



# GROUP EXERCISE SCHEDULE: JANUARY 7-MARCH 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 a.m. <b>BODYPUMP</b> Maxx	6:00-7:00 a.m. <b>CIRCUIT TRAINING</b> Lamont	6:00-7:00 a.m. <b>BODYPUMP</b> Maxx	6:00-7:00 a.m. <b>CIRCUIT TRAINING</b> Maxx	6:00-7:00 a.m. <b>YOGALATES</b> Ylona		
9:00-10:00 a.m. <b>KETTLEBELL CARDIO/STRENGTH</b> Antonette	8:30-9:10 a.m. <b>BARRE ABOVE™</b> Neda	9:00-10:00 a.m. <b>BODYCOMBAT</b> Emi	8:30-9:30 a.m. <b>TURBO KICK</b> Beth	9:00-10:00 a.m. <b>TRX®</b> <b>Circuit Training</b> Antonette	8:00-9:00 a.m. <b>BODYPUMP</b> Agnes	8:30-9:30 a.m. <b>YOGA</b> Janet
10:00-11:00 a.m. <b>Dance Fit</b> Antonette	9:15-10:15 a.m. <b>BODYPUMP</b> Neda	10:00-10:55 a.m. <b>BARRE ABOVE™</b> Emi	9:30-10:30 a.m. <b>CIRCUIT TRAINING</b> Beth	10:00-11:00 a.m. <b>BODYPUMP</b> Maxx	9:30-10:15 a.m. <b>Dance Fit</b> Denise	9:30-10:30 a.m. <b>ZUMBA</b> Barbra
10:00-11:00 a.m. <b>Dance Fit</b> Antonette	10:15-11:00 a.m. <b>TRX®</b> <b>Circuit Training</b> Neda	11:00-11:45 a.m. <b>CHAIR YOGA</b> Linda	10:30-11:30 a.m. <b>PILATES</b> Ylona	11:00-12:00 p.m. <b>YOGA</b> Ylona	10:15-11:00 a.m. <b>TRX®</b> <b>Circuit Training</b> Denise	10:30-11:30 a.m. <b>PILATES</b> Ylona
11:00-11:45 a.m. <b>CHAIR YOGA</b> Linda		12:00-1:00 p.m. <b>YOGA BASICS</b> Linda	12:00-1:00 p.m. <b>Step &amp; Strength</b> Denise	12:00-1:00 p.m. <b>Dance Fit</b> Denise		
12:00-1:00 p.m. <b>YOGALATES</b> Denise		5:00-6:00 p.m. <b>Step &amp; Strength</b> Denise				
4:30-5:30 p.m. <b>TRX®</b> <b>Circuit Training</b> Denise		6:00-7:00 <b>BODYPUMP</b> Agnes	5:30-6:30 p.m. <b>Step &amp; Strength</b> Denise	5:30-6:15 p.m. <b>TRX®</b> <b>Circuit Training</b> Denise	<p>Schedule is subject to change without notice. For your safety: Please wear appropriate athletic shoes and refrain from chewing gum in class. Every class will consist of a warm-up, indicated class content and cool-down.</p> <p>If you enter class after the warm-up or leave before the cool-down, the instructor will assume you have properly prepared.</p> <p><b>Please allow participants from the previous class to exit before entering the studio or sitting area inside the studio.</b></p>	
5:30-6:15 p.m. <b>YOGA</b> Ylona	5:30-6:30 p.m. <b>BARRE ABOVE™</b> Jessica	7:00-7:45 p.m. <b>TRX®</b> <b>Circuit Training</b> Antonette	6:30-7:30 p.m. <b>ZUMBA</b> Rosie/Tisha	6:15-7:00 p.m. <b>YOGALATES</b> Denise		
6:15-7:10 p.m. <b>Cardio Kick &amp; Strength Training</b> Jessica	6:30-7:30 p.m. <b>ZUMBA</b> Abbey	7:45-8:30 p.m. <b>Dance Fit</b> Antonette	7:45-8:45 p.m. <b>YOGA</b> Janet			
7:15-8:15 p.m. <b>ZUMBA</b> Barbra	7:45-8:45 p.m. <b>YOGA</b> Janet					

## GROUP FITNESS CLASS DESCRIPTIONS

**BARREABOVE™** This class blends the latest exercise science with the principles of the Lotte Berk method (the genesis of The Barre movement) delivering a fusion of ballet, Pilates, yoga and strength training to the workouts. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. Barre Above classes may be taught using a barre or center-floor - completely off the barre.

**BODYCOMBAT™** This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you will strike, punch, kick, and kata your way through calories to superior cardio fitness.

**BODYPUMP™** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls.

**CARDIO KICK & STRENGTH A** combination cardio kickboxing and strength training class with punching, kicking, and rhythmic movements set to heart pounding music! This workout is designed to melt away pounds and inches while targeting every muscle group. Burn more calories than ever while increasing endurance and muscle tone, improving coordination and flexibility.

**CHAIR YOGA** This class is designed for those who may have mobility and/or health issue or those who wish to have a More modified, gentle yoga option. Participants sit to do easy and gentle supported postures that are designed to improve flexibility, range of motion and breath quality. Integrate mind and body, improve your health and overall well-being and leave class feeling relaxed and balanced.

**CIRCUIT TRAINING** A non-stop circuit utilizing a variety of equipment including TRX, kettlebells, gliding discs, dumbbells, resistance tubing and more.

**DANCE FIT** A fusion dance fitness party...combining a variety of dance rhythms and techniques, varying each class. Class may also include the use of toning sticks...Get your heart pumping and release your inner DIVA! Leave class feeling strong and fierce.

**KETTLEBELL CARDIO/STRENGTH** Our unique approach of combining kettlebell and bodyweight movements makes this class challenging, yet flexible enough for individuals of most fitness levels. Programs focus on joint mobility and stability, muscular strength, cardiovascular endurance, muscular flexibility, total-body range of motion, and injury prevention.

**PILATES** The Pilates method of body conditioning promotes physical harmony while providing a refreshing and energizing workout. The program focuses on the core postural muscles such as the abdomen, lower back, and hips, which help keep the body balanced and are essential to providing support for the spine. and injury prevention.

**STEP & STRENGTH** Simple, heart-pumping step aerobics routines combine with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

**TRX CIRCUIT TRAINING** This class combines the best of interval and circuit training to take TRX to the next level! Class includes the use of the TRX and other equipment to get a full body challenge as well as a great cardio workout. Intervals at each station will challenge the core and increase upper and lower body strength. Kettlebells, bands, and other equipment add additional challenge.

**YOGA BASICS** This class will include both seated and standing poses, allowing time to focus on alignment as well as relaxation postures. Build strength, flexibility, and balance. Relax, breathe, relieve stress. Suitable for all levels. \*Great for beginners

**YOGA** This health and fitness class ensures strength and flexibility for balance, poise and confidence in body and mind. By practicing yoga, you will improve posture and body alignment resulting in better circulation and nerve function. You will strengthen and tone internal organs, while relieving muscle tension or joint pain. Come and improve your quality of life!

**YOGALATES** is an ever-increasing popular exercise due to its positive effects on the body and mind. Yogalates allows you to practice and improve while working within your own limits; you can push and stretch your body while opening up your mind. Class is suitable for all fitness levels. **ZUMBA®** This class incorporates Latin and international rhythms along with dance steps like salsa, merengue, cha cha, and samba in a class that is fun and easy to do.

