

# Group-X Schedule

Effective January 16, 2020 | All class times/days/formats are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00 a.m. Spin   Studio B   B.J.		6:00-7:00 a.m. Spin   Studio B   B.J.		6:00-7:00 a.m. Spin   Studio B   Patrick
	7:00-8:00 a.m. Spin   Studio B   B.J.		7:00-8:00 a.m. Spin   Studio B   Faith	
7:30-8:30 a.m. Total Body Reset Studio A   Amanda	7:30-8:30 a.m. Basic Interval Studio A   Claire	7:30-8:30 a.m. L.I.I.T. Studio A   Ale	7:30-8:30 a.m. Basic Interval Studio A   Claire	7:30-8:30 a.m. Basic Interval Studio A   Faith
9:00-10:00 a.m. Silver Fox Studio A   Ale	9:00-10:00 a.m. Deep Stretch (Yin)Yoga   Studio A   Ale Water Aerobics   Pool   B.J.	9:00-10:00 a.m. Silver Fox Studio A   Ale	9:00-10:00 a.m. Dynamic Flow Yoga   Studio A   Ale Water Aerobics   Pool   B.J.	9:00-10:00 a.m. Total Body Conditioning Studio A   Lisa
10:15-11:15 a.m. Water Aerobics Pool   Amanda		10:15-11:15 a.m. Water Aerobics Pool   Lisa		10:15-11:15 a.m. Pool Groove Pool   B.J.
10:30-11:30 a.m. Chair Aerobics Studio A   Ale	10:30-11:30 a.m. Chair Aerobics Studio A   Faith		10:30-11:30 a.m. Chair Aerobics Studio A   Jess	
12:00-1:00 p.m. Spin   Studio B   Amanda	12:00-1:00 p.m. Fusion Cycle Studio B   Claire	12:00-1:00 p.m. Gentle Yoga   Studio A   Lisa Spin Studio B   Patrick	12:00-12:45 p.m. Barre   Studio A   Lisa 12:00-1:00 p.m. Spin   Studio B   Patrick	
	1:00-2:00 p.m. Pool Groove   Lisa		1:00-2:00 p.m. Pool Groove   Mary	
	5:00-6:00 p.m. Cardio Kickboxing Studio A   Gabby			<b>SUNDAY</b> 5:00-6:00 p.m. Mat Pilates Studio A   Gail
5:30-6:30 p.m. Step & Sculpt Studio A   Jess		5:30-6:30 p.m. Body Works Studio A   Sylvia		
	6:00-7:00 p.m. B.A.A.T.s Studio A   Gail	6:00-7:00 p.m. Spin Studio B   B.J.	6:00-7:00 p.m. Barre Studio A   Claire	6:00-7:00 p.m. Cardio Kickboxing Studio A   Melissa
6:30-7:30 p.m. Fit Core Studio A   Jen		6:30-7:30 p.m. Mat Pilates Studio A   Gail		
	7:00-8:00 p.m. Zumba© Studio A   Megan		7:00-8:00 p.m. STRONG by Zumba© Studio A   Megan	
7:30-8:30 p.m. Deep Stretch (Yin) Yoga   Studio A   Ale		7:30-8:30 p.m. Dynamic Flow Yoga   Studio A   Gail		
	8:00-9:00 p.m. Vinyasa Flow Studio A   Ale		8:00-9:00 p.m. Vinyasa Flow Studio A   Ale	See back for class descriptions

# Group-X Descriptions

**B.A.A.T.s:** A fast-paced, high-energy class targeting buns, abs, arms, and thighs, as well as cardiovascular endurance. This advanced class is not recommended for those new to Group X classes.

**Barre:** A fusion of Pilates, movement, and strength training. No dance experience is required.

**Basic Interval:** Combines aerobics and floor work with free-weight training. Makes a great workout for all muscles.

**Body Works:** Low-impact class that uses hand weights and a step to define and strengthen the body. This class can be modified for all levels.

**Cardio Kickboxing:** Incorporates kicks and punches for a dynamic, challenging experience. Enjoy a cardio workout while using your personal power in every style of kick and punch.

**Chair Aerobics:** Designed for participation while seated. Light weights and Therabands© are used for resistance training to increase strength. Some balance movements are done while standing, with options for seated participants.

**Deep Stretch (Yin) Yoga:** Suitable for all skill and condition levels. Focuses on a slower set of poses and deep, long stretches to increase flexibility.

**Dynamic Flow Yoga:** This energizing yoga class provides a slow flow of traditional yoga poses which produces a rigorous full-body workout and promotes mental stability and concentration, it builds stamina, strength and flexibility!

**Fit Core:** Based on principles of Pilates, Yoga, and resistance training to provide a total body workout.

**Fusion Cycle:** Combines the best elements of our regular Spin class, but also incorporates exercises using dumbbell weights.

**Gentle Yoga:** Carefully orchestrated movements, controlled pressure, and well-measured stretches, including range-of-motion exercises.

**L.I.I.T.:** Low-Intensity Interval Training, a full-body interval-based class incorporating cardio, strength, balance, and coordination.

**Mat Pilates:** Become stronger and more flexible without bulking up. Pilates concentrates on using Fewer, but more controlled movements, to uniformly develop the body, focusing primarily on the core.

**Pool Groove:** A low-impact, moderate-intensity workout in our heated pool, providing a fun and unique way to exercise.

**Silver Fox:** Low-impact aerobics, free-weight training, floor work, and stretching exercises for a great workout.

**Spin:** Ideal for participants at all levels of fitness and experience. Our experienced instructors bring you through a series of hills, intervals, and sprints, encouraging you to push and challenge yourself.

**Step & Sculpt:** Moderate-intensity step aerobics, designed to sculpt, tone, and reshape the total body.

**STRONG by Zumba®:** Burn calories while toning arms, legs, abs, and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are mixed with isometric moves such as lunges, squats, and kickboxing.

**Total Body Conditioning:** Low-impact movements, emphasizing aerobic fitness, flexibility, strength, balance, and posture.

**Total Body Reset:** Engage muscles in a whole-body, low-intensity workout, followed by deep stretching and a guided breathing exercise designed to reset both your body and mind.

**Water Aerobics:** Low-impact, moderate-intensity workout in our heated pool that is unique and fun.

**Vinyasa FlowYoga:** Combines strength, balance, and endurance for a complete body workout.

**Zumba®:** Fundamentals of Salsa rhythm and footwork with fast and slow rhythms, incorporating resistance training. Burn calories and fat with an exciting Latin twist!