Group Fitness Schedule

Effective January 2, 2019

Class Descriptions

Ballet Burn – Raise the bar on your workout. Ballet Burn is a results-driven fitness class utilizing hand weights and ballet-based movement to create lean lines and improve flexibility and posture. No experience, or barre needed.

BURN – Raise Bar. Resist. This interval training workout will burn hundreds of calories during the class, plus hundreds more in the 24 hours after. Divided into four modalities of work: Concept 2 Power, Spinning® Pro Spin Bike, Woodway Curve Trainer Treadmill, TRX Suspension Units and Kettlesbells – this is cardio training with short bursts of very high intensity intervals, combined with longer, slower intervals to increase metabolism, muscle mass and performance while burning body fat. Recommended twice a week for optimal muscle, mechanical and metabolic recovery. No reserve spot up to 60 minutes before class.

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. Reserve your spot up to 60 minutes before class.

Boxing Challenge – Learn proper and authentic boxing techniques, punches and footwork. Use authentic equipment: hand wraps, boxing gloves, focus pads and sometimes heavy bags. Sharpen your movements and gain self-confidence. No boxing experience necessary. Advanced boxing drills can be provided for more experienced participants.

CXRWORK™ – 6 tracks to a 6 pack. Looking for a short, short workout that will inspire you to the next level of fitness, while strengthening and toning your body? CXRWORK™ is your CXRWORK™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It’s self-directed as the series of work can be repeated, or you can adjust the intensity as needed.

Yin Yoga – Yin Yoga focuses on the connective tissue (i.e., rather than muscle (yin). Poses are held for longer periods of time. Blocks and straps are used to help to the proper stretching of connective tissue and increase flexibility of the joints.

Yo Toddler – A dynamic class that teaches your toddler yoga poses through animal movements and play. Toddlers that are just starting to walk or age 3 will enjoy this fun yoga practice. Parents or caregivers participate. No yoga experience necessary.

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 format of yoga that combines Vinyasa Yoga, strength training, cardio fitness and core work. This 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 motivating millions of people toward joy and health.

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Pre/Postnatal Studio Strength – This multi-level invigorating endurance strength training class is a challenging experience for those classes, that is designed to meet the physical needs and demands of pregnancy, labor and delivery. Special emphasis is placed on the abdominal, pelvic floor and back musculature.

Prenatal Yoga – This prenatal fitness class consists of stretching, strengthening, breathing and relaxation techniques specifically designed for pregnant women at all stages of pregnancy. Feel better and stronger. No prior knowledge of yoga is required.

Sports Training – Cards are dealt with strength and agility exercises to increase flexibility, coordination, athletic performance, endurance and function.

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 gates, sprints, queues, fragments, and curvies, and over time, decrease body fat and improve overall cardiovascular function.

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 combinations of weights, bands, or tubes for the ultimate strength training experience. Moving multiple muscle groups simultaneously, it’s an intensity total body workout designed to define every muscle in every way in a group setting.

Swim Training – This class focuses on increasing stroke efficiency and endurance. It helps optimize speed for triathlon training or simply for faster lap swimming times. Instruction coach with a structured environment, including interval training and technique tips. Must be able to swim a minimum of 150yd in one hour.

Tai Chi – Tai Chi is a Chinese martial art. It is a graceful form of exercise that focuses on slow movements and play. They become more aware of their body through breath and movement.

Total Body Training – The ultimate cardio and strength training interval class designed to work your entire body and maximize your workout calorie burn, using a variety of equipment, including TRX, Dumbbells, resistance bands, medicine balls, and your own bodyweight. Focus on resistance, intensity, power, plyometrics, endurance and determination and you will see a new you, NOW.

Turbo Kick® – Burns calories and blasts fat! Turbo Kick moves in sync and simple dance moves with music that produces results! Each total body workout consists of a sport specific warm-up, high intensity intervals, easy to follow combinations and kickboxing specific strength/endurance training designed to maximize weight loss.

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. Previous experience suggested but not required.

Water Workout: Advanced – A more demanding water class designed with higher intensity moves for members with an established cardio base. Get ready for a challenging and effective full body workout that will get your heart rate up to achieve maximum fitness. Experience improved endurance, muscle toning and breathing control with a variety of intense workouts. An All-Club Access class.

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 muscles with mass to no joint impact. Exercises and intensity can be modified and adapted for participants of all fitness levels. From there just begin a Just keep it going routine, to those recovering from an injury, to the all star athlete every day. An All-Club Access class.

Water Workout: Movement – Movements performed in water allow for increased range of motion and flexibility in a safe, suspended environment. These emerging patterns are designed to burn fat and increase calorie burn while building a stronger core. With the use of specific water equipment, these water activities become optimal for muscle training 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 fun and dynamic dance fitness workout class based on pop, rock and hip-hop music taught by certified fitness professionals. The signature WERQ® warm-up sequences 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 levels. Are you ready to WERQ?

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WERQ™ Cardio – LES MILLS® GRIT Cardio is a high-impact, high-intensity, high-energy cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines body weight exercises and uses no equipment.

GRIT® Strength – Using barbell, weight plate and body weight exercises, LES MILLS® GRIT Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

Hard Core – This class is centered around movements in the back, abs and glutes. Engage in the newest and cutting-edge techniques to improve core strength and general functionality. All levels welcome.

Yoga Studio – Yoga refers to any type of yoga involving physical postures, or asanas. Yoga Studio blends mind and body using various control techniques, including breathing, posture and balance. The term Nadia refers to a class that implies a basic and low-movement 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. Increases 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 the 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.

Live DJ Spin – A DJ mixes music seamlessly with the instructor’s cues and the Studio Cycle format to create a truly interactive experience. A unique and exciting ride that’s always different. Reserve your spot up to 60 minutes before class.

Live DJ Yoga – Live DJ Yoga is a Vinyasa class in which the DJ blends music with sounds from across genres – rock, hip hop, classical, hip hop, world music — to create a fun atmosphere of intense physical focus. The goal is for the music to support and enhance the yoga while never overpowering the teaching or flow of the class.

Pilates Mat – Strengthens, stretches and lengthens 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 childlike wonder of each person and self-give direction and modifications to ensure that you can work with what feels best.

Power Flow Yoga – A vigorous form of Vinyasa Flow that links a sequence of asanas (poses) together safely so they can be done repeatedly, until it feels effective with the breath and meditative for the mind. This practice can be very athletic and challenging for mind and body. Prior yoga experience suggested, but not required.
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<tr>
<th>TIME</th>
<th>CLASS</th>
<th>INSTRUCTOR / STUDIO</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>8:00 – 9:00 am</strong></td>
<td>Yoga Sculpt</td>
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<td><strong>9:00 – 10:00 am</strong></td>
<td>Studio Cycle</td>
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<td></td>
<td><strong>10:00 – 11:00 am</strong></td>
<td>Power Flow Yoga</td>
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<td><strong>11:00 – 12:00 pm</strong></td>
<td>Studio Cycle</td>
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<td><strong>12:00 – 1:00 pm</strong></td>
<td>Water Workout: Advanced</td>
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<td><strong>1:00 – 2:00 pm</strong></td>
<td>Pilates Mat</td>
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<td><strong>2:00 – 3:00 pm</strong></td>
<td>Studio Cycle</td>
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