




GROUP EXERCISE SCHEDULE Summer July 3rd 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING CLASSES						
8:30-9:25am AquaFit Yelena	6:15-7:00am Cycle Karen	6:15-7:00am INSANITY Debra	6:15-7:00am Cycle Debra	6:15-7:00am INSANITY Gianluca	6:15-7:00am Cycle Lisa	8:30-9:15am Cycle Fern
MORNING CLASSES						
9:30-10:25am Pilates Sharna	9:05-10:00am AquaFit Rosalind	9:35-10:30am AquaFit Luisa	9:05-10:00am AquaFit Lisa	9:35-10:30am AquaFit Sharon	9:05-10:00am AquaFit Rosalind	
9:30-10:25am J-Power Maral (St. B)	9:30-10:25am Chisel Carmen (St.B)	9:00-9:40am Pilates Barre Nadine (St.B)	9:30-10:25am Intervals & Awesome Abs Rosalind (St. B)	9:00-9:40am Pilates Barre Nadine (St.B)	9:30-10:25am Chisel Carmen	9:30-10:25am Cardio Kick Irene
9:30am-10:15am Cycle Lisa	10:05-11:00am Gentle AquaFit Lisa	10:35-11:30am Gentle AquaFit Sharon	10:05-11:00am Gentle AquaFit Lisa	10:35-11:30am Gentle AquaFit Makan	10:05-11:00am Gentle AquaFit Rosalind	9:30-10:35am Power Cycle Fern
	9:30-10:25am Total Body Sculpt Heather	9:30-10:25am  Alla	9:30-10:25am Gentle Yoga Keely	9:30-10:25am  Alla	9:30-10:25am  Cinzia	10:30-11:25am Total Body Sculpt Irene
		9:30-10:25am Cardio Kick Gayle		9:45-10:25am Pilates Barre Nadine (St.B)		10:00-10:45am Pilates Barre Val (St.B)
10:30-11:45am Yoga Mabel (St. B)	9:30am-10:15am Cycle Gianluca	9:30am-10:15am Cycle Karen	9:30am-10:15am Cycle Nadine	9:30am-10:15am Cycle Gayle	9:30am-10:15am Cycle Lisa	10:45-11:30am Pilates Barre Val (St.B)
10:30-11:25am Intervals & Awesome Abs Maral	10:30-11:25am Pilates Marlene	9:45-10:25am Pilates Barre Nadine (St. B)	10:30-11:25am Total Body Sculpt Heather		10:30-11:25am Total Body Sculpt Nancy	11:30-12:25pm  Alla
		10:30-11:25am Yoga Flow Tonya (St. B)		10:30-11:25am FUN-damental Fitness Gayle		
MID-DAY MORNING CLASSES						
12:30-1:25pm  Mandi	12:00-12:55pm  Sid	10:30-11:25am FUN-damental Fitness Gayle	12:30-1:25pm  Alla	12:00-1:30pm Restorative Yoga Keely		1:00-2:00pm AquaFit Yelena
	1:00-2:15pm Gentle Yoga Nash	12:00-12:55pm Pilates Val			1:00-2:30pm Gentle Yoga Orli	12:30-1:25pm Pilates Sharna
						1:30-2:30pm Yoga Flow Amy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EVENING CLASSES						
	5:30-6:00pm Cardio Kick Lesley	5:30-6:25pm Total Body Sculpt Carmen	5:30-6:25pm Yoga Flow Melissa	5:30-6:25pm Abs/Butt/Legs Sharna	GROUP EXERCISE POLICY: 1. Classes with less than 10 participants over 3 Consecutive weeks are Subject to cancellation 2. Classes with less than 10 participants over 3 Subject to cancellation 3. participants over 3 Consecutive weeks are Subject to cancellation 4. Classes with less than 10 participants over 3 Consecutive weeks are Subject to cancellation 5. Classes with less than 10 participants over 3 Consecutive weeks are Subject to cancellation	
	6:00-6:25pm Awesome Abs Lesley	6:30-7:25pm ZUMBA Claudia	6:30-7:25pm Total Body Sculpt Lesley	6:30-7:25pm Latin Jam Irene (St.B)		
	6:30-7:25pm Cardio Sculpt Lesley	7:30-8:25pm Pilates/Barre Val (St.B)	7:30-8:25pm Nia Cinzia (St.B)	6:30-7:25pm Pilates Sharna		
	6:30-7:25pm Belly Dance Lori (St. B)	7:30-8:00pm Express Bootcamp Elonee		7:30-8:25pm INSANITY Gianluca (St.B)		
	7:30-8:15pm Cycle Gianluca	7:00-7:45pm Cycle Karen	7:30-8:15pm Cycle Lesley	7:30-8:25pm Total Body Sculpt Irene		
	7:30-8:25pm ZUMBA Mandi	8:00-8:25pm Awesome Abs Elonee	8:30-9:25pm Pilates Val (St.B)	8:30-9:30pm Aquafit Luisa	CLASSES FOR NOVICES	
	7:30-8:25pm Chisel Elonee/Rosalind (St.B)	8:30-9:30pm Aquafit Yelena	8:30-9:25pm Chisel Gianluca	8:30-9:25pm ZUMBA Claudia (St.B)	CYCLE CLASSES	
	8:30-9:25pm Gentle Yoga Orli	8:30-9:25pm ZUMBA Johanna		8:30-9:25pm Gentle Yoga Mabel	AQUA CLASSES	

CARDIO CLASS DESCRIPTIONS

cardio Sculpt- This class combines intervals of cardio exercises and muscle conditioning.

Insanity - This maximum Interval Training program includes plyometric drills, strength and power.

Cardio Kick- Prepare to jab, kick and sweat! The heavy bag and gloves are used in this class.

Cycle (45 min), Power cycle (60 min)- Get your cardio fix in our dynamic cycle classes.

Chisel- Use weights to sculpt and shape muscles with cardio intervals

Intervals 30 minute high intensity interval training

MUSCLE CONDITIONING CLASS DESCRIPTIONS:

J Power -This class uses barbells to increase your muscular strength and endurance.

Awesome Abs - 25 minutes to focus on strengthening your core.

Abs/ Butt/Legs - the name says it all, a whole class dedicated to tone those areas and improve your core strength.

Total Body Sculpt-This is a conditioning class using a variety of equipment such as body bars, dumbbells & bands.

MIND BODY CLASS DESCRIPTIONS:

Pilates- This classes combines stretching and strengthening exercises to improve posture, breathing and core strength.

Yoga flow- Yoga, like life, is about finding happiness and peace in the moment. Come stretch and relax.

Restorative Yoga- A gentle healing of Hatha Yoga. It's practiced with props to provide a supportive environment to relays.

Pilates/ Barre (Core/Barre)- a combination of movements using the ballet bar and core work on the mat.

DANCE CLASS DESCRIPTIONS:

Zumba- Your workout will feel like a party while you perform simple choreography to great Latin music.

Nia- This class incorporates a variety of movements from Dance, Martial Arts and Yoga.

Belly Dance- Learn Belly Dancing while getting a cardio and conditioning workout.

Latin Jam- learn Salsa, Mambo and Cha Cha and get a fun workout too!

AQUA CLASSES

Aquafit -This is a cardio conditioning class done in the water

Gentle Aqua -The is a low impact, low intensity water fitness class, ideal for those recovering from injuries or new.