

WINTER 2019: JANUARY 8 - MARCH 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	INDOOR CYCLING 6 A.M. Rafael	TOTAL BODY 5:30 A.M. Sandra	KICKBOXING 6 A.M. Rafael	SUPER SCULPT 5:30 A.M. Sandra	STUDIO CYCLING 7 A.M. Chris	CYCLING 45 9 A.M. Guido
	SUPER SCULPT 7 A.M. Rafael	ABS ETC. 6:30 A.M. Sandra	INDOOR CYCLING 7 A.M. Rafael	ABS ETC. 6:30 A.M. Sandra		ABS ETC. 9:50 A.M. Guido
	INTEGRATIVE YOGA 6:50 A.M. Adriana		INTEGRATIVE YOGA 6:50 A.M. Adriana		VINYASA YOGA 7 A.M. Anny	POWER YOGA 10 A.M. Anny
AFTERNOON	CIRCUIT TRAINING 12 P.M. Rafael	AQUA FIT 12 P.M. Rafael	INDOOR CYCLING 12:15 P.M. Rafael	AQUA FIT 12 P.M. Rafael	CYCLING 45 12:15 P.M. Guido	BOOT CAMP 12 P.M. Chris
	CYCLING 45 12:15 P.M. Guido	INDOOR CYCLING 12:15 P.M. Esther	MAT PILATES 12:15 P.M. Maria	CARDIO KICKBOX 12:15 P.M. Guido	MAT PILATES 12:15 P.M. Esther	
	TOTAL BARRE 12:15 P.M. Maria	LUNCHTIME YOGA 12:15 P.M. Peter J.	LUNCHTIME YOGA 12:15 P.M. Anny	LUNCHTIME YOGA 12:15 P.M. Peter J.	AB ATTACK 1 P.M. Guido	
	AB ATTACK 1 P.M. Guido	ROCK BODY 12:30 P.M. Sonjia	ZUMBA 12:30 P.M. Fernando	INDOOR CYCLING 1 P.M. Rafael	ZUMBA 12:30 P.M. Fernando	
EVENING	H.I.I.T. 5:15 P.M. Chris	CARDIO BURN 5:30 P.M. Sandra	TABATA 5:15 P.M. Chris	KICKBOXING 5:30 P.M. Sandra	GUTZ & BUTZ 5:15 P.M. Chris	
	INDOOR CYCLING 5:15 P.M. Guido	CYCLING 45 5 P.M. Chris F.	GROOVE CYCLE 5:15 P.M. Sandra	TOTAL BARRE 5:30 P.M. Esther	STUDIO CYCLING 5:15 P.M. Guido	
	HATHA FLOW YOGA 5:30 P.M. Lunthita	MAT PILATES 5:30 P.M. Esther	HATHA FLOW YOGA 5:30 P.M. Demian	HATHA FLOW YOGA 5:30 P.M. Monica K.		
	SUPER SCULPT 6:30 P.M. Guido	HARDCORE 6:30 P.M. Sandra	TOTAL BODY 6:30 P.M. Chris	GUTZ & BUTZ 6:30 P.M. Sandra		

KEY

AQUA POOL CYCLING STUDIO STUDIO ROOM A STUDIO ROOM B STUDIO ROOM C

Schedule subject to change. Group Exercise classes are free (open to members & guests only). Classes are on a first-come, first-served basis.

HOURS:

Monday – Friday: 5 A.M. – 9 P.M.
Saturday: 8 A.M. – 5 P.M.
Sunday: 9 A.M. – 4 P.M.

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FITNESS AND
WELLNESS CENTER

GROUP FITNESS CLASS DESCRIPTIONS

CARDIOVASCULAR TRAINING

Cardio Burn: High Intensity workout combining various cardio/dance genres (kickboxing, latin dance, and more). Burn fat, tone muscles with this workout.

Cardio Kickbox: Combines basic kickboxing moves with fast paced cardio, burn calories as you build lean muscle with this fun and challenging workout.

Tabata: Tabata training consists of eight rounds of ultra high intensity exercises in a specific 20 seconds on, 10 seconds off interval. This intense workout will torch calories and strengthen your entire body.

H.I.I.T. (High Intensity Interval Training): This is nonstop power workouts that is guaranteed to burn calories and get your heart pumping. Incorporates both cardio and strength!

Boot Camp: Get ready to sweat with basic sport specific movements and cardio drills. Have fun with extremely athletic and challenging movements that merge functional training, weight training, interval drills, and running that will "whip you into shape"!

Kickboxing: De-stress in this fun, pre-designed, non-contact kickboxing interval class using no equipment. Cardio and strength based with an intense energy sprint for the ultimate challenge.

DANCE

Zumba: Combines high energy Latin music and unique combinations interchanged with resistance and circuit training exercises. Have tons of FUN as you maximize caloric expenditure while improving muscular and cardio strength and endurance! No previous dance experience is required.

STRENGTH, CORE, RESISTANCE TRAINING & STRETCHING

Abs Etc.: A 30-minute abdominal, mid-section and lower back workout. Perfect before or after your cardio workout!

Abs Attack: Non stop 30 minute core sculpting workout.

Corrective Stretch.: A 30-minute abdominal, mid-section and lower back workout. Perfect before or after your cardio workout!

Gutz & Butz: Focuses on toning the lower body and core through various body weight exercises and equipment.

Super Sculpt: Get a total body workout using the step, weights, bars and bands to tone from head to toe.

Total Barre™: High-energy and dynamic Total Barre™ integrates elements of Pilates, dance, cardio & strength training. You'll increase strength, flexibility, stamina and dynamic stability. It is a program geared for everyone – no dance experience required!

Total Body: This is a full body workout involves cardio to increase the heart rate, and resistance training to sculpt the arms, butt, and core. It is intense workout to start your day and have you leave class feeling great!

CYCLING

Indoor Cycling: Experience this athletic, adrenaline-pumping group workout performed on the stationary bike with high energy music. You'll feel like a cycling pro! **Cycling 45:** 45 minutes of non stop intervals, hills, and fast paced runs.

Groove Cycle: Indoor cycling class set to the latest music videos available. This 45 minute cycling class will have you riding to upbeat and visual videos of today.

YOGA

Hatha Flow Yoga: A balanced combination of sustained poses (Hatha) as well as poses flowing in a progression from one to another. Beginners as well as advanced practitioners will derive benefit from this practice.

Integrative Yoga: A more gentle, focus on integrating the mind and the body together - meditation and poses.

Lunchtime Yoga: This one-hour lunchtime class is designed for participants of all fitness levels so as to offer an option to "break from the workplace", nurture the body and soul. While it is not a class geared to the yoga beginner, teachers can offer modifications and options that will serve the more novice yoga student. You may walk in or out as needed to fit your work schedule.

Power Yoga: Take yoga to the next level in this intense workout which combines Ashtanga and Vinyasa Flow disciplines with intermediate-advanced poses. Recommended for yoga practitioners who are ready to take their practice to the next level! Two levels are available for this practice.

AQUATICS

Aqua Fit: Increase aerobic, strength and flexibility conditioning using aqua "toys" and equipment in the swimming pool. Perfect for all fitness levels! No swimming experience required.

PILATES

Mat Pilates: A cross conditioning system designed to shape your legs, hips, back, chest and arms with a precise focus on strengthening your abdominals and your back. Great compliment to any workout! Pilates will transform, re-define and shape your body into a long, lean and athletic streamlined physique without developing "bulky" muscles.