprioception training techniques. BEGINNER.	Mon Wed Fri 1:15 - 2:15 pm			
Sculpt	Full-body, strengthening & toning class is designed to sculpt long, lean, cut muscles without adding bulk or mass. Weights, cardio & abs. BEGINNER-INTERMEDIATE.	Mon Wed Fri 9:45 - 10:25 am			
STRETCHING	This relaxing and restorative class involves deep, relaxing breathing, combined with deep stretching. Props may be used to facilitate a deeper stretch. BEGINNER.	Mon Wed Fri 10:30 – 11 am			
Total Body Tabata	Full-body exercises that work the body as one functional unit! Intense bursts of activity, followed by brief rest periods keep your body constantly adapting, always improving, and endlessly burning calories! INTERMEDIATE-ADVANCED.	Tue & Thurs 4:25 - 5:25 pm			
 TRX Suspension Training™	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. BEGINNER – ADVANCED.	Mon & Wed 5 – 5:45 pm	Tue & Thurs 8:30 -9:30 am		
 Chair Yoga Yoga for EveryBody	Everything is done from the support of chair. Gentle yoga, stretching and relaxation techniques that will lengthen your muscles, strengthen your core, and provide a relaxing "re-set" to your day! BEGINNER.	Tue & Thurs 1:15 – 2:15 pm	Sat 11:15 - 12:15 pm		
POWER YOGA	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! INTERMEDIATE.	Mon & Fri 11 am – Noon			
Vinyasa Flow YOGA	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! BEGINNER-INTERMEDIATE.	Tues 6- 7 am	Wed 11 am - noon		
YOGA	For all levels of yoga students. No prior knowledge of yoga is necessary. Reduce stress, increase strength & flexibility, improve balance and focus, lower blood pressure, improve circulation, and live a healthier lifestyle! BEGINNER.	Mon & Wed 6:45 – 7:45 pm		Thurs 3 - 4 pm	
 ZUMBA FITNESS	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. BEGINNER – ADVANCED.	Mon, Wed, Fri 11:05-11:55 am	Tue & Thurs 5:30-6:30 pm	Sat 10-11 am	Sun 2-3 pm
 STRONG BY ZUMBA	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. BEGINNER – INTERMEDIATE	Mon & Wed 5:30 – 6:30 pm			
 ZUMBA gold	This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. BEGINNER.	Wed 12:30 – 1 pm			