# FALL 2019 CLASS SCHEDULES

# **GROUP EXERCISE**

EFFECTIVE: August 19, 2019 UPDATED: August 9, 2019

### MON

Studio Cycle 6:30 a.m. Elena

**Aquatic Exercise** 6:30 a.m. Clara

#### Arms & Abs

4:45 - 5:15 p.m. Leyla

H<sub>2</sub>O Pulse Cardio 5:00 p.m. Niki

#### Studio Cycle 5:30 p.m.

Steph

#### **Gutts-N-Butts**

5:30 p.m. Leyla

#### Cardio Kickboxing

6:00 p.m. Katherine

#### **Aquatic Exercise**

6:00 p.m. Delanev

#### TRX Circuit

6:45 p.m. l iz

#### Ab Attack

7:00 - 7:30 p.m. Katherine

#### Studio Cycle

7:15 - 8:00 p.m. Deirdre

#### Zumba®

8:00 p.m. Hannah

### TUE

#### Total Body Conditioning 6:30 a.m. Chris

Studio Cycle 9:30 - 10:15 a.m. Steph

#### Studio Cycle

4:30 - 5:15 p.m. Guido

#### Ab Attack

4:30 - 5:00 p.m. Katherine

#### Step Aerobics

5:00 p.m. Katherine

#### **Total Body** Conditioning

5:30 p.m. Guido

#### Studio Cycle

5:30 - 6:15 p.m. Karai

#### 7umba®

6:00 p.m. Carolina

#### Music Video Cycle 7:00 - 7:45 p.m.

Chiara

### WED

Music Video Cycle 6:30 a.m. l iz

#### Studio Cycle

9:30 - 10:15 a.m. Stacey

#### Studio Cycle

12:00 - 12:45 p.m. Karai

#### Ab Attack

4:45 - 5:15 p.m. Guido

#### H20 Pulse Cardio

5:00 p.m.

#### **Gutts-N-Butts**

5:30 p.m. Guido

#### Music Video Cycle

5:30 - 6:15 p.m. Andrey

#### Zumba®

6:00 p.m. Rachel

#### **Aquatic Exercise**

6:00 p.m. Delaney

#### Total Body Conditioning

6:45 p.m. Guido

#### **Dance Cardio**

9:00 p.m. Benji

### THU

#### Super Sculpt 6:30 a.m.

Chris

#### Studio Cycle

9:30 - 10:15 a.m. Steph

#### Studio Cycle

4:30 - 5:15 p.m. Guido

#### Arms & Abs

4:30 - 5:00 p.m. Katherine

#### **Gutts-N-Butts**

5:00 p.m. Katherine

#### Cardio Kickboxing

5:15 p.m. Guido

#### Zumba®

6:00 p.m. Carolina

#### Ab Attack

6:30 p.m. Guido

### FRI

#### TRX Circuit

6:30 a.m. Liz

#### Arms & Abs

4:30 - 5:00 p.m. Katherine

#### T.K.O.

5:00 p.m. Katherine

#### Studio Cycle

5:30 - 6:15 p.m. Andrey

### SAT

#### **Aquatic Exercise**

9:15 a.m.

### Barbara

Total Body Conditioning 9:30 - 10:45 a.m. Noosha

### SUN

#### Studio Cycle

8:30 a.m. Noosha

#### Total Body Conditioning

10:00 - 11:15 a.m. Levla

#### Zumba®

6:00 p.m. Rachel

- · Schedule subject to change.
- · Classes are FREE!
- · All classes are 1 hour in length, unless noted.
- · Classes are on a first-come, first-served basis.

### **KEY**

#### Pool

Multipurpose B

Multipurpose D

Cycling Studio

- · Ab Attack: A 30-minute, core-sculpting workout
- Arms & Abs: A 30-minute, core and upper body strengthening workout
- Cardio Kickboxing: Combines boxing techniques with fast-paced cardio movements
   Gutts-N-Butts: Focuses on toning the lower body and core through various body-weight exercises and equipment
   Music Video Cycle: Indoor cycle class set to music videos
- Step Aerobics: An 80's Classic using a step platform to a choreographed routine for a fun, cardio workout!
- Studio Cycle: Indoor cycle class that guides riders through hills, intervals, jumps & sprints
   Super Sculpt: Get a total body workout using the step, weights, bars and bands to tone from head to toe
- Total Body Conditioning: A full-body workout with a mixture of cardio, strength, and core • Total Knockout (T.K.O.): Torch fat with intense intervals of boxing, weight lifting, and conditioning drills! \*8-12 oz boxing
- gloves recommended. No boxing experience required!

   TRX Circuit: A circuit style class that incorporates the TRX suspension trainer (limit 20)
- Combines high energy and motivating Latin music with unique moves and combinations

## YOGA



Multipurpose A
Multipurpose C

- Beginner/Gentle: This class is specifically geared towards beginners or those wishing to pursue a gentler, restorative yoga practice.
- Hatha/Vinyasa Flow: Vinyasa is a step-by-step progression that has a beginning, middle and end. The classes progress in a flow-like wave with each asana flowing into the next.
- Power Flow: Power yoga may be appropriate for those who are looking for a more strenuous practice that want to add flexibility, balance and concentration to their exercise routines.
- Slow Flow: A slow-moving, yin yoga inspired class. Poses will be held longer and emphasis will be on the movement of breath. Appropriate for all levels.
- · Schedule subject to change.
- · Yoga is a fee-based program.
- All classes are 1 hour & 15 minutes in length, unless noted.
- · Please bring your own yoga mat.

Member Status	Monthly Fee	One-Time Pass
Student Member	\$10	\$7
Non-Student Member	\$20	\$10
Non-Member	N/A	\$10 + Facility Guest Fee