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6:30AM Cycling Erica  	8:30AM Hatha Yoga Ruth-B (90 min) 	6:30AM Cycling Erica  	9:30AM ZUMBA® Alicia-A 	8:30AM <b>NEW</b> Cycle Circuit Natalie  	9:00AM Step Challenge Alicia-A 	9:00AM Vinyasa Yoga (90min) Barry-A 
9:30AM Cycling Alicia  	8:30AM Cycling Erica  	9:30AM Burn & Firm Alicia-B 	9:30AM Cycling Erica  	9:00AM C.D.L. Lisa-A 	9:00AM Cycling Malvia  	9:00AM Cycling Malvia  
9:30AM ZUMBA® Debbie Ann-A 	9:30AM <b>NEW</b> Kick Butt Circuit Natalie-A 	10:00AM Total Body Toning Marylou-A (45 min) 	10:30AM Get Pumped Alicia-A 	9:30AM Burn & Firm Alicia-B 	9:00AM Human Movement Ruth/Barry-B 	10:15AM Triple Threat Malvia-B 
10:30AM Get Pumped Alicia-A 	10:30AM ZUMBA® Andriana-A 	10:30AM Cycling Alicia (30 min)  		10:30AM Cycling (30 min) Alicia  	10:00AM Get Pumped Alicia-A 	11:00AM Inspirational Cycle Sterling  
		11:00AM Mat Pilates Alicia-B 		11:00AM Yoga (all levels) (90min) Barry-A 	10:10AM Total Body Challenge Malvia-B 	12:00PM <b>NEW</b> "Sterling's Penguins" Sterling-A 
		11:00AM <b>NEW</b> Yoga & Stretch Marylou-A 		11:00AM Mat Pilates Alicia-B 	11:00AM Advanced Yoga (90min) Ruth/Barry-A 	2:00PM <b>NEW</b> Moving & Grooving Ages 5-15 Sterling-A 
6:00PM <b>NEW TIME</b> High Interval Training Natalie-A 	6:00PM Soca Fitness Rodney-A 	12:30PM (75 min) Chair Yoga Barry-A 			1:00PM *Martial Arts For Children Haisan-A 	2:00PM - 5:30PM <b>CHILDREN'S DAY</b> Children up to 15yrs old get in <b>FREE</b> with an Adult Member (parent/ guardian).
6:00PM RETRO Ride Malvia  	7:00PM Hatha Yoga Barry-A 	6:00PM Cycling Malvia  	7:00PM Burn & Firm Malvia-B 		2:00PM *Martial Arts For Children Haisan-A 	
7:00PM <b>NEW</b> Fish Out of Water Malvia-A 	7:00PM Get Pumped Malvia-B 	7:00PM <b>NEW</b> Fish Out Of Water Malvia-B 	7:00PM "SpinMaster" Regina  			
7:00PM <b>NEW INSTRUCTOR</b> Cycling Regina  	7:00PM Cycling Regina  	7:00PM <b>NEW</b> ZUMBA® Andriana-A Starts 9/20 	7:00PM Soca Fitness Rodney-A 	  <h1>OCTOBER</h1> 		
7:00PM Hatha Yoga Ruth-B 	8:00PM Triple Threat Malvia-A 	7:15PM Cycling Tony  	8:00PM ABSolution (15 min) Malvia-B 			
				<p><b>SIGN-IN REQUIRED PRIOR TO CLASS AT RECEPTION</b></p> <p><b>* ADDITIONAL FEE REQUIRED FOR THESE CLASSES.</b></p> <p>* SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.</p>		

# GROUP FITNESS SCHEDULE

## ON YOUR WAY...TO HEALTH & HAPPINESS



### CLASS DESCRIPTIONS



**C.D.L. (Conditioning for Daily Living):**  
 An aerobic choreographed workout using weights, balls, and resistance bands to stimulate and enhance muscle strength, coordination, and balance improving your ability to perform daily activities.



**CYCLING:**  
 Go for the ride of your life! This advanced cardiovascular challenge will take you on a journey you may not want to return from! Set your own pace while grooving to the music.



**ZUMBA®:** ZUMBA® is a fusion of Latin, International, and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.



**GET PUMPED:** A combination of upper & lower body movements using weights, tubing or body bars to tone and work all muscles groups for a total body workout.



**STEP CHALLENGE:**  
 This class will provide you with intricate choreography that will challenge your mind and make you sweat.



**FISH OUT OF WATER/ STERLING'S PENGUINS:** This is the "land based" workout for all ages while the pool is closed. It's an effective and challenging low impact workout on the joints. It incorporates weights for upper and lower body as well as cardio to get the heart pumping.



**BOOT CAMP:**  
 A mix of cardio styles with obstacles and drills for a true boot camp experience. If you seek a challenge then this high intensity workout is for you.

**STEP & STRENGTH:**  
 Enjoy the challenge of step class with a mix of weight training using the step as well as the floor.



**CYCLE CIRCUIT:**  
 A work out that includes segments of cycling as well as weight training in the studio. A good mix that leaves you with the feeling invigorated.



**HUMAN MOVEMENT:**  
 All levels welcome. The ultimate yoga. Specifically geared for joint movement and kinesiology.

**TRIPLE THREAT:**  
 The traditional step class with a mix of punches, kicks, and jump rope skipping. Sure to get the heart pumping.



**BEGINNER YOGA**  
 Focus your mind and open your heart through deep breathing and stretching to develop your spiritual, mental, and physical well being.



**AQUA AEROBICS, X-TRAINING, BOOT CAMP, AND STEP CHALLENGE:**  
 Get your feet wet with basic Aqua aerobics classes. For a more challenging workout try Aqua Boot Camp or Aqua X-training. Try Step Challenge for a moderate to intense workout.

**BURN & FIRM:**  
 A 60 minute class that combines aerobic and step training with weight and resistance training.

**CHAIR YOGA**

This seated yoga class has been developed to safely teach the mature group. This exercise will bring about mental & physical awareness that promotes greater health & harmony. All levels welcome.

**VINYASA YOGA**

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Intermediate to advanced participants welcome

**ADVANCED YOGA**

Class is designed for more experienced yogis with a very solid understanding of yoga postures who are comfortable performing more advanced poses.

**MAT PILATES**

30 mins of core strengthening work as well as stretching & lengthening of the muscles.



**ABSolution/CORE CUTS:**  
 A class consisting of concentrated abdominal work to flatten and shape the stomach and waist.



**KICKBUTT BOOT CAMP**  
 An intense cardio workout incorporating different punches and kicks, that will help strengthen the body as well as the mind. This is great for all fitness levels.



**TOTAL BODY CHALLENGE:**  
 A combination of low impact, cardio kickboxing, and sculpting using arms, legs, and abdominals for a total body workout!



**DOWN TO THE CORE:**  
 This 60 minute class will help develop and strengthen the body's core muscles through abdominal work and Pilates



**SOCA:** Is a fun way to work out while dancing to the sounds of the Caribbean Carnival Festival!



**MOVING & GROOVING:**  
 Kids just want to have FUN! For ages 5-15 years old. Class will include fundamentals of fitness: agility, balance, coordination, strength training and cardiovascular drills, but most of all FUN!

### ★ OUR STAR INSTRUCTORS ★

Tony Berkel \* Kevin Campbell \* Sterling Daley \* Andriana Espada  
 Lisa Garcia \* Barry Glasser \* Ruth Graves \* Rodney Greaves  
 Marylou Illuzzi \* Haisan Kaleak \* Erica Nakhid \* Malvia Roberts  
 Alicia Rosenberg \* Debbie Ann Schneider \*  
 \* Natalie Segur \* Regina Washington

### STUDIO "A" LOWER LEVEL STUDIO "B" UPPER LEVEL

\*Additional fee required for this class.

CLASSES AND INSTRUCTORS  
 ARE SUBJECT TO CHANGE WITHOUT  
 PRIOR WRITTEN NOTICE.

**All Step & Cycling Classes**  
 Sign-in BEGINS 60 minutes prior to  
 start of class.

Aqua shoes are **RECOMMENDED** for  
 ALL Aqua Classes.  
 Swim caps/shower caps required for all  
 pool classes.

### CLUB HOURS

MON - FRI: 6AM - 10PM  
 SAT & SUN: 8AM - 6PM

### PLAYROOM HOURS

MON - FRI: 9AM - 1PM & 4PM - 9PM  
 SAT & SUN: 9AM - 5PM



**MEMBERS ARE NOT PERMITTED TO ENTER A CLASS ALREADY IN PROGRESS**