

GROUP EXERCISE CLASS SCHEDULE – SUMMER 2018

EFFECTIVE: 8/1/2018

MON	TUES	WED	THURS	FRI	SAT/SUN
Indoor Cycling # 6 – 7 am - Carlos	OPEN STUDIO / FOD Classes 5:30 – 8 am	Indoor Cycling # 6 – 7 am - Carlos	OPEN STUDIO / FOD Classes 5:30 – 8:00 am	Indoor Cycling # 6 – 7 am - Carlos	SATURDAY: Abs (w/ Glutes) 9 – 9:45 am - Dan
OPEN STUDIO / FOD Classes 7:15 – 8:15 am		OPEN STUDIO / FOD Classes 7:15 – 8:15 am		OPEN STUDIO / FOD Classes 7:15 – 8:15 am	
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	
Sculpt 9:45 - 10:25 am - Corrine GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am - Denise	Sculpt 9:45 - 10:25 am - Corrine GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am - Denise	Sculpt 9:45 - 10:25 am - Corrine GYM	OPEN STUDIO / FOD Classes 12:30 – 7 pm
Stretching 10:30 – 11 am - Corrine GYM		Stretching 10:30 – 11 am - Corrine GYM		Stretching 10:30 – 11 am - Corrine GYM	
Power Yoga 11 am – Noon - Tamra	OPEN STUDIO / FOD Classes 10:15 – 11 am	Vinyasa Flow Yoga 11 am – Noon - Kristen	OPEN STUDIO / FOD Classes 10:15 – 11 am	Yoga 11 am – Noon Kristen	
Zumba 11:05 - 11:55 am - Sarah GYM	ABS 11:15 - Noon - Michelle	Zumba 11:05 - 11:55 am - Sarah GYM	ABS 11:15- Noon - Michelle	Zumba 11:05 - 11:55 am - Sarah GYM	SUNDAY:
BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 - 1 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 - 1 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	OPEN STUDIO / FOD Classes 1 – 1:55 pm
Senior Stretch & Balance 12:30 – 1:00 Judy	OPEN STUDIO / FOD Classes 12:15 – 1 pm	Zumba GOLD! 12:30 – 1 pm – Luisa	OPEN STUDIO / FOD Classes 12:15 – 1 pm	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 - Luisa
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 – 6 pm
Pilates 3 - 4 pm – Debra	OPEN STUDIO / FOD Classes 3 – 4 pm	Pilates 3 - 4 pm – Debra	Yoga 3 - 4 pm – Julie		
OPEN STUDIO / FOD Classes 4:15 – 5:15 pm	Total Body Tabata 4:25 – 5:25 pm Michelle	OPEN STUDIO / FOD Classes 4:15 – 5:15 pm	Total Body Tabata 4:25 – 5:25 pm Michelle	OPEN STUDIO / FOD Classes 3:30 – 9:00 pm	Studio Closed for Cleaning 6 pm
OPEN GYM for TRX 5 – 5:45 PM		OPEN GYM for TRX 5 – 5:45 PM			
Zumba 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm Leslie	Zumba 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm Leslie		
Yoga 6:45 – 7:45 pm – Julie	AB Attack 6:45 – 7:15 pm - Dan	OPEN STUDIO / FOD Classes 6:45 – 9 pm	AB Attack 6:45 – 7:15 pm - Dan		
OPEN STUDIO / FOD Classes 8 – 9 pm	OPEN STUDIO / FOD Classes 7:30 – 9 pm		OPEN STUDIO / FOD Classes 8 – 9 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 – SUMMER, 2018 (8/1/18)



AB ATTACK	Attack your ab muscles through high-intensity, isolation exercises! INTERMEDIATE-ADVANCED	Tue & Thurs 6:45 – 7:15 pm		
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		
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		
ABS	This 45 minute class will firm, strengthen and shape your abs 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 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am	
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 and your own body weight. Various techniques will build muscular endurance and strength 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		
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.	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 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, Tues, Wed, Thur: 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		