

# Group Fitness

## SUMMER 2018 SCHEDULE

EFFECTIVE: JUNE 11

You belong here.®

| MONDAY                                   |
|--|
| 🕒 6:15 - 7 am                            |
| 🚴 Cycle<br>Monique Botero                |
| 🕒 7:30 - 8:15 am                         |
| Core Pilates Training<br>Mor Haim        |
| 🕒 8 - 9 am                               |
| Waterobics<br>Lois Forte                 |
| 🕒 8:15 - 9:15 am                         |
| S.W.E.A.T.<br>Michelle Schucher          |
| 🕒 8:30 - 9:30 am                         |
| 💰 Pilates Reformer<br>Mor Haim           |
| 🕒 9:15 - 10 am                           |
| 🚴 Cycle<br>Andreina Reyna                |
| 🕒 9:30 - 10:30 am                        |
| 💰 Pilates Reformer<br>Mor Haim           |
| 🕒 10:30 - 11:30 am                       |
| 🚴 Mini Cycle Sculpt<br>Courtney Landsman |
| 🕒 12 - 1 pm                              |
| Yoga<br>Nathalie Yordi                   |
| 🕒 12 - 1 pm                              |
| Tai Chi<br>Judd Zisquitt                 |
| 🕒 4:15 - 5 pm                            |
| 💰 Teen/Parent Cycle<br>Tessa Koschel     |
| 🕒 6 - 6:45 pm                            |
| Booty Blast<br>Atara Eig                 |
| 🕒 6:45 - 7:30 pm                         |
| Arm + Abs<br>Atara Eig                   |
| 🕒 7:15 - 8 pm                            |
| 🚴 Cycle<br>Martina Aldieri               |
| 🕒 8 - 9 pm                               |
| Yoga<br>Lois Tepper                      |

| TUESDAY                               |
|---------------------------------------|
| 🕒 6 - 7 am                            |
| Power Sculpt<br>Chavonne Baron        |
| 🕒 7:15 - 8 am                         |
| Stretch & Tone<br>Sharon Grynberg     |
| 🕒 8 - 9 am                            |
| 🚴 Below the Belt<br>Jessica Bigio     |
| 🕒 9:30 - 10:15 am                     |
| 🚴 Cycle<br>Jessica Bigio              |
| 🕒 10:30 - 11:30 am                    |
| 🚴 Tred N Shred ♡ FC<br>Lois Forte     |
| 🕒 10:30 - 11:30 am                    |
| 🚴 Cycle & 6 Pack<br>Michelle Schucher |
| 🕒 12 - 1 pm                           |
| Gentle Yoga<br>Lois Tepper            |
| 🕒 4:15 - 5:15 pm                      |
| Core Power Yoga<br>Angela Vinas       |
| 🕒 5 - 6 pm                            |
| 💰 Fat Burning Pilates<br>Lois Forte   |
| 🕒 5:30 - 6:30 pm                      |
| Zumba & Tone<br>Ashley Guevara        |
| 🕒 6:30 - 7:30 pm                      |
| Barre Burn<br>Lois Forte              |
| 🕒 6:30 - 7:15 pm                      |
| 🚴 Cycle<br>Atara Eig                  |
| 🕒 7:30 - 8:30 pm                      |
| Power Hour<br>Atara Eig               |

| WEDNESDAY                                |
|--|
| 🕒 6:15 - 7 am                            |
| 🚴 Cycle<br>Atara Eig                     |
| 🕒 7:30 - 8:15 am                         |
| F.I.T. Camp<br>Courtney Landsman         |
| 🕒 8 - 9 am                               |
| Waterobics<br>Lois Forte                 |
| 🕒 8:15 - 9:15 am                         |
| Zumba<br>Ashley Guevara                  |
| 🕒 8:30 - 9:30 am                         |
| 💰 Pilates Reformer<br>Mor Haim           |
| 🕒 9:15 - 10:15 am                        |
| 🚴 Cycle<br>Michelle Schucher             |
| 🕒 9:30 - 10:30 am                        |
| Circuit Fusion ♡ FC<br>Courtney Landsman |
| 🕒 9:30 - 10:30 am                        |
| 💰 Pilates Reformer<br>Mor Haim           |
| 🕒 10:30 - 11 am                          |
| 🚴 Cycle<br>Courtney Landsman             |
| 🕒 12 - 1 pm                              |
| Pilates Fusion<br>Sharon Grynberg        |
| 🕒 4:15 - 5 pm                            |
| 💰 Teen/Parent H.I.T<br>Tessa Koschel     |
| 🕒 6 - 7 pm                               |
| Power Sculpt<br>Martina Aldieri          |
| 🕒 7 - 8 pm                               |
| Yoga<br>Nathalie Yordi                   |
| 🕒 7:15 - 8 pm                            |
| 🚴 Cycle<br>Martina Aldieri               |

| THURSDAY                             |
|--------------------------------------|
| 🕒 6 - 7 am                           |
| 20/20/20<br>Lois Forte               |
| 🕒 7:15 - 8:15 am                     |
| Core Power Yoga<br>Michael Travis    |
| 🕒 8:15 - 9:15 am                     |
| S.W.E.A.T.<br>Michelle Schucher      |
| 🕒 9:30 - 10:30 am                    |
| 🚴 Cycle<br>Michelle Schucher         |
| 🕒 10:30 - 11:30 am                   |
| 🚴 Tred N Shred ♡ FC<br>Lois Forte    |
| 🕒 10:45 - 11:45 am                   |
| 🚴 Cycle & 6 Pack<br>Andreina Reyna   |
| 🕒 10:45 - 11:45 am                   |
| 💰 TRX<br>Michelle Schucher           |
| 🕒 12 - 1 pm                          |
| Core Power Yoga<br>Angela Vinas      |
| 🕒 4 - 5 pm                           |
| Tai Chi<br>Judd Zisquitt             |
| 🕒 5 - 6 pm                           |
| Pilates Fusion<br>Jessica Greenfield |
| 🕒 6 - 7 pm                           |
| Barre Burn<br>Lois Forte             |
| 🕒 7 - 8 pm                           |
| Zumba<br>Tali Levinson               |
| 🕒 7:15 - 8 pm                        |
| 🚴 Cycle<br>Lois Forte                |

| FRIDAY                                  |
|---|
| 🕒 6:15 - 7 am                           |
| 🚴 Cycle<br>Atara Eig                    |
| 🕒 7:30 - 8 am                           |
| Ab Attack<br>Andrew Opitz               |
| 🕒 8 - 9 am                              |
| Above the Belt<br>Jessica Bigio         |
| 🕒 8 - 9 am                              |
| Waterobics<br>Lois Forte                |
| 🕒 9:30 - 10:30 am                       |
| 🚴 Cycle<br>Michelle Schucher            |
| 🕒 9:30 - 10:30 am                       |
| 💰 Pilates Reformer<br>Lois Forte        |
| 🕒 10:45 - 11:45 am                      |
| 20/20/20 ♡ FC<br>Michelle Schucher      |
| 🕒 12 - 1 pm                             |
| Strength & Alignment<br>Sharon Grynberg |

| SATURDAY                           |
|------------------------------------|
| 🕒 9:15 - 10:15 am                  |
| Zumba & Tone<br>Nathalie Yordi     |
| 🕒 9:30 - 10:15 am                  |
| 🚴 Cycle<br>Jessica Bigio           |
| 🕒 10:15 - 11 am                    |
| Core Conditioning<br>Jessica Bigio |
| 🕒 11 - 11:45 am                    |
| Stretch & Tone<br>Sharon Grynberg  |
| 🕒 12 - 1 pm                        |
| Yoga<br>Nathalie Yordi             |

| SUNDAY                                  |
|---|
| 🕒 8 - 9 am                              |
| Waterobics<br>Lois Forte                |
| 🕒 9:15 - 10:15 am                       |
| Gentle Yoga<br>Lois Tepper              |
| 🕒 9:30 - 10:30 am                       |
| F.I.T. Camp ♡ F<br>Andrew Opitz         |
| 🕒 10 - 10:45 am                         |
| 🚴 Cycle<br>Monique Botero               |
| 🕒 10:45 - 11:45 am                      |
| Zumba<br>Sharon Grynberg                |
| 🕒 12 - 1 pm                             |
| Strength & Alignment<br>Sharon Grynberg |

### 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.

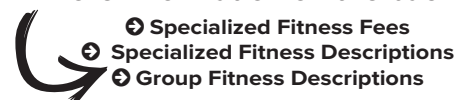
♀ FC

Fitness Center

♀ F

Field

More information on the back!



# 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.

**Ab Attack:** 30 minutes of calisthenics, core training, and traditional abdominal exercise. Designed to strengthen the entire core without ignoring the rest of the body.

**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, hammys, 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.

**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.

**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!

**Zumba & Tone:** Designed for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! Combine the Latin inspired dance rhythms with the benefits of strength and resistance training for a complete workout.

## 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.

**Genie 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.

**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

June 18 - August 10, 2018

### 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

*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   |

### 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.

#### FEES:

|           |                        |
|-----------|------------------------|
| Once/Week | \$170   Members: \$120 |
| Drop-in   | \$25   Members: \$20   |

### TEEN/PARENT 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/PARENT H.I.T. (11+ YEARS)\*

This fun and challenging boot camp mixes traditional calisthenic and body weight exercises with interval training and strength training to promote fat loss, camaraderie and team effort.

#### FEES:

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