

Group Exercise Schedule FALL 2023

Effective as of 9/15/23 (replaces 9/5/23)

<u>Time:</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
6:00am		Cycling (55) Cathy B		Cycling (55) Howard B	
7:00am	TPI GOLF (55) Dr. Jay A \$\$		Functional Pilates (55) Karen G. C		TPI GOLF (55) Dr. Jay A \$\$
7:15am		Muscle Mix (55) Cathy A		Muscle Mix (55) Cathy A	
8:00am	Functional Pilates (55) Karen G. C	Gym Class (55) Monica C. Turf		Gym Class (55) Monica C. Turf	Mat Pilates (55) Lisa A
	Sets n Reps (55) Jason A		20/20/20 (55) Cathy A		
8:30am		Stretch (30) Monica B. C	Cycling (55) Jody B	Stretch (30) Monica B. C	
9:00am	Tone it Out! (55) Jenn A	YOGA (55) Suzi C	Core & Booty Band (30) Jenn A	Yoga (55) Danielle C	Yoga (55) Michelle A
	Yoga (55) Kim S. C	Body Blitz (55) Theresa A	Barre (55) Marcella C	Sets n Reps (55) Theresa A	Cycling (55) Theresa B
9:30am	Cycle Camp (55) Jody B		Tone it Out! (55) Jenn A		Turf Circuits (55) Jody Turf
10:00am	Mindfulness (30) Jenn A				
10:15am		3 in 1 Fitness (55) Linda C	Chair Yoga (55) Kim OBrien C	Begin To Spin (55) Linda B	Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
11:30am			Lunchtime Yoga (55) Kim Obrien C		
5:00pm		Sets n Reps (55) Sandra A	Cycle Camp (55) Sandra B		
			YOUTH BOXING (45) Mark Turf		
5:30pm	Cycle Camp (55) Cathy B			Karate (55) Master Bruce A \$\$	
6:00 pm	Power Yoga (55) Sarah B. C	YOGA (55) Michelle A	BOXING (55) Mark Turf		

WEEKEND CLASSES:

<u>Time:</u>	<u>Saturday</u>	<u>Sunday</u>
7:00am	Cardio Barre (55) Marcella C	
8:00am	Cycling (55) Howard B	
	Yoga (55) Suzi C	
9:00am		Yoga (55) Michelle A
	Kicks, Stix, Core & More (55) Jen S. A	Kettlebells & Core (55) Jen S. Turf

Location:

A = Upstairs Studio

B = Cycling Studio

C = Downstairs Studio

**YELLOW represents a NEW Class,
new instructor or new class time**

\$\$ = additional fee

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20/20/20 – 20 mins of low impact cardio, 20 mins of weights & toning & 20 mins of abs

3 in 1 Fitness: Flexibility+Balance+Strength. Work at your own pace & learn techniques to care for your body. Use of bands & light weights will be used.

BARRE - A workout blending elements from ballet, Pilates, and yoga.

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!

BOXING – 45-min of Boxing Basics with intense intervals of cardio/strength training sprinkled in. Equipment provided but if you have gloves, bring them along!

CARDIO-BARRE Traditional Barre training with an additional twist of a cardiovascular training. Complete with core and strength training.

CORE & BOOTY BAND: 30-min of strength using resistance bands for your core, glutes and hips.

CYCLING Reduce your body fat, lose weight, improve aerobic fitness, relieve stress...and have fun while pedaling to music!

CYCLE CAMP 30/30 cycling & strength bootcamp class! We will spin for 30-min then head into the Mind/Body studio for 30-minutes of nonstop strength training!

KETTLEBELLS & CORE: A mix of kettlebell strength exercises & core-specific work w/a solid pre & post stretch. Find out how much fun kettlebells can be in this 45-minute express class!

KICKS, STIX CORE & MORE! A mixture of cardio, weights, kickboxing & core exercises. A truly blended workout, using weights & Fit Stix for arms & legs w/ an extra focus on abs.

FUNCTIONAL PILATES; Apply principle of Pilates and breath in execution of multiplanar, functional patterns of movements.

FUNCTIONAL TRAINING: Specific movements which apply to one's daily activities using dumbbells, strength bands, medicine balls to exercise through multiple planes of motion.

GYM CLASS: Join us on the turf (& the gym...maybe outside) for some serious strength, cardio & endurance training! Running/Pullups/Squats/Burpees & more! The ultimate playground!

Lunchtime Flow Yoga; Functional Flow, whole body practice. Includes different fitness modalities targeting joint mobility, muscular stretching & strengthening. This is a **flowing** class that moves **seamlessly** through seated, standing & reclined postures.

MUSCLE MIX: A total body “mix” workout for all!. High rep/light weights for endurance & low rep/heavier weights for increasing strength! Good-bye stubborn fat.....hello abs!

POWER YOGA: An all-level Vinyasa flow class moving through fast-paced traditional yoga poses and creative sun salutations fueled by music. The focus is on strength, mobility, breathwork & meditation.

REST & RESTORE YOGA: Start w/breath work and fluid movements, a few simple standing postures, & end with holding yin style postures to help you further relax and unwind.

SETS & REPS; This workout challenges all of your major muscle groups by using weights. Different format each class, (Tabata, counted sets, ladders) & always a great strength class!

TONE IT OUT: Total Body! Choreographed to music to keep the workout fun & the mind distracted. Intense cardio busts then high reps w/light weights to help tone the entire body.

Turf Circuits; HIIT Training on the Turf! Try out our turf equipment and test your endurance with this fast paced circuit-style class, working cardio & full body strength throughout!

YOGA: A classic yoga class where the movements are connected to each other in a flowing manner, and linking movement with the breath is a primary focus. All levels welcome.

YOGA w/Chair Assist: Traditional yoga postures are practiced in both a sitting and standing position. Build & maintain strength, range of motion, flexibility & balance.