

January 2010

Main Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM		BodyPump™ Daisy		BodyPump™ Daisy		7:15AM BodyPump™ Brenda	
	9:15AM	BODYCOMBAT™ Jeanne	BodyPump™ Brenda	BodyAttack™ Jaclyn	BodyPump™ Brenda	BODYCOMBAT™ Jeanne	8:30AM BODYCOMBAT™ Daisy	
	10:15AM		BodyVive™ Jaclyn		BODYCOMBAT™ Connie		9:30AM BodyPump™ Rita	BodyAttack™ Cassie
	5:00PM	ZUMBA™ Rhythm Eileen	BodyPump™ Jaclyn	BODYCOMBAT™ Brenda	BodyPump™ Jaclyn		LAUNCH DAY: New Moves, New Music, Sat, Jan 30	
	5:15PM	ZUMBA™ Eileen						
	6:00PM	BodyPump™ Rita	BodyAttack™ Connie	BodyVive™ Rita	ZUMBA™ Daisy			

Wellness Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00AM	Gentle Yoga Kathy	NIA Lynn		Effortless Yoga Kathy		8:00AM Vinyasa Kelly	
	9:15AM		Vinyassa Nancy	CHI Yoga Nancy	Pilates Jeanne	NIA Lynn	9:00AM	Vinyasa Kelly
	10:15AM		Gentle Yoga Nancy	Deep Yoga Kelly		Gentle Yoga Elizabeth	9:30AM	Pilates Jeanne
	5:00PM	KID'S JAM Jen	BC Pilates Brenda	KID'S JAM Nick			10:30AM	Pilates Melina
	5:30PM	KID'S YOGA Jen		Kid's Fit Combo Nick			YOGA DAY: Full Day of Yoga Classes, Sat, Jan 23	
	6:00PM	Tri Yoga Ali		Pilates Jeanne				
7:00PM		Vinyassa Kelly						

Spinning® Studio		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30AM					Road Ride John	8:00AM	Road Ride John
	5:45AM	Max Ride Melanie					8:30AM	Rock Spin Billy
	8:15AM		SPINNING® Brenda		SPINNING® Star		9:15AM	Joy Ride John
	9:15AM	Road Ride Penny		SPINNING® Jeanne		SPINNING® Jaclyn		
	6:15PM		SPINNING® Kate		Road Ride Penny			
6:30PM	Joy Ride John		Let's Do It Spin® Paul					

SPINNING SPECIAL EVENT: Race Day Spin with Penny, Thursday, Jan 21, 6:15PM

Pool	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM	Water X Ilona		Water X Pat		Water X Marissa

**Learn Technique
½ Hour Classes**

Saturday, January 16th

Yoga	9:00A
Spinning®	9:15A
BodyCombat™	9:30A
Pilates	10:30A
BodyPump™	10:30A

GROUP EXERCISE

We offer muscle conditioning and cardiovascular training through our group exercise classes. Our group exercise classes are located in our main studio.

BODYATTACK™ Body Attack is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Designed for anyone working toward a fitness goal. Attack will raise your overall fitness and stamina, tone and shape your body, improve coordination and agility, improve bone density, and burn a lot of calories for a leaner composition.

BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Tae Kwon Do, Tai Chi and Muay Thai. Supported by driving music and powerful role model instructors strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BODYVIVE™ Body Vive is a full-body workout that leaves you feeling thoroughly invigorated, rejuvenated, and energized. This low-impact, high energy workout lets you choose just how hard you work. Using the VIVE™ ball and VIVE™ tube you'll enjoy a 55-minute workout that includes cardio exercise, resistance work, and core training.

ZUMBA: Dance fitness program based on international rhythms. Cumbia, Meringue, Salsa, and Samba are the four core rhythms used to get you started on your Latin journey!

ZUMBA RHYTHMS: A fifteen minute warm-up to everyone's favorite dance fitness class...get going a little sooner and burn even more calories.

SPINNING

Meet us in the Spinning Studio where our certified instructors will take you journey of flats, hills and drills while burning 400–800 calories in as little as 45 minutes

JOY RIDE: Enjoy a journey with scenic views provided on movie theatre screen in this exciting class.

LET'S DO THIS: Focus is on creating breakthroughs in one's form, fitness, and frame of mind. On the way, you'll get a kickin' workout that begins with a rich warm-up, tickles your growing edge, and brings you back smoothly.

MAX RIDE: Push your limits in this early morning, high intensity Spinning® class. Replace that cup of coffee with this energizing class that will get you pumped for your day.

ROAD RIDE: Looking for a ride that simulates a true road journey? Look no further! An avid cyclist will take you on a strong, steady ride that is just like an outdoor journey.

ROCK SPINNING®: A blend of modern rock music will keep you moving in this one hour spinning® class designed to give you a road ride experience.

SPINNING®: Spinning encourages participants to shift and broaden their perspective by exposing them to new ideas and a variety of training styles and energy zones.

TECHNIQUE CLASSES

These classes are held once a month and whether for the beginner or the experienced exerciser, the technique classes will give you a jump start to your fitness routine. Learn terminology, correct moves and the how's and why's of getting the most out of the class discipline. The monthly schedule is itemized on the front page of the Group Fitness Schedule.

JUNIOR FITNESS

KIDS JAM: This fun class designed for ages 4 to 7 introduces kids to basic exercises like hopping, skipping, jumping, dancing, balancing, and more!

KIDS YOGA: This yoga class designed for ages 4 to 7 is themed based and allows children to explore balance, strength and flexibility while learning to be calm and follow direction. ****requires free weekly registration.**

Kids Fit Combo: A combination of basic flexibility, core, balance training and cardiovascular fitness. A game or activity is often incorporated to make fitness fun!!

WELLNESS

Wellness classes offer an overall sense of well being while being gentle to the body. All wellness classes are offered in our Wellness studio.

BOOT CAMP PILATES: This is not a beginner's workout!! BC Pilates is a fasted paced intensive core based workout. We strongly advise you to take several Pilates classes before taking this intermediate class.

NIA: This movement class is a blend of martial arts, dance and yoga movements that allows you to connect your mind, body and spirit. Similar to modern dance, you will tone your entire body while getting cardiovascular benefit.

PILATES: Improve posture and balance while gaining core strength, muscle tone and overall flexibility in this classical Pilates mat class designed for all levels. All exercise series initiate from the core and work the entire body. Balls, bands, rings and other equipment may be used to intensify or modify your workout.

CHI YOGA: Calm the mind and body as you find relief from physical pain and chronic conditions. Improve joint and organ functions and learn how to breathe deeper and more effectively with Chi Yoga. Flow into different asanas while holding a light chi ball, and experience this ancient art.

DEEP YOGA: Come and deep stretch your body so that you may prevent injury, gain flexibility and have a sense of body awareness. You don't need to be flexible to get flexible. Kelly will target the muscles that get tightest from workouts. Class will include core strength training and deep stretching (using the Bosu). Finally you will learn breath awareness and end with a deep relaxation. These skills protect muscles, joints and tendons from injury and help you feel good!

EFFORTLESS YOGA: This yoga practice will help you to develop a balance between sthira and sukha, (effort and ease) discovering a place of harmony between confidence and humility through mindful yoga movements. You will find a place of strength and alertness in your postures by relaxing effort and focusing on the breath.

GENTLE YOGA: Enjoy a combination of balance and harmony through slow and relaxed movements. Emphasis is on self-awareness, breath and gentleness to the body. Each instructor brings a different style and teaching to the Gentle Yoga classes offered.

TRI YOGA: A set series of postures that therapeutically align the body, protect and rehabilitate it from injury. The official practice of the New York Road Runners Club, this class is the perfect recovery-day therapy that will compliment any training program. No previous yoga experience required.

VINYASA YOGA: Invigorating, strengthening, detoxifying! A challenging yet relaxing flow of asanas connecting movement with the breath. You'll find balance, strength and flexibility while learning how to breathe efficiently. Each instructor brings a different style to the Vinyasa classes offered.