

# Group Exercise Schedule WINTER 2024

Effective as of Jan 9, 2024 (replaces 1/5/24)

<u>Time:</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
6:00am	Yoga Sculpt (55) Heather W. A	Cycling (55) Cathy B		Cycling (55) Howard B	Barre (55) Heather W. C
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		20/20/20 (55) Cathy A		Mat Pilates (55) Lisa C
	Sets n Reps (55) Jason A				
8:30am		Stretch (30) Monica B. C		Stretch (30) Monica B. C	
9:00am	Yoga (55) Kim S. C	YOGA (55) Suzi C	Beyond Barre (55) Marcella C	Yoga (55) Heather W. C	Yoga (55) Michelle A
		Body Blitz (55) Theresa A	Cycling (55) Jody B	Sets n Reps (55) Theresa A	Cycling (55) Theresa B
9:30am	Cycle Camp (55) Jody B				Turf Circuits (55) Jody Turf
10:15am	Tone it Out! (45) Jenn A	3 in 1 Fitness (55) Linda C	Tone it Out! (45) Jenn <b>TURF</b>	Begin To Spin (55) Linda B	
			Chair Yoga (55) Kim OBrien C		Chair Yoga (45) Corinne P. C
10:30am			Functional Training Maryfran (55) A		Functional Training Maryfran (55) A
11:00am	Stretch/Meditation (45) Jenn A				
5:00pm	KIDS YOGA (ages 5+) Sarah (45) C	Sets n Reps (55) Sandra A	Cycle Camp (55) Sandra B		
		Barre (55) Ashley (C)	Youth BOXING (45) Mark (ages 8+) 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	Adult BOXING (55) Mark Turf	P90X (45) Bridget Turf	

## WEEKEND CLASSES:

<u>Time</u>	<u>Saturday</u>	<u>Sunday</u>
7:00am	BEYOND BARRE (55) Marcella C	
8:00am	Cycling (55) Howard B	Cycling (55) Howard B
	Power Yoga (55) Heather L 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!

**BEYOND BARRE** A mash-up of Mat Pilates & Strength training with a prominent Barre focus! This class will keep your body guessing and your muscles working with light weights!

**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!

**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.

**P90X:** HIIT training! A combo of resistance training, cardiovascular & flexibility training at a high intensity level on the turf!

**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 weighs 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 SCULPT:** Incorporates hand weights & fast-paced Yoga poses; a max calorie-burner!

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