

**WINTER 2017
SCHEDULE**

Effective 12/1/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
7:45 am Yoga - Jean	5:45 am* Spinning® Express - Donna	5:30 am* Circuit Breaker - Dave	6:00 am Yoga - Angela	5:30 am* Circuit Breaker - Dave	6:00 am Spinning® - Mike	7:45 am Barless Barre - Erin	
8:30 am Spinning® - Donna	8:15 am* Zumba® - Robin	6:00 am Spinning® - Mike	8:15 am* Rebounder Bootcamp - Elyse	8:00 am Total Body Cond. - Elyse	7:00 am Active® - Lisa	8:00 am Spinning® - Nancy	
9:00 am Zumba® - Lisa	9:00 am Spinning® - Ace	8:30 am* Kickboxing - Denise	9:05 am Power® - Elyse	9:00am Zumba® - Lisa	8:00 am* Pilates Plus - Nancy	8:30 am Total Body Cond. - Elyse	
10:00 am Power® - Lisa	9:00 am Power® - Lisa	9:15 am Total Tune Up - Denise	9:30 am Spinning® - Nancy	9:15 am Spinning® - Ace	8:45 am* Step Interval - Elyse	9:30 am Spinning® - Cheryl	
11:00 am Powerstrike - Darlene	10:00 am Rock Solid - Kelly	9:15 am Spinning® - Chrissy	10:00 am* Tabata Training - Robin	10:00 am Active® - Lisa	9:15 am Spinning® - Chrissy	9:30 am Active® - Elyse	
<ul style="list-style-type: none"> • Classes and instructors are subject to change. • Sign up sheets for ALL classes are at the Front Desk 30 minutes before class on weekdays & 60 minutes before class on weekends & holidays. • Teens are invited to take classes! (Ages 12+; please inquire for details) 	11:00 am Vinyasa Yoga - Regina	10:15 am Active® - Kelly	10:45 am Hatha Yoga - Regina	11:00 am Barless Barre - Erin	9:30 am Kickboxing - Denise	10:35 am Power® - Jocelyn/TBD	
	5:00 pm Active® - Elyse	4:30 pm Power® - Jocelyn	4:30 pm Spinning® - Mike	4:30 pm* Circuit Breaker - Tim	10:30 am Power® - Denise	
	6:00 pm Power® - Elyse	6:30 pm Powerstrike - Darlene	4:30 pm Active® - Lisa	5:15 pm* Powerstrike - Jocelyn	11:30 am Yoga - Regina	CHILDCARE HOURS Sun 8:30am-12:30pm Mon - Fri (AM) 8:30am-1:00pm Mon - Thu (PM) 4:30pm-7:30pm Sat 7:30am-12:30pm	
	6:00 pm Spinning® - Teri	5:30 pm Pilates Mat - Nancy	6:00 pm Power® - Jocelyn	CLUB HOURS Sun 7am-4pm Mon-Thu 5am-10pm Fri 5am-9pm Sat 6am-5pm		
	7:00 pm Yoga - Regina	7:00 pm Yoga - Jean			
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• Classes denoted with a * are 45 minutes in length.

WINTER 2017 • CLASS SCHEDULE DESCRIPTIONS

All classes are 55 minutes unless otherwise stated.

Active®	An athletic class that's perfect for the beginner to the experienced participant! 20 minutes of cardio using The Step is followed by strength training, balance, core and flexibility work to make a complete workout!
Barless Barre	An open level method of fitness and strength training that encourages length and flexibility while getting stronger. This unique class is designed to tighten your glutes, firm your thighs, streamline your arms, create a rock-solid core and make your muscles shake! (45min)
Circuit Breaker	A high intensity circuit class that will improve your strength, conditioning, agility and flexibility. Sculpt, tone and build your body to its peak performance. All fitness levels welcome!
Kickboxing	Punch, jab and kick your way to fitness. Experience strength and cardiovascular conditioning in this class designed for all fitness levels. Cardio class without contact.
Pilates Mat	Focusing on the "powerhouse" (abdomen, lower back and buttocks) of the body, breathing and alignment are the basis of this mind-body class. Improve strength, flexibility and posture while strengthening and supporting the core of the body.
Pilates Plus	Pilates Mat with the additional use of equipment in class. (45 min)
Power®	Strengthen all your major muscles in this barbell program. Simple athletic movements such as squats, lunges, presses and curls are performed in a motivating group environment with fantastic music. You'll discover amazing results in your hour of power!
Powerstrike	Punches and kicks are set to great music using a free-standing heavy bag. Simple to follow but takes your training to a new level! No experience necessary; this class accommodates the novice to the pro! Gloves & wraps required.
Rebounder Bootcamp	Uses the Urban Rebounder in combination with athletic drills for an intense conditioning workout. (45 min)
Rock Solid	This class incorporates short bursts of intense cardio and strength training to boost your metabolism, increase your anaerobic threshold and build overall strength! Come prepared to have fun and burn some serious calories!
Spinning®	Take outdoor riding indoors in this group cycling class. A water bottle and towel are strongly recommended. First time riders, please arrive early to learn proper bike setup
Step Interval	Alternating segments of cardio patterns and strengthening exercises using the step. (45 min)
Tabata Training	High Intensity Interval Training, the format for Tabata is 20 seconds of intense training, followed by 10 seconds of rest. Each drill is traditionally performed 8 times to make a 4 minute set. (45 min)
Total Body Conditioning	A full body workout that incorporates weights, body bars and/or tubing to burn calories and tone muscles.
Total Tune-Up	High energy, full body workout that will keep your heart pumping doing strength and cardio drills.
Yoga	Get in tune with your body, and feel a sense of well-being with this ancient form of movement. Strengthen, tone and stretch your body while enhancing relaxation. Please bring a yoga mat. Hatha is a more meditative, slow relaxing style; Vinyasa is a faster paced more challenging approach.
Zumba®	Dance your way to a fitter you! Experience exciting and unique Latin moves and rhythms in this class that is taking the world by storm. Ditch the workout and join the party!

GUIDELINES FOR GROUP FITNESS CLASSES

A water bottle & towel are recommended for all classes * Let your instructor know if you are new to group fitness or if you have any limitations relevant to the workout * First time Spinning® students should arrive 10 minutes early to allow for proper bike setup & instruction * In order to prevent injury, please do not enter a class in progress after the warm-up has been completed or leave before properly stretching & cooling down * Please do not talk during class. It is distracting to other students and to your instructor * Cell phone usage should be limited to the lobby and turned off during class. This includes texting as it is disruptive to other participants. * Only dry, clean sneakers are allowed in the exercise studios. Closed athletic shoes are required for all classes EXCEPT Pilates & Yoga * Please, no gum chewing during class * Excessive perfume or cologne is bothersome to other class participants * Our instructors do their very best to commit to their regularly-scheduled classes, but occasionally they require substitutes. Please be understanding of this situation.

* SIGN UP SHEETS FOR ALL CLASSES ARE AVAILABLE AT FRONT DESK 30 MINUTES PRIOR TO CLASS AND 60 MINUTES ON WEEKEND AND HOLIDAYS.

CLASS SCHEDULE & ATTENDANCE POLICIES

* The class schedule is subject to change. Please check the schedule at the front desk for updates.* On holidays, the regular schedule will be adjusted & posted * We reserve the right to cancel any class due to insufficient attendance.