



Group Fitness Schedule

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. **TBT Express** is a shortened version of this format.

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.

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 January 2, 2020

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.

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.

BODYCOMBAT™ ··· This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. BODYCOMBAT works your legs, tones your arms, back and shoulders and provides phenomenal core training. You destroy calories, develop coordination, agility and speed, and feel empowered. **BODYCOMBAT™ 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.**

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.

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.

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.**

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.

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.**

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.**

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Group Fitness Schedule

TIME CLASS INSTRUCTOR / STUDIO

Monday

| | | |
|-----------------|--------------------------|------------------|
| 6:00 – 7:00 am | Hatha Yoga..... | Allison H. 2 |
| 6:00 – 7:00 am | Total Body Training..... | Donna P. 1 |
| 9:00 – 10:00 am | BODYPUMP | Meagan P. 1 |
| 12:00 – 1:00 pm | Total Body Training..... | Stephanie B.J. 1 |
| 12:00 – 1:15 pm | Vinyasa Flow Yoga..... | Laura D. 2 |
| 5:00 – 5:30 pm | HIIT | Stephanie F. 1 |
| 5:30 – 6:00 pm | Hard Core | Stephanie F. 1 |
| 5:30 – 6:00 pm | SPRINT | Nikki S. C |
| 5:30 – 6:30 pm | Pilates Mat | Hayley R. 2 |
| 6:00 – 6:45 pm | BODYCOMBAT Express | Jojo Y. 1 |
| 6:30 – 7:20 pm | Studio Cycle..... | Alex L. C |
| 6:30 – 7:45 pm | Yoga (Multi-Level) | Samantha M. 2 |
| 6:45 – 7:30 pm | BODYATTACK Express | Nikki S. 1 |
| 7:30 – 8:30 pm | Boxing Challenge | Jerlov R. 1 |

Tuesday

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|-----------------|-----------------------------------|------------------|
| 5:30 – 6:00 am | HIIT | Stephanie B.J. 1 |
| 6:00 – 6:45 am | BODYPUMP Express..... | Stephanie B.J. 1 |
| 6:00 – 7:00 am | Yoga (Multi-Level) | Meghan M. 2 |
| 7:00 – 7:30 am | SPRINT | Stephanie B.J. C |
| 9:00 – 10:00 am | Tread & Shred | Stephanie F. CF |
| 12:00 – 1:00 pm | BODYPUMP | Linda R. 1 |
| 12:00 – 1:00 pm | Vinyasa Flow Yoga..... | Erica M. 2 |
| 5:30 – 6:00 pm | Total Body Training Express | Chelsea W. 1 |
| 6:00 – 6:50 pm | Studio Cycle..... | Chelsea W. C |
| 6:00 – 7:00 pm | BODYPUMP | David R. 1 |
| 6:00 – 7:15 pm | Yoga (Multi-Level) | Katy H. 2 |
| 7:30 – 8:45 pm | Vinyasa Flow Yoga..... | Samantha M. 2 |

TIME CLASS INSTRUCTOR / STUDIO

Wednesday

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|------------------|--------------------------|---------------------------|
| 6:00 – 6:45 am | BODYATTACK Express | Erika S. 1 |
| 6:00 – 7:00 am | Vinyasa Flow Yoga..... | Laura D. 2 |
| 9:00 – 10:00 am | BODYPUMP | Susan B. 1 |
| 9:00 – 10:00 am | Vinyasa Flow Yoga..... | David D. 2 |
| 11:00 – 12:00 pm | Total Body Training..... | Stephanie F. 1 |
| 12:00 – 1:00 pm | Vinyasa Flow Yoga..... | Bradshaw W. 2 |
| 5:00 – 5:30 pm | HIIT | Paul R. 1 |
| 5:00 – 6:00 pm | Vinyasa Flow Yoga..... | Stephanie L.S. 2 |
| 5:30 – 6:20 pm | Live DJ Spin | Kathleen F./Brooklyn M. C |
| 5:30 – 6:30 pm | BODYPUMP | Meagan P. 1 |
| 6:00 – 7:00 pm | Pilates Mat | Paul R. 2 |
| 6:30 – 7:00 pm | CXWORX..... | Meagan P. 1 |
| 6:30 – 7:20 pm | Live DJ Spin | Kathleen F./Brooklyn M. C |
| 7:00 – 8:00 pm | Zumba | Laura L.D. 1 |
| 7:00 – 8:15 pm | Yoga (Multi-Level) | Stephanie L.S. 2 |
| 8:00 – 8:45 pm | BODYPUMP Express..... | Cheryl N. 1 |

1 = Studio 1

2 = Studio 2

CF = Cardio Floor

C = Cycle Studio

TIME CLASS INSTRUCTOR / STUDIO

Thursday

| | | |
|------------------|--------------------------|-----------------|
| 6:00 – 7:00 am | BODYPUMP | Libby R. 1 |
| 6:00 – 7:00 am | Yoga Sculpt | Erica B. 2 |
| 9:00 – 10:00 am | Tread & Shred | Stephanie F. CF |
| 10:00 – 11:15 am | Vinyasa Flow Yoga..... | Bradshaw W. 2 |
| 12:00 – 12:45 pm | BODYATTACK Express | Melinda M. 1 |
| 12:00 – 1:00 pm | Yoga (Multi-Level) | Maria R. 2 |
| 5:00 – 6:00 pm | BODYPUMP | Kelsee W. 1 |
| 6:00 – 6:30 pm | SPRINT | Jen P. C |
| 6:00 – 7:00 pm | Hip Hop/Funk | Viola E. 1 |
| 6:00 – 7:00 pm | Yoga Sculpt | Laura D. 2 |
| 7:00 – 7:30 pm | CXWORX | Cheryl N. 1 |
| 7:00 – 8:00 pm | Yoga (Multi-Level) | Maggie C. 2 |

TIME CLASS INSTRUCTOR / STUDIO

Saturday

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|------------------|--------------------------|----------------|
| 9:00 – 9:50 am | Studio Cycle..... | Donna P. C |
| 9:00 – 10:00 am | Total Body Training..... | Stephanie F. 1 |
| 9:30 – 10:45 am | Vinyasa Flow Yoga | Jyl F. 2 |
| 10:00 – 10:50 am | Studio Cycle..... | Cheryl N. C |
| 10:00 – 11:00 am | BODYPUMP | Susan B. 1 |
| 11:00 – 12:00 pm | BODYCOMBAT | Susan B. 1 |
| 11:00 – 12:00 pm | Pilates Mat | Penny S. 2 |
| 12:00 – 1:00 pm | Ballet Burn | Stephanie F. 1 |
| 12:00 – 1:15 pm | Vinyasa Flow Yoga | Allison H. 2 |
| 1:00 – 2:00 pm | BODYATTACK | David R. 1 |
| 4:00 – 5:30 pm | Vinyasa Flow Yoga | Caroline B. 2 |

Friday

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|------------------|--------------------------|--------------------|
| 6:00 – 7:00 am | Vinyasa Flow Yoga..... | Samantha M. 2 |
| 6:30 – 7:00 am | SPRINT | Adam B. C |
| 6:30 – 7:30 am | Total Body Training..... | Stephanie B.J. 1 |
| 9:00 – 10:00 am | BODYATTACK..... | Adam B./Nikki S. 1 |
| 10:00 – 11:15 am | Vinyasa Flow Yoga..... | Bradshaw W. 2 |
| 12:00 – 12:50 pm | Studio Cycle | Miriam P. C |
| 12:00 – 1:00 pm | BODYPUMP | Kate K. 1 |
| 12:00 – 1:00 pm | Vinyasa Flow Yoga..... | Stephanie B.J. 2 |
| 5:15 – 6:15 pm | BODYCOMBAT..... | Sarita A. 1 |
| 5:30 – 6:30 pm | Yoga (Multi-Level) | Emma G. 2 |
| 6:15 – 7:00 pm | BODYPUMP Express | Sarita A. 1 |

Sunday

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|------------------|--------------------------|----------------|
| 9:30 – 10:30 am | Ballet Burn | Stephanie F. 1 |
| 10:00 – 10:30 am | SPRINT | Carlye W. C |
| 10:00 – 11:30 am | Yoga (Multi-Level) | Laura D. 2 |
| 10:30 – 11:30 am | Zumba | Erica B. 1 |
| 11:30 – 12:30 pm | Yoga Sculpt | Erica B. 2 |
| 12:30 – 1:30 pm | BODYPUMP | Alyssa O. 1 |
| 4:30 – 5:30 pm | Pilates Mat | Ravi P. 2 |