



## Group Fitness Schedule

**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.

**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.**

**Meditative Yoga** ··· This class is designed to take all yoga students to the next level of yoga practice. We will begin the class with yoga stretches and move into a group guided meditation. You will learn to focus your energy through a mind and body connection. All students are encouraged to work at their own capacity to deepen their practice. You will experience heightened concentration, insight and clarity.

**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.

**Pilates Mat (Advanced)** ··· Pilates Mat at a faster pace and fewer explanations of exercise concepts. To attend this class, you should feel confident with your Pilates practice and be familiar with exercise names and mat sequences.

**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 effortless 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.

**Power Step** ··· High energy moves with moderate choreography on a step platform provide an intense cardio and lower body strength workout with results.

**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.**

**Step & Sculpt** ··· Tackle cardio and strength in a single workout. Step combos pump up your heart rate and torch calories. Toning exercises build lean muscle mass and firm where you burn. It's a fast-paced, fun challenge that may even make you smile.

**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. **Studio Cycle Express** is a shortened version. • **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. **Studio Strength Express** is a shortened version of this format.

**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. Instructors coach with a structured workout, including interval training and technique tips. Must be able to swim a minimum of 1500 yards in one hour.

**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.

**Tread & Shred** ··· This is not your run-of-the-mill treadmill class. Take your workout to the next level with this total body, high intensity combo of treadmill intervals and strength training. Walk, run, climb, strengthen and leave fitter, faster and feeling great. You need not be a runner to participate. • **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.



# Group Fitness Schedule

Effective September 1, 2020

## Class Descriptions

**Abs & Arms** ··· Build strength in your upper body, sculpt long lean muscles and shape your waistline with a variety of exercises designed improve functional activity. Lighter weights and higher reps plus some bodyweight training techniques are used.

**Aqua: Athletic** ··· A more demanding water class designed with higher intensity moves for members with an established cardio base. This class uses equipment including kick boards, water weights, resistance bands and more, with little to no impact on the joints. HIIT, Tabata and plyometric drills challenge speed, power and strength, build endurance, stamina and improve athletic performance. An All Club Access Class.

**Aqua Barre** ··· Ready to dive into the hottest up-and-coming trend? Using the pool edge or a noodle as a ballet barre for stability, use ballet-inspired movements and gentle resistance to strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve range of motion. Appropriate for all levels of fitness. An All Club Access Class.

**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.

**Ballet** ··· Tone your muscles while improving your balance and posture. Taught by experienced ballet instructors, this class uses real ballet positions and combinations. No special clothes or shoes are necessary. Basic Ballet is meant for those with no former ballet experience as well as those wanting to brush up on fundamental ballet moves.

**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.

**BODYATTACK™** ··· BODYATTACK™ is a high-energy fitness class with moves that cater for total beginners to total addicts. BODYATTACK is a whole-body workout that burns calories while toning and shaping. You'll build stamina and our sports-inspired moves will improve your coordination and agility. Get quicker off the mark in everything you do. **BODYATTACK™ Express** is a shortened version of this format.

**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.**

**BODYSTEP™** ··· BODYSTEP™ Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP – a full-body cardio workout to really tone your butt and thighs. Combine basic stepping with moves like burpees, push-ups and weight plate exercises to work the upper body. You may even find some quicker stepping to highlight your rhythm and flair. There are always many options here to get a safe and fun workout. **BODYSTEP™ Express** is a shortened version of this format.

**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.

**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.

**Dance Latin Groove** ··· This is dance fitness movement to Latin rhythms including salsa, cha cha and mambo, as you groove to great Latin beats.

**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.

**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.

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# Group Fitness Schedule

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

TIME CLASS INSTRUCTOR / STUDIO

## Monday

6:15 – 7:05 am	Studio Cycle	John N. C
6:15 – 7:15 am	BODYPUMP	Cherly N. 2
7:30 – 8:30 am	Pilates Mat	Penny S. 4
8:30 – 9:30 am	Step & Sculpt	John N. 2
9:45 – 10:15 am	Abs & Arms	Katie D. 2
10:30 – 11:00 am	HIIT	Katie D. 2
11:15 – 11:45 am	Studio Cycle Express	Julie S. C
12:00 – 12:30 pm	Studio Strength Express	Julie S. 2
4:30 – 5:30 pm	Yoga (Multi-Level)	Jen W. 4
4:30 – 5:30 pm	Zumba	Angel S. 2
5:30 – 6:20 pm	Studio Cycle	Amy S. C
5:45 – 6:15 pm	HIIT	Kacy R. 2
5:45 – 6:45 pm	Yoga Sculpt	Alisa G. 4
6:30 – 7:15 pm	BODYATTACK Express	Adam B. 2
6:45 – 7:15 pm	SPRINT	Amy S. C
7:00 – 8:00 pm	Yoga (Beginner)	Alisa G. 4
7:30 – 8:30 pm	BODYPUMP	Donna W. 2

## Tuesday

6:15 – 7:15 am	BODYPUMP	Makenzie V. 2
7:30 – 8:00 am	SPRINT	Jamey D. C
8:30 – 9:00 am	HIIT	Katie D. 2
9:15 – 10:15 am	Pilates Mat	Penny S. 4
11:00 – 12:00 pm	Zumba	Alberto A. 2

TIME CLASS INSTRUCTOR / STUDIO

4:30 – 5:30 pm	Ballet Burn	Heather H. 2
5:30 – 6:20 pm	Live DJ Spin	Amy S./Jeff R. C
5:45 – 6:15 pm	HIIT	Kacy R. 2
5:45 – 6:45 pm	Yoga (Beginner)	Ken C. 4
6:30 – 7:00 pm	CXWORX	Kacy R. 2
6:45 – 7:35 pm	Live DJ Spin	Amy S./Jeff R. C
7:15 – 8:15 pm	BODYPUMP	John N. 2

## Wednesday

6:15 – 7:05 am	Studio Cycle	Amy S. C
8:30 – 9:15 am	BODYPUMP Express	Sarah R./John N. 2
8:30 – 9:45 am	Vinyasa Flow Yoga	Elena K. 4
9:30 – 10:15 am	Power Step	John N. 2
9:30 – 10:20 am	Studio Cycle	Sarah R. C
11:00 – 11:30 am	Abs & Arms	Katie D. 2
11:00 – 12:00 pm	Yoga Sculpt	Kris M. 4
11:30 – 12:00 pm	SPRINT	Amy S. C
12:15 – 1:15 pm	Pilates Mat	Kris M. 4
4:30 – 5:30 pm	Yoga (Multi-Level)	Kali O. 4
5:00 – 6:00 pm	BODYPUMP	Alyssa O. 2
5:45 – 6:15 pm	SPRINT	Rico B. C
6:30 – 7:20 pm	Studio Cycle	Jason P. C
7:30 – 8:30 pm	BODYPUMP	Jason P. 2

2 = Studio 2  
 4 = Studio 4  
 C = Cycle Studio

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Thursday</b>		
6:15 – 7:05 am	Studio Cycle .....	Julie S. <b>C</b>
6:15 – 7:15 am	BODYPUMP .....	Katie D. <b>2</b>
6:15 – 7:15 am	Vinyasa Flow Yoga.....	Bradshaw W. <b>4</b>
7:30 – 8:00 am	HIIT .....	Katie D. <b>2</b>
8:30 – 9:00 am	Abs & Arms.....	Kris M. <b>2</b>
9:15 – 9:45 am	HIIT .....	Kris M. <b>2</b>
9:30 – 10:20 am	Studio Cycle .....	Julie S. <b>C</b>
12:00 – 1:00 pm	BODYPUMP .....	Amy S. <b>2</b>
12:00 – 1:00 pm	Pilates Mat .....	Jessica M. <b>4</b>
5:15 – 6:30 pm	Yoga (Multi-Level) .....	Heather H. <b>4</b>
5:30 – 6:00 pm	CXWORX .....	Jason P. <b>2</b>
5:30 – 6:20 pm	Studio Cycle .....	Donna W. <b>C</b>
6:45 – 7:15 pm	Studio Cycle Express.....	John N. <b>C</b>
7:30 – 8:30 pm	Studio Strength .....	John N. <b>2</b>

<b>Friday</b>		
6:15 – 7:15 am	BODYPUMP .....	Erika S. <b>2</b>
7:30 – 8:00 am	SPRINT .....	Amy S. <b>C</b>
9:45 – 10:45 am	Total Body Training.....	Kris M. <b>2</b>
12:00 – 12:50 pm	Studio Cycle .....	Julie S. <b>C</b>
1:00 – 1:30 pm	Studio Strength Express .....	Julie S. <b>2</b>
4:30 – 5:30 pm	Yoga (Multi-Level) .....	Kali O. <b>4</b>
5:00 – 6:00 pm	BODYPUMP .....	Leslie B. <b>2</b>
6:00 – 7:00 pm	Pilates Mat .....	Penny S. <b>4</b>

TIME	CLASS	INSTRUCTOR / STUDIO
<b>Saturday</b>		
8:00 – 9:00 am	BODYPUMP .....	Donna W. <b>2</b>
8:45 – 9:45 am	Pilates Mat .....	Kris M. <b>4</b>
9:00 – 9:50 am	Studio Cycle .....	Julie S. <b>C</b>
9:15 – 9:45 am	Studio Strength Express .....	Jody B. <b>2</b>
10:00 – 11:00 am	Power Step .....	Jody B. <b>2</b>
10:15 – 11:05 am	Studio Cycle .....	Julie S. <b>C</b>
11:45 – 12:15 pm	SPRINT .....	Jason P. <b>C</b>
12:30 – 1:30 pm	BODYPUMP .....	Jason P. <b>2</b>
3:15 – 4:15 pm	Dance Latin Groove .....	Alberto A. <b>2</b>
4:30 – 5:15 pm	BODYATTACK Express .....	Donna W. <b>2</b>
5:30 – 6:15 pm	BODYPUMP Express.....	Donna W. <b>2</b>

<b>Sunday</b>		
8:30 – 10:00 am	Hatha Yoga.....	Kiyoe M. <b>4</b>
9:00 – 9:30 am	CXWORX.....	Paul R. <b>2</b>
9:45 – 10:15 am	HIIT .....	Paul R. <b>2</b>
9:45 – 10:15 am	Studio Cycle Express.....	Michel F. <b>C</b>
10:30 – 11:30 am	BODYPUMP .....	Sarah R. <b>2</b>
11:15 – 12:05 am	Studio Cycle .....	Donna W. <b>C</b>
11:45 – 12:45 pm	Studio Strength .....	Kris M. <b>2</b>
1:30 – 2:30 pm	Pilates Mat .....	Kris M. <b>4</b>
2:00 – 3:00 pm	Hip Hip/Funk.....	Viola E. <b>2</b>