

# Group Fitness

## FALL 2017 SCHEDULE

EFFECTIVE: AUGUST 21

You belong here.®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
⌚ 6:15 - 7 am 🌀 Cycle Monique Botero	⌚ 8 - 9 am 🌀 Below the Belt Jessica Bigio	⌚ 6:15 - 7 am 🌀 Cycle Atara Eig	⌚ 6 - 7 am 20/20/20 Lois Forte	⌚ 6:15 - 7 am 🌀 Cycle Atara Eig	⌚ 9:15 - 10:15 am 🌀 Power Sculpt Nathalie Yordi	⌚ 8 - 9 am 🌀 Waterobics Lois Forte
⌚ 7:30 - 8:15 am Core Pilates Training Mor Haim	⌚ 8:30 - 9:30 am \$ Pilates Reformer Mia Glick	⌚ 7:30 - 8:15 am F.I.T. Camp Courtney Landsman	⌚ 7:30 - 8:15 am Core Pilates Training Mia Glick	⌚ 7:15 - 8 am 🌀 Booty Blast Atara Eig	⌚ 9:30 - 10:15 am 🌀 Cycle Jessica Bigio	⌚ 9:15 - 10:15 am 🌀 Waterobics Lois Forte
⌚ 8:30 - 9:30 am Waterobics Lois Forte	⌚ 9:15 - 10:15 am 🌀 Cycle Jessica Bigio	⌚ 8:30 - 9:30 am \$ Pilates Reformer Mor Haim	⌚ 8:30 - 9:30 am S.W.E.A.T. Michelle Schucher	⌚ 8 - 9 am Above the Belt Jessica Bigio	⌚ 10:15 - 11 am Core Conditioning Jessica Bigio	⌚ 9:15 - 10:15 am 🌀 Waterobics Lois Forte
⌚ 8:30 - 9:30 am S.W.E.A.T. Michelle Schucher	⌚ 9:15 - 10:15 am Stretch & Tone Sharon Grynberg	⌚ 8:30 - 9:30 am Waterobics Lois Forte	⌚ 8:30 - 9:30 am \$ Pilates Reformer Mia Glick	⌚ 8:30 - 9:30 am Waterobics Lois Forte	⌚ 11 - 11:45 am Stretch & Tone Sharon Grynberg	⌚ 9:15 - 10:15 am 🌀 Waterobics Lois Forte
⌚ 9 - 10:45 am 🌀 Cycle Sculpt Amy Segal	⌚ 9:30 - 10:30 am \$ Pilates Reformer Mia Glick	⌚ 9 - 10 am 🌀 Cycle Michelle Schucher	⌚ 9:15 - 11 am 🌀 Cycle Sculpt Amy Segal	⌚ 9:15 - 10:15 am Zumba Tali Levinson	⌚ 12 - 1 pm Yoga Nathalie Yordi	⌚ 10:15 - 11 am Core Conditioning Jessica Bigio
⌚ 9:30 - 10:30 am \$ Pilates Reformer Mor Haim	⌚ 10:15 - 11:15 am 🌀 Tred N Shred (FC) Lois Forte	⌚ 9 - 10 am Power Sculpt Courtney Landsman	⌚ 9:30 - 10:15 am Circuit Fusion Courtney Landsman	⌚ 9:30 - 10:15 am 🌀 Cycle Michelle Schucher	⌚ 12 - 1 pm Forever Fit Sharon Grynberg	⌚ 10:15 - 11:45 am Gentle Yoga Lois Teppel
⌚ 10:15 - 11 am 🌀 Cycle Nivia O'Keefe	⌚ 10:30 - 11:30 am Gentle Yoga Lois Teppel	⌚ 9:30 - 10:30 am \$ Pilates Reformer Mor Haim	⌚ 9:30 - 10:30 am Speed & Agility ♡F Tessa Koschel	⌚ 10 - 11 am \$ Pilates Reformer Lois Forte	⌚ 10:30 - 11:30 am 20/20/20 Michelle Schucher	⌚ 9:30 - 10:30 am F.I.T. Camp ♡F Mitchell Elie
⌚ 10:30 - 11:30 am \$ Pilates Reformer Mor Haim	⌚ 10:30 - 11:30 am 🌀 Cycle & 6 Pack Michelle Schucher	⌚ 10:15 - 11:15 am Zumba Tamara Roy	⌚ 9:30 - 10:30 am \$ TRX Michelle Schucher	⌚ 10:30 - 11:30 am Gentle Yoga Mia Glick	⌚ 12 - 1 pm Gentle Yoga Mia Glick	⌚ 10 - 10:45 am 🌀 Cycle Monique Botero
⌚ 10:45 - 11:45 am Zumba Ashley Guevara	⌚ 11:30 am - 12:30 pm Zumba Elizabeth Soto	⌚ 10:15 - 11 am 🌀 Cycle Courtney Landsman	⌚ 9:30 - 10:30 am \$ Pilates Reformer Mia Glick	⌚ 1 - 2 p Forever Fit Sharon Grynberg	⌚ 10:45 - 11:45 am Zumba Sharon Grynberg	⌚ 10:45 - 11:45 am Strength & Alignment Sharon Grynberg
⌚ 12 - 1 pm Yoga Nathalie Yordi	⌚ 11:45 am - 12:45 pm \$ TRX Michelle Schucher	⌚ 11:30 am - 12:30 pm Yoga Meryl Wolfson	⌚ 10:15 - 11:15 am 🌀 Tred N Shred (FC) Lois Forte	⌚ 1 - 2 p Forever Fit Sharon Grynberg	⌚ 12 - 1 pm Strength & Alignment Sharon Grynberg	
⌚ 1 - 2 pm Tai Chi Judd Zisquitt	⌚ 12:30 - 1:30 pm Pilates Fusion Jessica Greenfield	⌚ 2 - 3 pm Exercise Training & Neuroplasticity Fabiana Luzardo	⌚ 10:45 - 11:45 am 🌀 Cycle Michelle Schucher			
⌚ 4:15 - 5 pm \$ Teen Cycle Tessa Koschel	⌚ 2 - 3 pm Core Power Yoga Angela Vinas	⌚ 4:15 - 5 pm \$ Teen Strength & Conditioning Tessa Koschel	⌚ 11 am - 12 pm Zumba Nivia O'Keefe			
⌚ 6 - 6:45 pm Booty Blast Atara Eig	⌚ 5 - 5:45 pm Arm + Abs Amy Segal	⌚ 6 - 7 pm Power Sculpt Martina Aldieri	⌚ 12 - 1 pm Pilates Fusion Jessica Greenfield			
⌚ 6 - 7 pm \$ Pilates Reformer Mia Glick	⌚ 5:15 - 6:15 pm \$ Pilates Reformer Lois Forte	⌚ 7 - 8 pm Core Power Yoga Nathalie Yordi	⌚ 12 - 1:30 pm \$ Prenatal Yoga Mia Glick			
⌚ 7 - 8:30 pm \$ Prenatal Yoga Mia Glick	⌚ 6 - 7 pm Power Hour Atara Eig	⌚ 7:15 - 8 pm 🌀 Cycle Martina Aldieri	⌚ 3 - 4 pm Tai Chi Judd Zisquitt			
⌚ 6:45 - 7:30 pm Arm + Abs Atara Eig	⌚ 6:30 - 7:15 pm 🌀 Cycle Lois Forte		⌚ 4:15 - 5 pm Booty Blast Amy Segal			
⌚ 7:15 - 8 pm 🌀 Cycle Martina Aldieri	⌚ 7 - 8 pm Zumba Ashley Guevara		⌚ 6 - 7 pm Barre Burn Lois Forte			
⌚ 8 - 9 pm Yoga Lois Teppel			⌚ 7 - 8 pm Zumba Nathalie Yordi			
			⌚ 7:15 - 8 pm 🌀 Cycle Lois Forte			

### GUIDE

Group Fitness Class  
Free for Members

\$ Pilates Reformer & \$ TRX  
Fee-based Classes

🌀 Cycle Class & 🌀 Tred N Shred  
In order to guarantee a bike a \$5 pre-registration fee may be paid up to a week in advance.

♀ FC Fitness Center    ♀ F Field

More information on the back!

- 🌀 Specialized Fitness Fees
- 🌀 Specialized Fitness Descriptions
- 🌀 Group Fitness Descriptions

# Group Fitness CLASS DESCRIPTIONS

## GROUP TRAINING CLASSES

**20/20/20:** 20 minutes of cardio/20 minutes of muscle strengthening/20 minutes of core work; all combined in a fast-paced challenging workout.

**Above the Belt:** Strength your upper body and core with a combination of high and low intensity isolated movements. This intermediate/ advanced class will push you beyond your limit.

**Arms + Abs:** Focus on the upper body and abdominals. You will love the feeling of a stronger core and lean, firmer arms.

**Barre Burn:** This barre workout is a blend of ballet, fitness, and Pilates-inspired movements done at a calorie burning pace. Alternate between floor and barre segments designed to burn fat, elongate your muscles, and tone your whole body.

**Below the Belt:** This intermediate/advanced fat blasting class utilizes high intensity movements focusing on building muscle and sculpting curves in the lower body with slower movements to help lift tighten and chisel the perfect booty and legs. Get ready to sweat your butts ON!

**Booty Blast:** Strengthen and shape your waistline with this challenging and innovative class targeting the quads, glutes, hammies, and abs. This 45 minute class consists of lower body exercises designed to increase muscle definition and strength, while toning and tightening. If you want to firm, lift, and define, then this class is a must!

**Circuit Fusion:** A small group training session involving a system of different stations set up to exercise specific muscle groups while burning calories and working your whole body. Training stations alternate strength and endurance exercises with cardiovascular intervals.

**Core Conditioning:** A non-aerobic, muscle-toning class, focusing on core strength. This challenging class works to tone and condition all major muscles of the torso with the aim of increasing spinal stability, essential for posture and health. A fun and challenging way to whittle your waist.

**FIT Camp:** Fun, Intense Training! An innovative high energy style "boot camp" designed to jump start your morning. This style of training will motivate you to push your limits. A full body workout incorporating interval & circuit body resistance training, Plyometrics, and Calisthenics to test not only your body but your mind.

**Forever Fit:** This class is designed for the older adult and combines low impact aerobics with stretching, light weight training, and balance work to improve muscular strength, agility, balance, and flexibility.

**Power Hour:** Heart pumping cardio intervals combined with weight and strength training plus core work. This non-stop body movement workout is designed to work all of your muscle groups.

**Power Sculpt:** This class includes a combination of aerobic conditioning and toning with weights, bands and body bars. You'll get cardiovascular training and strength training in this calorie burning class.

**Speed & Agility:** Train like an athlete! This class combines resistance training with functional and plyometric movement to improve quickness, flexibility, coordination, and agility. You will learn proper technique to eliminate wasteful movements.

**Strength & Alignment:** Create a leaner, stronger, more flexible body using classic sculpting and stretching techniques. Classes use muscular resistance and isolation in order to build strength while increasing flexibility and improving balance.

**Stretch & Tone:** A multi-level stretch and strength training class incorporating body bars, free weights, and resistance bands.

**S.W.E.A.T.:** Strength, Willpower, Energy, and Aerobic Training will get you through this workout which alternates segments of cardio, lower body work, and upper body work for a complete full body blasting workout. Get ready to feel the burn!

**Tred N Shred:** An indoor Boot Camp style class combining 25 to 30 minutes of interval cardiovascular training on the treadmill and 25 to 30 minutes of strength and conditioning training with free weights, steps, and other functional equipment.

**Zumba:** Zumba is a Colombian dance fitness program, which involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Come join our party!

## MIND AND BODY CLASSES

**Core Pilates Training:** A 45-minute class that combines challenging strength and body-sculpt conditioning exercises with Pilates-based core work to create lean muscle mass and a more flexible body. This mat-based workout is designed to establish core strength and stability and heighten mind body awareness.

**Core Power Yoga:** Ready to sweat? Core Power Yoga 2 is a rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating! True to its name, this class focuses on building and engaging your core strength to support you in more advanced postures. Come strengthen, balance, detoxify and exhilarate your body and mind.

**Exercise Training and Neuroplasticity:** ETN is a class specially designed for Parkinson's patients. This class is supported by a grant from the Parkinson's Foundation.

**Gentle Yoga:** Modified postures and sequences allow all participants to enjoy the benefits of Yoga. Classes are built around health goals and levels of fitness, providing the right challenge for each individual and laying a solid foundation for wellness.

**Pilates Fusion:** A mat Pilates class combining a series of controlled movements designed to enhance strength, flexibility, control and balance with an emphasis on conditioning the core (strength for abs and back), while focusing on breathing and body awareness.

**Power Yoga:** An intermediate/advanced yoga class with demanding strength postures that will have you moving, breathing and sweating! During this class, you will focus on engaging your core strength to support you in arm balances and inversions, the importance of breath, challenging yoga sequences, and exploring deeper alignment.

**Tai Chi:** This class involves a series of slow, meditative body movements that were originally designed for self-defense and to promote inner peace and calm. Tai chi increases flexibility, strengthens muscles & tendons and aids in the treatment of heart disease, high blood pressure, arthritis, digestive disorders, skin diseases, depression, cancer, and many other illnesses.

**Yoga:** This general yoga class utilizes the classical yoga postures and different sequencing for the purpose of strengthening, opening, and cleansing the body. Emphasizing safety and alignment; modifications are offered so that everyone can work at their own pace with their own authentic breath. You will leave feeling stronger, centered and refreshed.

## CYCLE CLASSES

**Cycle:** Climb and sprint your way through our signature indoor cycling class. You will increase endurance, up your energy, burn major calories, and jump-start your metabolism in this fun and inspiring instructor-led cardio class.

**Cycle & 6 Pack:** Our signature indoor cycling class plus 15 minutes of hard core ab exercises.

**Mini Cycle Sculpt:** A 60-minute class combining an intense body strength workout with cycling, sculpting and toning. This intense class combines cardiovascular, stretching and strength-training exercises to help burn calories and tone muscles all at once.

# Specialized Fitness CLASS DESCRIPTIONS & FEES

August 28 - October 20

NO CLASSES: 9/21, 9/22, 10/5 & 10/12 | NO EVENING CLASSES: 9/4, 9/20, 10/4 & 10/11

## TRX SUSPENSION TRAINING

Born from the Navy SEALs, TRX® Suspension Training® bodyweight exercise simultaneously develops strength, power, endurance, mobility, durability, balance, flexibility, and core stability. TRX Suspension Training requires the use of the TRX® Suspension Trainer™, a portable performance training tool that leverages gravity and the user's bodyweight to enable hundreds of exercises that can be instantly scaled for anyone to reach their unique fitness or training goals.

## TEEN CYCLE (11+ YEARS)\*

Teen Cycle classes are conducted under the supervision of our Group Fitness instructors who coach you through varying terrains to get you successfully to the end of the ride. The class combines muscular endurance, cardiovascular conditioning and strength training all in one workout.

\*Minimum of 5 participants required to run each class and 18 person maximum per class.

## TEEN STRENGTH & CONDITIONING (11+ YEARS)

This fun and challenging one-hour fitness boot camp class mixes traditional calisthenic and body weight exercises with interval training and strength training to promote fat loss, camaraderie and team effort. The trainer will use a variety of styles designed in a way that pushes you and resembles a military boot camp.

### FEES:

Once/Week	\$170   Members: \$120
Twice/Week	\$320   Members: \$220
Drop-in	\$25   Members: \$20

## PILATES REFORMER

Innovative exercises focus on strengthening of muscles to help you to maintain a symmetrical and revitalized body. The exercises on the Pilates Reformer help you to develop long and slender muscles, strong shoulders, a strong chest, better biceps and triceps, leaner calves, slimmer hips and thighs, tighter buttocks, firm abdominals, increased flexibility, correct postures and better mind-body coordination.

## PRENATAL YOGA WITH MIA GLICK

Safely stretch and strengthen your body and turn your attention inward in a deeper way. Using energizing movements combined with breath, meditation and creative visualization to integrate the process of change that is taking place. Class is open to all stages of pregnancy and levels of experience in yoga and ends with a guided deep relaxation.

Pre-registration is required. A minimum of 3 participants is required to run each class. Classes will not run without minimum requirement.

### FEES:

Once/Week	\$280   Members: \$200
Twice/Week	\$480   Members: \$320
Drop-in	\$40   Members: \$30