

GROUP EXERCISE

FALL: EFFECTIVE
SEPTEMBER 2, 2014

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	🚴 All Road Chg. Liz (60) ⓑ		🚴 All Road Chg. Liz (60) ⓑ				
6:00am		Music Video Cycling Cathy (55)			Music Video Cycling Cathy (55)		
6:15am		BODYPUMP Nilton (55)					
6:30am	TPI \$ (60)						
7:00am					TPI \$ (60)	Cardio-Barre Lisa (60) C P	
7:30am	Integrated Body Sculpt Tammy (55)	Bootcamp Cathy (55)	Cardio Step Cathy (55)			Cycling Liz (90)	
8:00am				On the Turf Kerri (55)		Multi-Lev. Pilates Karen (55) ⓐ	Cardio Cycle John (60) ⓑ ⓐ
				Express Barre Kelly (40) C P N		BODYPUMP Tommy (60) ⓐ	Yoga Toni (75) C
				Cycle Jody (55)			
8:15am	Core Yoga Monica (55)				Cardio Step & Core (55)Toni		
8:30am	Tabata Theresa (55)	Cycling Theresa (55) ⓑ	Yogalates Toni (55)	BODYPUMP Theresa (55)			
	On the Turf Kerri (55)T	Shrink Session Elaine (55) ⓐ			Chisel'D Barre Heather C P		
8:45am		Yoga Fit (Chair) Kim O. (45) ⓐ		Chair Yoga Nancy (45) ⓐ			
9:00am			Cycling Missy (55) ⓑ		Cycling Theresa (75) ⓑ	Body Blitz Theresa (55)	Muscle Mix Patty (55)
						Yoga Danielle (75) ⓐ	
9:15am	Cycling Toni (60) ⓑ		Multi-Lev. Pilates Kelly (60) ⓐ	Cycling. Diane (60) ⓑ			
9:30am	BODYPUMP Missy (55)	Vigorous Vinyasa Yoga Kim O. (75)	Tabata Bootcamp Kelly P (55) N	Tabata Toni (55)	Whipped Elaine (55) ⓐ		Muscle Mix Patty (60)
	Barre lattesa Kelly ⓐ ⓑ	Gentle Yoga Linda (60) ⓐ		Gentle Yoga Elyse (55) ⓐ	Yoga/Meditation Elyse (60) ⓐ		
10:00am						Zumba Debbie (55)	
10:15am			Cycle camp Jody(55) B				
10:30am	Cardio Fit Stella (60)		Functional Training MaryFran (55) ⓐ		Cardio Fit Stella (60)		
	Yoga Fit (Chair) Kim O. (55) ⓐ			Yoga Danielle (75)			
11:30am					Functional training MaryFran (55)A	<p>All classes meet in Studio A unless otherwise noted.</p> <p>ⓐ = NEW CLASS ⓑ = Cycle Studio ⓐ = Downstairs Mind/Body Studio ⓐ = Turf Field P = Pass required from Front Desk 30 min. prior to class start () = Class length \$ = Fee based program</p>	
4:30pm		Zumba Wendy (55)					
5:00pm	Zumba Vanessa (55)		Chisel'D Barre Sculpt Nancy (55) ⓐ ⓑ				
	Turf Adult (30) ⓐ						
5:30pm	Cycling Sarah(55)B	Core & More Wendy (25)N	Cycling Christine (55)				
6:00pm	BODYPUMP Alice (55)	R.I.P.P.E.D. Wendy (55)	Core & More Wendy (30)	Muscle Mix Cathy	BODYPUMP Tammy(55)N		
6:30pm		Music Video Cycling Cathy	Total Body X Tammy (30)	Chill/Gentle FlowYoga			
7:15pm	Yoga Jerry (75) ⓐ		Yoga Jerry (75) ⓐ				

FITNESS CLASSES

BODY BLITZ

Anything goes in this total body non-stop workout including resistance training, intense cardio, endurance, agility and core. Get it all in one hour!

BODYPUMP

BODYPUMP™ is the original barbell class that strengthens your entire body. This 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!

BOOTCAMP

This high energy class provides Plyometrics, strength training, core and flexibility exercises in an interval training format.

CORE & MORE

Strengthening exercises which focus on abs, obliques, and lower back for comprehensive core stabilization.

FUNCTIONAL TRAINING

This class involves movements which are specific and applied daily to one's activities. The instructor will use dumbbells, strength bands, medicine balls, and the Bosu to challenge participants with exercises moving through multiple planes of motion.

INTEGRATED BODY SCULPT

Compound movements for upper and lower body using light weights, body bars or tubing. Improve your endurance and strength, speed up that metabolism.

MUSCLE MIX

Sculpt your way through a variety of training methods. Steps, Bosus, body bars, tubing, bands, barbells and free weights will be used to help you achieve muscular endurance & strength.

ON THE TURF

Train like an athlete in this high intensity, sport infused and music inspired conditioning group exercise class. This class is functional training based, a total body workout for ALL fitness levels..

POWER UP

A full hour of strength conditioning challenging all major muscle groups using barbells and dumbbells, including a warm up, cool down and core to complete class. Exercises such curls, lifts, squats and presses will be used.

R.I.P.P.E.D.

This total body, high intensity program combines the components of Resistance, Intervals, Power, Plyometrics and Endurance (along with a healthy Diet) with fitness activities every 5-10 minutes. Your body never gets accustomed to the constantly changing format!

CARDIO STEP AND CORE

Spice up your cardio routines with this innovative Step Class. This is an hour full of exciting Step choreography and fun power moves built from simple base combinations with an emphasis on core strengthening.

TABATA

Torch calories, get fitter, leaner and stronger in this high-intensity interval training class which produces maximum results in minimum time.

SHRINK SESSION

Shrink thighs, hips, and belly, in this high-intensity class featuring a combination of cardio, resistance training, and standing Barre/Pilates inspired movement.

TOTAL BODY EXPRESS

Pushups plus compound movements make this 30-minute dynamic class a fun, motivating, total body experience.

TURF ADULT

Join our coaches on the Turf field for a 30 minute express class consisting of agility drills, strength training, core and flexibility.

WHIPPED

No corners to cut—just hard work, sweat and fun using med balls, dumbbells, body bars, resistance tubing and more. Cardio and strength intervals set to the test with a clock, good music and all that you've got to give.

ZUMBA

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone & sculpt the body.

SENIOR CLASSES

CARDIO FIT

This class is for the active adult looking to combine a balanced mix of cardiovascular conditioning with strength training and flexibility exercises. Emphasis placed on functional training, balance, stretching and stabilization of muscle groups in a safe and fun environment.

CHAIR YOGA (see Yoga)

CHAIR YOGA MEDITATION (see Yoga)

CYCLING CLASSES

ALL ROAD CHALLENGE

Enjoy athletic and authentic cycling in this early hour! With dynamic music and challenging drills, we will bring the outdoor cycling experience right into class! Climb steep hills, race along the flats, tackle rolling hills: all the classics! Get ready to wake up and sweat!

MUSIC VIDEO CYCLING:

Need a little eye candy? This high energy class will fly by because you'll be watching the hottest videos on the TV during class! Warm up, work hard during class and the cool-down will be there before you know it! Leave your stress at the door and take this hour for YOU!

CYCLING:

This highly motivating group cycle class will help take you on a journey to a fitter And healthier lifestyle. Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

CYCLE CAMP:

Join Jody for this 30/30 cycling & Tabata bootcamp class. We will work hard on the bikes for 30 minutes then head into the Mind/Body studio for 30-minutes of arms & abs strength training, Tabata style!

BARRE PILATES & YOGA CLASSES

BARRE-LATTESSA

Create long, lean muscles with this combination of Barre, Pilates and strength training.

CHISEL D'BARRE

Lift your seat, tone thighs and burn fat on the barre. Active stretching, free weight exercises and core strengthening complete the class.

EXPRESS BARRE:

40 minutes of barre exercises to fast paced music followed by Pilates Core work starts your morning off!

CARDIO-BARRE:

Start your morning with barre training with an additional twist of a cardiovascular training. Complete with core and strength training.

CHAIR YOGA

Join us for a class of stretching and strengthening in a chair with a mix of standing and balancing poses. The focus on breathing and posture will reduce stress and increase overall well-being.

CHAIR YOGA MEDITATION

Relax both body and mind by combining gentle yoga with breathing and meditation. Each student will receive nurturing assists during the relaxation.

CHILL/GENTLE FLOW YOGA

Totally "chill out" in this stress-busting class with an emphasis on stretching and breathing to release muscle tension. Great for all levels.

CHISEL'D BARRE SCULPT CORE YOGA

This class focuses on traditional yoga practices in a supportive environment while placing additional emphasis on core strengthening.

GENTLE YOGA

This class will consist of postures designed to stretch and strengthen the body with a strong emphasis on breath and being mindful in your movements.

MULTI-LEVEL PILATES

This class is open to both the novice and more experienced Pilates student and will be a mix of both basic and intermediate Pilates moves. Exercises focus on core strength, balance, muscle stability and flexibility.

POWER YOGA

A perfect way to strengthen, tone, and balance your mind and body. A dynamic Vinyasa flow of blending breath and movement will leave you energized while washing away tension.

VIGOROUS VINYASA YOGA

Coordinates yoga flow sequences with the breath. A challenging style of yoga that interweaves rhythmic movements, statically held postures, core strengthening, balance, deep stretching, yogic philosophy and meditative reflection. Previous yoga experience is recommended.

YOGA

In this supportive environment, learn how to listen to your body's needs and respect its limitations through gentle stretching. For beginner, intermediate and advanced.

YOGA FIT WITH CHAIR ASSIST

Traditional yoga postures are practiced in both a sitting and standing position. Fitness moves are incorporated to help build and maintain strength, range of motion, flexibility and balance. All postures/movement can be modified..

FEE-BASED PROGRAMS

TPI

Let Dr. Jay help bring your golf game to its highest potential with supervised Group TPI workouts!!