

GROUP CLASSES

JAN-MARCH 2020 SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Studio	5:30-6:30am Cardio Intervals Dianna	5:30-6:30am Tabata Lindsay	5:30-6:30am Metabolic Strength Julie	5:30-6:30am Group Cycle Tracey	5:30-6:30am Cardio Intervals Brenda	7:30-8:30am Group Cycle Cathy	
	8:30-9:30am Cycle Strength Cathy		8:30-9:30am Cycle Core Erinn		8:30-9:30am Cycle 30/30 Dianna	8:30-9:30am Cardio Muscle Rotation	9:35 -10:35 a.m. ZUMBA Blair
	9:40-10:40 a.m. Tabata Erinn	9:30-10:30am Fitness Pilates Catherine	9:35-10:35 a.m. Cardio Sculpt Lindsay	9:30-10:30am Tabata Lindsay	9:40 -10:40 a.m. Metabolic Strength Catherine	9:35-10:35am Zumba Christine	11:00-12:00 p.m. Cardio Kickbox Lissie
				10:35-11:35 a.m. ZUMBA Blair			
	12-12:45 Group Cycle Catee	12-12:45am Bootcamp Catherine	12-12:45pm Group Cycle Catee	12-12:45 p.m. TRX Bootcamp Erinn			
	3:45-4:45 Tabata Erinn	3:45-4:45 Metabolic Strength Catherine	3:45-4:45pm Downshift Deb	3:45 -4:45 p.m. Cycle 30/30 Erinn			
	5:30-6:30pm Cardio Muscle Lisa	5:45-6:30pm 305 Fitness Emily N.	5:30-6:30pm Cardio Excel Lissie	5:30-6:30pm Cycle 30/30 Becca			
	6:40-7:40pm Group Cycle Bill		6:40-7:40pm Group Cycle Bill	6:40-7:40 p.m. Tabata Dianna/Erinn			
Mind/Body Studio	8:30-9:30am Gentle Yoga Sandy	8:30-9:30am Intro to Yoga Gail	8:30-9:30am Gentle Yoga Brenda	8:30-9:30am Advanced Yoga Flow - Gail		8:30-9:30am Pilates Barre Sarah	9:00-10:00am Barre Sculpt Dianna
	9:35-10:35 a.m. Pilates Barre Lindsey	9:40-10:40am Chair Yoga Gail		9:40-10:40am Chair Yoga Gail	9:30-10:30am Yin Yoga Sandy	9:35-10:35am Yoga Flow Sandy	10:15-11:15am Yoga Flow Shana
		10:50-11:50am Stretch & Strengthen Deb	10:40-11:40am Ballet Barre Sculpt Lindsay	10:50-11:50am Stretch & Strengthen Deb			
	5:45-6:30pm FUNctionally Fit Erinn	5:30-6:30 p.m. Yogalates Sharon	5:45-6:30pm FUNctionally Fit Kim	5:30-6:30pm Yin Yoga Shana			
	6:35-7:35pm Yin Yoga Shana	6:40-7:40pm Barre Cardio Dianna	6:35-7:35pm Yoga Flow Shana	6:30-7:30pm Yoga Flow Shana			
Lap Pool	8:00-9:00am Impact Free Judy		8:00-9:00am Impact Free Judy		8:00-9:00am Impact Free Veril		
			6:15-7:00 p.m. Impact Free Becca	6:15-7:00 p.m. Impact Free Rachel			
Warm Water Pool	9:00-9:45am Aqua Arthritis Veril	9:00-10:00am Strength/Condition Veril	9:00-10:00am Aqua Arthritis Veril	9:00-10:00am Strength/Condition Veril	9:00-9:45 Aqua Arthritis Veril	8:00-9:00am Aqua Variety Becca	
	10:15-11:00am Core Cardio Alissa	10:00-11:00am Total Body Veril	10:00-11:00am Aqua tabata Veril	10:00-11:00am Aqua Circuits Veril	10:15-11:00am Core Cardio Alissa		
	11:00-12:00pm Aqua Workout Veril	11:00-12:00pm Strength/Condition Veril		11:00-12:00pm Strength/Condition Veril			
	1:05-2:05 Aqua Variety Veril		1:05-2:05pm Aqua Variety Veril		1:05-2:05 Aqua Variety Veril		
	5:30-6:30pm Core Cardio Becca		5:30-6:30pm Core Cardio Shana				
	6:30-7:30pm Aqua Variety Rachel						2/12/20

Fitness Studio Classes

305 Fitness (Beginner-Advanced) No dance experience necessary for this dance party! No complicated choreography to memorize, only easy to follow moves set to fresh DJ mixes straight from NYC

Bootcamp and TRX Bootcamp (Beginner-Advanced) – A high-intensity circuit class that will challenge your strength and improve endurance through a wide array of functional movements.

Cardio Excel (Beginner-Advanced) Improve cardio endurance in a fun, calorie-burning extended duration class for all fitness levels.

Cardio Intervals (Beginner-Advanced) A high-intensity interval training format designed to burn fat, improve endurance and increase strength.

Cardio Kickbox (Beginner-Advanced)
Non-stop class includes calisthenics, kickboxing drills and cardio combinations. Learn to integrate kicks, punches, blocks and footwork.

Cardio Muscle Challenge (Intermediate-Advanced)
Intervals of cardio and strength using free weights, tubing, medicine balls, etc. Suitable for all ages and fitness levels.

***Cycle 30/30** (Beginner-Advanced)
Get it all done in one workout – 30 minutes on the bike, 30 minutes of weights/bands and abdominal work.

Cycle Strength and Cycle Core (Beginner-Advanced)
Start your workout with high intensity interval training on a stationary bike for 45 minutes and complete your workout with 15 minutes of strength or core training.

Down Shift (Beginner-Advanced)
Downshift is a class targeted at teachers and early-day workers who want to ease into their evening after a hard day. Stretch out your mid-week kinks and strengthen your resolve to get to Friday. Come stretch and strengthen with us!

Fitness Circuits (Beginner-Advanced)
A fun mix of cardio and strength stations to keep you moving. Suitable for all levels with many modifications included.

***Group Cycle** (Beginner-Advanced) Performed on a stationary bike and set to pumping music. Based on real terrain rides with a focus on heart rate and cadence.

Metabolic Strength Training (Beginner-Advanced)
Low impact class with a focus on strength training using free weights, body weight, body bars and resistance bands

Tabata (Intermediate-Advanced)
high intensity interval training that produces remarkable results through a variety of training techniques. The intervals tax both your aerobic and anaerobic energy systems.

Mind/Body Studio Classes

Barre Cardio (Beginner-Advanced) A barre class with a twist. Pick up the intensity with this heart rate-increasing barre workout. Intervals and a variety of equipment will be used to mix it up from week to week

Barre Circuit (Beginner-Advanced)
Stations and a quicker pace add variety to your barre workout. Get the heart pumping and tone muscle groups both large and small.

Barre Sculpt (Beginner-Advanced)
High reps of small range-of-motion movements target both small and large muscle groups of the upper body and core.

Chair Yoga (Beginner)
A gentle form of yoga practiced sitting in a chair or standing using a chair for support. Enhances flexibility and body awareness.

FUNctionally Fit (Beginner-Intermediate)

Low impact strength and cardio focuses on toning and fat burning while improving balance and cardio endurance.

Gentle Yoga (Beginner)
A blend of easy, flowing moves, light stretching, and focused breathing designed to increase flexibility and calm the mind.

Intro to Yoga (Beginner)
Basic slow-paced yoga for those beginning your journey in flexibility and mindfulness.

Fitness Pilates (Beginner-Advanced)
Pilates and ballet exercises focus on core stability and balance to sculpt thighs, tone and firm glutes and flatten abdominals.

Stretch and Strengthen (Beginner-Intermediate)
Floor and weight movements to strengthen your back and core, combined with head to toe stretching.

Pilates Barre (Beginner-Advanced)
Pilates exercises done at the ballet barre using play balls, light weights and resistance tubing

Yoga Flow (Beginner-Advanced)
A flowing form of yoga with slightly quicker transitions between poses designed to increase strength, endurance and flexibility.

Yogalates (Beginner-Advanced)
A fusion of yoga and pilates, Yogalates combines the flow of yoga with the strength and core techniques to improve posture and create a stable foundation for movement.

Yin Yoga (Beginner-Advanced)
A slow-paced style of yoga practiced mainly on the floor. Poses are held longer to target deep connective tissue and fascia.

Lap Pool Aqua Classes

Impact Free Aqua
Buoyancy belts provide a no-impact cardio workout. Great for beginners but challenging enough for experienced aqua exercisers.

Warm Water Pool Aqua Classes

Aqua Arthritis (All Levels)
Designed to help manage joint pain and stiffness. Gentle movements improve range of motion, increase flexibility and reduce pain.

Aqua Circuits (All Levels)
Get maximum calorie burn with strength and cardio intervals.

Aqua Tabata (All Levels)
Combines simple athletic moves in intervals to burn calories and increase aerobics exercise levels. Modifications given.

Aqua Variety (All Levels)
Use weights, noodles and other equipment to take your workout to the next level. Suitable for all levels.

Core, Cardio & Balance (All Levels)
Low impact cardio and strength exercises improve balance, keep bones and muscles strong and improve cardiovascular health.

Strength & Conditioning (All Levels)
Combined moves help build strength, balance and mobility. Suitable for all levels.

Total Body (All Levels)
A full-body shallow water work out designed to improve muscular strength, flexibility and balance.