



## Group Fitness Schedule

**Pilates Mat** ··· Strengthen, stretch and lengthen your muscles while improving posture and reducing stress and tension. Whether you are a beginner or have participated in many Pilates Mat classes, this class is structured for you. Instructors are prepared to challenge the skill level of each person and will give direction and modifications to ensure that you can work with what feels best.

**Power Step** ··· Powerful moves with moderate choreography provide an intense workout.

**Qi Gong** ··· Qi Gong is an ancient system of simple movements designed to stimulate the body's natural energy flow promoting balance and healing. The meditative quality of the movements helps one relax and breathe deeply, enhancing the sense of well-being. Suitable for all fitness levels, when practiced regularly the exercises can strengthen and improve the functioning of the organs and systems of the body, counteracting many illnesses associated with aging.

**Sports Conditioning** ··· Cardio drills mixed with strength and agility exercises to improve flexibility, coordination, athletic performance endurance and function.

**SPRINT™** ··· LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits. It features bursts of intensity where you work as hard as possible, followed by periods of rest that prepare you for the next effort. The payoff is you will smash your fitness goals and burn calories for hours after each workout. • **Reserve your spot up to 60 minutes before class.**

**Stretch** ··· Dynamically increase your flexibility with this functional fitness class. Create more space and less tension in the body with passive and active stretching designed to increase muscle length.

**Studio Cycle** ··· An exhilarating indoor cycling class, highly effective in cardio and strength training. On a stationary bike, riding to awesome music and motivated by an inspiring instructor, one can burn up to 600 calories in a 50-minute class. Work glutes, calves, quads, hamstrings and core, and over time, decrease body fat and improve overall cardiovascular function.

• **Reserve your spot up to 60 minutes before class.**

**Studio Strength** ··· Improve muscle tone and strength and increase your rate of calorie burn. Inspired by the latest training trends this class may use any combination of weights, balls, bands or tubes for the ultimate strength training experience. Working multiple muscle groups simultaneously, it's an intense total body workout designed to define every muscle in every way in a group studio setting.

**Total Body Training** ··· The ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of equipment, including TRX, BOSU, dumbbells, resistance bands, medicine balls, or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you, #TBT.

**TRX®** ··· TRX Suspension Training is a class using the TRX Suspension Trainer, where the user's hands or feet are supported by an anchor point, while the opposite end of the body is in contact with the ground. It trains strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of resistance. The repertoire of unlimited, versatile exercises are geared to men and women of all fitness levels. This is the very definition of functional training. • **Reserve your spot up to 60 minutes before class.**

**Vinyasa Flow Yoga** ··· This dynamic and physically demanding style of yoga is energetic and heating, as it flows from one pose to the next. Great for building stamina and strength. Experience meditation through movement. Prior experience suggested but not required.

**WERQ™** ··· WERQ is the fiercely fun dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ warm-up previews the dance steps used in class and the signature WERQ cool-down includes balance and yoga inspired poses. This non-stop cardio class is designed to challenge students physically with achievable dance movements for all skill levels. Are you ready to WERQ?

**Yin Yoga** ··· Yin Yoga focuses on the connective tissue (yin) rather than muscle (yang). Poses are held for long periods of time. Blocks and straps are used to accomplish the proper stretching of connective tissue and increase flexibility of the joints.

**Yoga (Beginner)** ··· An ideal introduction to yoga, the pace of this class is slower and gives more detailed explanations of moves, postures, alignments and breath. Learn the fundamentals and structural foundation of each position.

**Yoga (Multi-Level)** ··· This class allows for a variety of experience levels from beginner to advanced. The instructor challenges the skill level of each participant. Students are encouraged to work at their own pace and build their yoga practice slowly over time. No prior experience required.

**Yoga Sculpt** ··· Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness and core work. This yoga class uses weights to strengthen the practice, while helping tone and shape the body. Burn calories, build stamina, increase strength and flexibility and increase lean muscle mass.

**Zumba®** ··· Are you ready to party yourself into shape? That's exactly what the Zumba class is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health.

**Zumba Gold and Zumba Toning** ··· Zumba Gold is designed for the active older adult beginning exercise or those who may be limited physically. Done at a lower intensity and slower pace but with the same great styles of Latin music and dance. Zumba Toning blends body sculpting techniques with Zumba moves for a great calorie burning, strength-training combination. Maraca-like Zumba Toning Sticks are used to enhance rhythm, build strength and tone all the target zones.



# Group Fitness Schedule

Effective September 1, 2020

## Class Descriptions

**Aqua: Movement** ··· Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. These water activities are optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury. An All Club Access Class.

**Aqua: TBT** ··· Total Body Training in the pool! This is the ultimate cardio and strength interval training class designed to work your entire body and maximize your post workout calorie burn, using a variety of water equipment or just your own bodyweight. Focus on resistance, intervals, power, plyometrics, endurance and determination and you will see a new you. An All Club Access Class.

**Aqua Yoga** ··· Aqua Yoga is a gentle and very low impact aquatic activity where the instructor takes the principles and movements of yoga and adapts them to the water environment. With the release of gravity the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved. An All Club Access Class.

**Aqua Zumba**® ··· Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even laughing, hooting and hollering are often heard during the Zumba “pool party”. Traditional aqua fitness principles are blended with the Zumba formula for a safe, challenging workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

**Basic Pilates** ··· Basic Pilates is meant for those wanting a slower paced explanation of pilates — those who find benefit from modifications based on physical limitations — and/or those wanting to better learn the foundations of pilates and its movements. All levels are welcome.

**BODYPUMP™** ··· BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit — fast. This program is based on THE REP EFFECT, a proven formula that exhausts muscles using light weights, while performing high repetitions - this is the secret to developing lean, athletic muscle. **BODYPUMP™ Express** is a shortened version of this format. • **Reserve your spot up to 60 minutes before class.**

**CXWORX™** ··· Six tracks to a six pack. Looking for a short, sharp workout that’ll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX is for you! CXWORX really hones in on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

**Feldenkrais®** ··· Feldenkrais is awareness through movement. Each class is an enjoyable sensory-motor approach to learning new ways of moving, eliminating pain, enhancing performance and improving posture.

**Full Body Blast** ··· Thirty minutes of total body muscular endurance and strength using only one piece of equipment: the Body Bar. A fully-effective stand-alone workout as well as a complement to any cardio class providing great results.

**Functional Strength & Stretch** ··· Experience more energy and less injury through body awareness. Through smooth, rhythmic motion, release tight muscles and develop more functional movement patterns for health and daily performance. Learn to move your body from your core and improve your posture and balance. This class is appropriate for all fitness levels with modifications accessible to pre/postnatal women, new exercisers, the mature population and post-rehab athletes.

**Gentle Yoga (Multi-Level)** ··· This multi-level yoga class offers a slower pace that is gentler on the joints. All levels are welcome.

**Hard Core** ··· This class is centered around muscles in the back, abs and glutes. Engage in the newest and safest techniques to improve core strength and general functionality. All levels welcome.

**Hatha Yoga** ··· Hatha Yoga refers to any type of yoga involving physical postures, or asanas. Hatha Yoga balances mind and body using poses and controlled breathing, while teaching poise, balance and strength. When the term Hatha is used to describe a class it implies a basic and slow moving class that focuses on alignment and structure.

**HIIT** ··· High Intensity Interval Training (HIIT) is cardio training where short, very high intensity intervals are combined with longer, slower intervals to recover. Increase metabolism, muscle mass and performance and brain power and burn fat using a variety of equipment or just your own body weight.

**Hip Hop/Funk** ··· Get your workout in while dancing with this straight-forward, funky, hip hop street dance class. Groove and burn calories, as each move is broken down to its most simple form. No dance experience needed, just a fun attitude. Movements are mostly low impact.

**Interval Mix** ··· Improve your energy system development during this dynamic interval class using a mix of methods : Step, BOSU, Weights.

**Kickboxing: Skills & Drills** ··· This intense kickboxing class incorporates agility and strength into cardio training and total body conditioning using hand wraps, boxing gloves, focus mitts, jump ropes, medicine balls and occasionally heavy bags. It is a high intensity, high energy workout, open to all levels.

**Nia** ··· This high-powered energizing workout gives you a new body and a new life. Nia is a mind-body technique for all fitness levels blending concepts from jazz, ballet, martial arts, yoga and other forms of movement into expressive, energetic, creative exercise.

**Pilates for Buff Bones®** ··· This is a unique, Pilates-based workout that uses bone-strengthening techniques while focusing on alignment and balance. This dynamic class is adaptable for people of all levels, and is also safe for those with osteoporosis.

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# Group Fitness Schedule

Schedules subject to change. Please refer to CAC's new app for updates.

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:15 – 6:45 am	SPRINT .....	Rico B. <b>C</b>
6:15 – 7:15 am	Total Body Training .....	Laura B. <b>4</b>
11:00 – 12:00 pm	Functional Strength + Stretch .....	Robin G. <b>4</b>
6:00 – 6:50 pm	Studio Cycle .....	Rico B. <b>C</b>
6:30 – 7:30 pm	Hip Hop/Funk .....	Viola E. <b>4</b>

<b>Tuesday</b>		
9:30 – 10:30 am	Sports Conditioning .....	Therese C. <b>G</b>
10:45 – 11:45 am	Zumba Gold .....	Suzy C. <b>4</b>
12:00 – 1:00 pm	Gentle Yoga (Multi-Level) .....	John L. <b>2</b>
12:00 – 1:00 pm	BODYPUMP .....	Therese C. <b>4</b>
5:30 – 6:30 pm	Pilates Mat .....	Niki M.H. <b>2</b>
6:00 – 7:00 pm	WERQ .....	Kristy V. <b>G</b>

<b>Wednesday</b>		
8:15 – 9:15 am	Nia .....	Myrna W. <b>G</b>
9:30 – 10:20 am	Studio Cycle .....	Ramona C. <b>C</b>
9:30 – 10:30 am	Zumba .....	Suzy C. <b>G</b>
10:15 – 10:45 am	CXWORX .....	Jennifer T. <b>4</b>
11:00 – 12:00 pm	Functional Strength + Stretch ..	Robin G. <b>4</b>
12:00 – 12:30 pm	SPRINT .....	Jennifer T. <b>C</b>
5:30 – 6:30 pm	Gentle Yoga (Multi-Level) .....	Vicki B. <b>2</b>
6:30 – 7:30 pm	BODYPUMP .....	Laura B. <b>4</b>

**2 = Studio 2**                      **4 = Studio 4**  
**G = Gym**                              **C = Cycle Studio**

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:15 – 7:00 am	HIIT 45 Min .....	Rico B. <b>4</b>
9:30 – 10:20 am	Studio Cycle .....	Jennifer T. <b>C</b>
9:30 – 10:30 am	BODYPUMP .....	Sarah R. <b>4</b>
12:00 – 1:00 pm	Nia .....	Myrna W. <b>G</b>
5:30 – 6:30 pm	Yoga (Multi-Level) .....	Julie S. <b>2</b>

<b>Friday</b>		
6:15 – 7:15 am	BODYPUMP .....	Jennifer T. <b>4</b>
10:30 – 11:30 am	Yoga (Beginner) .....	Ken C. <b>2</b>
5:00 – 6:00 pm	Gentle Yoga (Multi-Level) .....	Vicki B. <b>2</b>
5:30 – 6:30 pm	Hip Hop/Funk .....	Viola E. <b>4</b>

<b>Saturday</b>		
8:00 – 8:50 am	Studio Cycle .....	Iva R. <b>C</b>
8:30 – 9:00 am	HIIT .....	Katy A. <b>4</b>
8:30 – 9:30 am	Pilates Mat .....	Niki M.H. <b>2</b>
9:30 – 10:20 am	Studio Cycle .....	Katy A. <b>C</b>
10:45 – 11:15 am	SPRINT .....	Jamey D. <b>C</b>
11:45 – 12:45 pm	Nia .....	Myrna W. <b>4</b>
12:15 – 1:15 pm	Yin Yoga .....	Vicki B. <b>2</b>
1:30 – 2:45 pm	Qi Gong .....	Francesca S. <b>2</b>

<b>Sunday</b>		
9:00 – 10:15 am	Studio Cycle (75 minutes) .....	Katy A. <b>C</b>
11:00 – 12:00 pm	Pilates Mat .....	Penny S. <b>2</b>
12:30 – 1:30 pm	Yoga Sculpt .....	Beth G. <b>2</b>