



## SUMMER 2018 : JULY 8th - SEPTEMBER 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<b>Studio Cycling</b> 6:00 am <i>Rafael</i>	<b>Total Body</b> 5:30 am <i>Sandra</i>	<b>Kickboxing</b> 6:00 am <i>Rafael</i>	<b>Super Sculpt</b> 5:30 am <i>Sandra</i>	<b>Studio Cycling</b> 7:00 am <i>Guido</i>	<b>Studio Cycling</b> 9:00 am <i>Guido</i>
	<b>Gutz &amp; Butz</b> 7:00 am <i>Rafael</i>	<b>Abs Etc.</b> 6:30 am <i>Sandra</i>	<b>Studio Cycling</b> 7:00 am <i>Rafael</i>	<b>Abs Etc.</b> 6:30 am <i>Sandra</i>		<b>Abs Etc.</b> 10:00 am <i>Guido</i>
	<b>Integrative Yoga</b> 6:50 am <i>Adriana</i>		<b>Integrative Yoga</b> 6:50 am <i>Adriana</i>			<b>Power Yoga</b> 10:00 am <i>Lunthita</i>
AFTERNOON	<b>Intro Circuit</b> 12:00 pm <i>Rafael</i>	<b>Aqua Workout</b> 12:00 pm <i>Rafael</i>	<b>Studio Cycling</b> 12:15 am <i>Rafael</i>	<b>Aqua Workout</b> 12:00 pm <i>Rafael</i>	<b>Studio Cycling</b> 12:15 pm <i>Guido</i>	
	<b>Studio Cycling</b> 12:15 pm <i>Guido</i>	<b>Studio Cycling</b> 12:15 pm <i>Esther</i>	<b>Mat Pilates</b> 12:15 pm <i>Maria</i>	<b>Cardio Kickbox</b> 12:15 pm <i>Guido</i>	<b>Mat Pilates</b> 12:15 pm <i>Esther</i>	
	<b>Total Barre</b> 12:15 pm <i>Maria</i>	<b>Lunchtime Yoga</b> 12:15 pm <i>PeterJ</i>	<b>Lunchtime Yoga</b> 12:15pm <i>Annamaria</i>	<b>Lunchtime Yoga</b> 12:15 pm <i>PeterJ</i>	<b>Abs Etc.</b> 1:05 pm <i>Guido</i>	
	<b>Abs Etc.</b> 1:05 pm <i>Guido</i>	<b>HARDCore</b> 12:30 pm <i>Sandra</i>	<b>Zumba</b> 12:30 pm <i>Fernando</i> <i>starts 7/25</i>	<b>Super Sculpt</b> 12:30 pm <i>Sonjia</i>		
EVENING	<b>Circuit Training</b> 5:15 pm <i>Chris</i>	<b>Zumba</b> 5:15 pm <i>Fernando</i> <i>starts 7/24</i>	<b>20/20/20</b> 5:15 pm <i>Chris</i>	<b>Cardio Burn</b> 5:15 pm <i>Sandra</i>	<b>Gutz &amp; Butz</b> 5:15 pm <i>Chris</i>	
	<b>Studio Cycling</b> 5:30 pm <i>Guido</i>	<b>Mat Pilates</b> 5:30 pm <i>Esther</i>	<b>Aqua Workout</b> 5:30 pm <i>Sandra</i>	<b>Total Barre</b> 5:30 pm <i>Esther</i>	<b>Studio Cycling</b> 5:15 pm <i>Guido</i>	
	<b>Super Sculpt</b> 6:30 pm <i>Chris</i>	<b>Hatha Flow Yoga</b> 5:30 pm <i>Lunthita</i>	<b>Hatha Flow Yoga</b> 5:30 pm <i>Demian</i>	<b>Hatha Flow Yoga</b> 5:30 pm <i>Lunthita</i>		
		<b>Total Body</b> 6:30 pm <i>Chris</i>		<b>Gutz &amp; Butz</b> 6:30 pm <i>Sandra</i>		

### 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 - THURSDAY 5am - 9pm, FRIDAY 5am - 7pm, SATURDAY 8:30am - 5pm**

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## GROUP FITNESS CLASS DESCRIPTIONS

### CARDIOVASCULAR TRAINING

**20/20/20:** Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge? You can't get more EPIC than this!

**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.

**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!

**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.

**Intro Circuit:** A basic class designed for beginners who are looking for a complete workout (cardio, flexibility, and strength). Extra emphasis is placed on proper form and technique.

**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

**Studio Cycling:** Experience this athletic, adrenaline-pumping group workout performed on the stationary bike with high energy music. You'll feel like a cycling pro!

### YOGA

**Hatha Flow Yoga:** A balanced combination of sustained poses (Hatha) as well as poses flowing in a progression from one to another. Attention is always given to basic alignment principles. Conscious observation of the breath and body are an integral part of the class. Classes are balanced with energy, for a good physical work-out, along with meditation and calm—maintaining body-mind-spirit balance. 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 Workout:** 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.