

GROUP EXERCISE CLASS SCHEDULE – SPRING 2018

EFFECTIVE: 4/1/2018

MON	TUES	WED	THURS	FRI	SAT/SUN
Indoor Cycling # 6 – 7 am - Carlos		Indoor Cycling # 6 – 7 am - Carlos		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	Body Conditioning 7:15 – 8 am - Corinne	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 - Sarah	TRX # 8:30 – 9:30 am - Michelle GYM	Cardio Kickboxing 9:45–10:45 am - Sarah	TRX # 8:30 – 9:30 am - Michelle GYM	Cardio Kickboxing 9:45–10:45 am - Sarah	Chair Yoga 11:15 am -12:15pm Corinne
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	HIIT Me w/ Your Best Shot! 10:15 -11:00 am - Michelle	Vinyasa Flow Yoga 11 am – Noon - Kristen	HIIT Me w/ Your Best Shot! 10:15 – 11:00 am - Michelle	Yoga 11 am – Noon Kristen	
Zumba 11:05 - 11:55 am - Sarah GYM	Glutes & Abs 11:15 - Noon - Hayley	Zumba 11:05 - 11:55 am - Sarah GYM	Glutes & Abs 11:15- Noon - Hayley	Zumba 11:05 - 11:55 am - Sarah GYM	SUNDAY:
BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 - 1 pm - Edie	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 - 1 pm - Edie	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	OPEN STUDIO / FOD Classes 1 – 1:55 pm
Senior Stretch & Balance 12:30 – 1:00 Judy	PUMP! 12:10 - 1 pm - Sara	Zumba GOLD! 12:30 – 1 pm Sol	PUMP! 12:10 - 1 pm - Sara	Senior Stretch & Balance 12:30 – 1:00 Judy	
Quicksilver 1:15 - 2:15 pm - Michelle GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm - Michelle GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 – 2:15 pm - Michelle GYM	Zumba 2 – 3 pm - Sol
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	Yoga 3 - 4 pm – Corinne	Pilates 3 - 4 pm - Debra	Yoga 3 - 4 pm – Julie		
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	Class schedule is subject to periodic change without advance notice.
TRX # 5 – 5:45 pm - Hayley GYM	Total Body Tabata 4:25 – 5:25 pm Michelle	TRX # 5 – 5:45 pm - Hayley GYM	Total Body Tabata 4:25 – 5:25 pm Michelle		
Zumba 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm - Sol	Zumba 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm - Sol		
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		Yoga 6:45 – 7:45 pm - Corinne			



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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 – SPRING, 2018 (4/1/18)

 AB ATTACK	Attack your ab muscles through high-intensity, isolation exercises! INTERMEDIATE-ADVANCED	Tue & Thurs 6:45 – 7:15 pm			
Body Conditioning	An entire body workout, delivering all-around benefits from head to toe, through toning exercises, using dumbbells, bands, stability balls, and more. Great for all levels of fitness! BEGINNER – ADVANCED.	Thurs 7:15 – 8:00 am			
BOOTCAMP	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. INTERMEDIATE-ADVANCED.	Mon Tue Wed Thur Fri 12:10 - 12:50 pm			
	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. INTERMEDIATE-ADVANCED	Mon Wed Fri 9:45- 10:45 am			
	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		
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.	Tue & Thurs 11:15 am – noon	Sat 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			
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			
POWER YOGA	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! INTERMEDIATE.	Mon 11 am – Noon			
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			
Hiit Me w/Your Best Shot!	Improve cardio, endurance, speed, strength and power in this 30-minute mash-up of High Intensity Interval Training (HIIT) and Kickboxing! INTERMEDIATE- ADVANCED	Tue & Thurs 10:15 – 11 am			
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			
Senior Balance & Stretch	30-minute, <u>chair-based</u> class teaches proper stretching to support joint flexibility, prevent stiffness, along with building balance to reduce the chances of injury and falls. BEGINNER - INTERMEDIATE	Mon & Fri 12:30 – 1 pm			
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			
	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		
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.	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 Fri: 11 am - noon	Tue & Thurs 3 - 4 pm		
	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 Mon, Wed: 5:30 – 6:30 PM	Tue & Thurs 5:30-6:30 pm	Sat 10-11 am	Sun 2-3 pm
	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			