



## Group Fitness Schedule

**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.

**Water Workout: Cross Training** · · Intervals of cardio, resistance training and core movements in the pool improve endurance, strength, coordination, balance and flexibility. Burn fat and build strong, lean muscle mass with low to no joint impact. Exercises and intensity can be modified and adapted for participants of all levels: from those just beginning a fitness routine, to those recovering from an injury, to elite athletes on a rest/recovery day. An All-Club-Access class.

**Water Workout: Movement** · · Movements performed in water allow for increased range of motion and flexibility in safe, suspended environment. These energizing patterns are designed to burn fat and increase cardio strength while building a stronger core. With the use of specific water equipment, these water activities become optimal for muscle toning and conditioning, helping to strengthen joints to avoid injury. It challenges all levels from recovery to athlete. An All-Club-Access class.

**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** · · Zumba Gold is designed for the active older adults 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** · · 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 January 2, 2019

### Class Descriptions

**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** · · This 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.

**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.

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# Group Fitness Schedule

Effective January 2, 2019

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Monday</b>		
6:00 – 6:30 am	SPRINT	Rico B. <b>C</b>
6:00 – 7:00 am	Total Body Training	Sharon R. <b>4</b>
<b>9:00 – 10:00 am</b>	<b>Stretch</b>	<b>Marla L. 4</b>
9:15 – 10:15 am	Water Workout: Cross Training	Debbie F. <b>P</b>
9:30 – 10:20 am	Studio Cycle	Lynn K. <b>C</b>
9:30 – 10:30 am	Yoga Sculpt	Kathleen F. <b>2</b>
10:30 – 11:00 am	BODYPUMP Express	Lynn K. <b>4</b>
10:30 – 11:30 am	Total Body Training	Kathleen F. <b>G</b>
<b>11:00 – 12:00 pm</b>	<b>Functional Strength &amp; Stretch</b>	<b>Robin G. 4</b>
12:00 – 12:30 pm	HIIT	Vlad B. <b>4</b>
12:00 – 12:50 pm	Studio Cycle	Kathleen F. <b>C</b>
12:30 – 1:00 pm	CXWORX	Vlad B. <b>4</b>
12:00 – 1:00 pm	Vinyasa Flow Yoga	Lane F. <b>2</b>
1:00 – 2:00 pm	Feldenkrais	Gerald N. <b>2</b>
5:15 – 6:30 pm	Yoga (Multi-Level)	Bob W. <b>2</b>
5:30 – 6:00 pm	CXWORX	Julie L. <b>4</b>
6:00 – 6:30 pm	HIIT	Julie L. <b>4</b>
6:00 – 6:50 pm	Studio Cycle	Maryellen B. <b>C</b>
6:00 – 7:00 pm	Water Workout: Movement	Robin G. <b>P</b>
6:30 – 7:30 pm	Hip Hop/Funk	Viola E. <b>4</b>
6:30 – 7:45 pm	Vinyasa Flow Yoga	Vicki B. <b>2</b>
7:30 – 8:30 pm	Kick Boxing Skills & Drills	Leslie M. <b>4</b>

<b>Tuesday</b>		
6:00 – 6:30 am	HIIT	Debbie M. <b>4</b>
6:00 – 7:15 am	Yoga (Multi-Level)	Kathy P. <b>2</b>
6:30 – 7:00 am	Hard Core	Debbie M. <b>4</b>
<b>8:15 – 9:15 am</b>	<b>Functional Strength + Stretch</b>	<b>Steve W. 4</b>
9:15 – 10:45 am	Yoga (Multi-Level)	Carol W. <b>2</b>
9:30 – 10:20 am	Studio Cycle	Vlad B. <b>C</b>
9:30 – 10:30 am	Sports Conditioning	Iida B. <b>G</b>
9:30 – 10:30 am	Water Workout: Movement	Steve W. <b>P</b>
9:30 – 10:30 am	TRX	Julie L. <b>4</b>
10:30 – 11:00 am	CXWORX	Vlad B. <b>4</b>
11:00 – 11:30 am	SPRINT	Debbie M. <b>C</b>
<b>11:00 – 12:00 pm</b>	<b>Gentle Yoga</b>	<b>John L. 2</b>
<b>11:00 – 12:00 pm</b>	<b>Zumba Gold &amp; Zumba Toning</b>	<b>Suzy C. 4</b>
12:00 – 12:30 pm	HIIT	Iida B. <b>G</b>

TIME	CLASS	INSTRUCTOR / STUDIO
12:00 – 12:50 pm	Studio Cycle	Kathleen F. <b>C</b>
12:00 – 1:00 pm	Yoga Sculpt	Laura D. <b>2</b>
12:30 – 1:00 pm	Hard Core	Iida B. <b>G</b>
1:00 – 2:00 pm	Yoga (Beginner)	Shaina Y. <b>2</b>
4:15 – 5:15 pm	Yoga (Multi-Level)	Julie S. <b>2</b>
5:30 – 6:30 pm	Pilates Mat	Suzy C. <b>2</b>
5:30 – 6:30 pm	Kickboxing Skills & Drills	Kathleen F. <b>4</b>
6:00 – 6:50 pm	Studio Cycle	Cathy L. <b>C</b>
6:00 – 7:00 pm	WERQ	Kristy V. <b>G</b>
6:30 – 7:30 pm	BODYPUMP	Raquel F. <b>4</b>
6:30 – 7:45 pm	Vinyasa Flow Yoga	Lane F. <b>2</b>

<b>Wednesday</b>		
6:00 – 6:50 am	Studio Cycle	John S. <b>C</b>
6:00 – 7:00 am	BODYPUMP	Debbie M. <b>4</b>
8:15 – 9:30 am	Yoga (Multi-Level)	Yoli J. <b>2</b>
8:30 – 9:30 am	Nia	Myrna W. <b>G</b>
9:30 – 10:20 am	Studio Cycle	Ramona C. <b>C</b>
9:30 – 10:30 am	Power Step	Julie L. <b>4</b>
9:30 – 10:30 am	Zumba	Suzy C. <b>G</b>
<b>9:30 – 11:00 am</b>	<b>Gentle Yoga</b>	<b>Jim L. 2</b>
10:30 – 11:00 am	CXWORX	Julie L. <b>4</b>
<b>11:00 – 12:00 pm</b>	<b>Functional Strength &amp; Stretch</b>	<b>Julie L. 4</b>
12:00 – 12:30 pm	HIIT	Lynn K. <b>4</b>
12:00 – 12:30 pm	SPRINT	Jennifer T. <b>C</b>
12:00 – 1:00 pm	Vinyasa Yoga Flow	Lane F. <b>2</b>
12:30 – 1:00 pm	Hard Core	Lynn K. <b>4</b>
<b>1:00 – 2:00 pm</b>	<b>Pilates for Buff Bones</b>	<b>Rena S. 2</b>
5:00 – 6:00 pm	Studio Strength	Steve W. <b>4</b>
<b>5:30 – 7:00 pm</b>	<b>Gentle Yoga</b>	<b>Vicki B. 2</b>
6:00 – 6:50 pm	Studio Cycle	Katy A. <b>C</b>
6:00 – 7:00 pm	Water Workout: Movement	Robin G. <b>P</b>
6:30 – 7:30 pm	BODYPUMP	Lis C. <b>4</b>
7:30 – 8:30 pm	Kickboxing Skills & Drills	Leslie M. <b>4</b>
7:30 – 8:30 pm	Yoga (Multi-Level)	John L. <b>2</b>

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

**Bold Face = Gentle, beginner-level class appropriate for all fitness levels. Exercises modifications provided.**

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:00 – 6:30 am	HIIT	Rico B. <b>4</b>
6:00 – 6:50 am	Studio Cycle	Jennifer T. <b>C</b>
6:00 – 7:00 am	Yoga (Multi-Level)	Ken C. <b>2</b>
6:30 – 7:00 am	Hard Core	Rico B. <b>4</b>
8:15 – 9:15 am	Yoga Sculpt	Cynthia N. <b>2</b>
9:30 – 10:20 am	Studio Cycle	Sharon C. <b>C</b>
9:30 – 10:30 am	Pilates Mat	Rena S. <b>2</b>
9:30 – 10:30 am	Aqua Zumba	Suzy C. <b>P</b>
9:30 – 10:30 am	BODYPUMP	Vlad B. <b>4</b>
9:30 – 10:30 am	WERQ	Stacey B. <b>G</b>
<b>10:45 – 11:45 am</b>	<b>Functional Strength &amp; Stretch</b>	<b>Julie L. 4</b>
<b>11:00 – 12:00 pm</b>	<b>Gentle Yoga</b>	<b>Jim L. 2</b>
12:00 – 12:30 pm	HIIT	Laura D. <b>G</b>
12:00 – 1:00 pm	Yoga (Multi-Level)	Carol W. <b>2</b>
12:00 – 1:00 pm	TRX	Iida B. <b>4</b>
12:30 – 1:00 pm	Hard Core	Laura D. <b>G</b>
5:30 – 6:00 pm	HIIT	Katy A. <b>4</b>
5:30 – 6:00 pm	SPRINT	Raquel F. <b>C</b>
5:30 – 6:30 pm	Pilates Mat	Maryellen B. <b>2</b>
5:30 – 6:30 pm	Zumba	Cathy L. <b>G</b>
6:00 – 7:00 pm	BODYPUMP	Raquel F. <b>4</b>
6:30 – 7:45 pm	Vinyasa Flow Yoga	Shauna B. <b>2</b>

<b>Friday</b>		
6:00 – 6:50 am	Studio Cycle	Debbie M. <b>C</b>
6:00 – 7:00 am	BODYPUMP	Jennifer T. <b>4</b>
9:00 – 10:00 am	Aqua Zumba	Robin G. <b>P</b>
<b>9:00 – 10:00 am</b>	<b>Stretch</b>	<b>Luna D. 2</b>
9:30 – 10:00 am	Interval Mix	Marla L. <b>4</b>
9:30 – 10:20 am	Studio Cycle	Lynn K. <b>C</b>
9:30 – 10:30 am	Sports Conditioning	Iida B. <b>G</b>
10:00 – 10:30 am	Full Body Blast	Marla L. <b>4</b>
10:30 – 11:00 am	CXWORX	Julie L. <b>4</b>
10:30 – 11:30 am	Yoga (Beginner)	Shaina Y. <b>2</b>
10:30 – 11:30 am	Zumba	Rhonda S. <b>G</b>
11:00 – 12:00 pm	Total Body Training	Katy A. <b>4</b>
12:00 – 12:45 pm	BODYPUMP Express	Lynn K. <b>4</b>
12:00 – 12:50 pm	Studio Cycle	Sharon C. <b>C</b>

TIME	CLASS	INSTRUCTOR / STUDIO
12:00 – 1:00 pm	Vinyasa Flow Yoga	Shaina Y. <b>2</b>
<b>1:00 – 2:00 pm</b>	<b>Basic Pilates</b>	<b>Rena S. 2</b>
<b>5:00 – 6:30 pm</b>	<b>Gentle Yoga</b>	<b>Vicki B. 2</b>
5:30 – 6:30 pm	Hip Hop/Funk	Viola E. <b>4</b>
6:30 – 7:30 pm	Yoga (Multi-Level)	Kali O. <b>2</b>

<b>Saturday</b>		
7:00 – 8:15 am	Vinyasa Flow Yoga	Paul W. <b>2</b>
8:00 – 8:50 am	Studio Cycle	Debbie M. <b>C</b>
8:15 – 9:00 am	Total Body Training Express	Katy A. <b>4</b>
8:15 – 9:15 am	Pilates Mat	Niki M.H. <b>2</b>
9:00 – 10:00 am	TRX	Julie L. <b>4</b>
9:30 – 10:20 am	Studio Cycle	Katy A. <b>C</b>
9:15 – 10:45 am	Yoga (Multi-Level)	Carol W. <b>2</b>
10:00 – 11:00 am	Power Step	Laura D. <b>4</b>
10:00 – 11:00 am	Water Workout: Cross Training	Robin G. <b>P</b>
10:30 – 11:30 am	WERQ	Kristy V. <b>G</b>
11:00 – 12:00 pm	Pilates Mat	Suzy C. <b>2</b>
11:00 – 11:30 am	Hard Core	Laura D. <b>4</b>
11:30 – 12:30 pm	Nia	Myrna W. <b>4</b>
11:30 – 12:30 pm	Total Body Training	Vlad B. <b>G</b>
12:00 – 1:15 pm	Yin Yoga	Vicki B. <b>2</b>
1:15 – 2:30 pm	Qi Gong	Francesca S. <b>2</b>
4:00 – 5:00 pm	Yoga (Multi-Level)	Kathy P. <b>2</b>

<b>Sunday</b>		
8:00 – 8:50 am	Studio Cycle	Vlad B. <b>C</b>
9:00 – 10:00 am	BODYPUMP	Vlad B. <b>4</b>
9:00 – 10:15 am	Studio Cycle (75 minutes)	John S. <b>C</b>
9:00 – 10:30 am	Hatha Yoga	Steve P. <b>2</b>
9:30 – 10:00 am	Full Body Blast	Marla L. <b>G</b>
9:30 – 10:30 am	Water Workout: Movement	Robin G. <b>P</b>
10:00 – 10:30 am	Interval Mix	Marla L. <b>4</b>
10:30 – 11:30 am	TRX	Marla L. <b>4</b>
11:00 – 12:00 pm	Pilates Mat	Penny S. <b>2</b>
11:30 – 12:30 pm	Zumba	Iida B. <b>G</b>
12:30 – 1:30 pm	Yoga Sculpt	Beth G. <b>2</b>
<b>2:00 – 3:30 pm</b>	<b>Gentle Yoga</b>	<b>Yoli J. 2</b>
4:00 – 5:15 pm	Yoga (Multi-Level)	Suzanne C. <b>2</b>