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6:30AM Cycling Erica  	8:30AM Hatha Yoga Ruth-A (90 min) 	6:30AM Cycling Erica  	9:30AM ZUMBA® Alicia-A 	9:00AM C.D.L. Lisa-A 	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  	9:30AM Burn & Firm Alicia-B 	9:00AM Cycling Malvia  	9:00AM Cycling Malvia  
9:30AM ZUMBA® Debbie Ann-A 	10:30AM ZUMBA® Debbie Ann-A 	10:00AM Total Body Toning Marylou-A (45 min) 	10:30AM Get Pumped Alicia-A 	11:00AM <b>NEW TIME</b> Yoga (all levels) (90min) Barry-A 	9:00AM <b>NEW</b> Beginner Yoga Barry-B 	10:15AM Triple Threat Malvia-B 
10:30AM Get Pumped Alicia-A 		10:30AM Cycling Alicia (30 min)  		10:30AM Cycling (30 min) Alicia  	10:00AM Get Pumped Alicia-A 	11:00AM <b>NEW TIME</b> Inspirational Cycle Sterling  
		11:00AM Mat Pilates Alicia-B 		11:00AM Mat Pilates Alicia-B 	10:10AM Total Body Challenge Malvia-B 	12:00PM <b>NEW TIME</b> Shallow Aqua Fit Training Sterling 
		11:00AM Shallow Aqua Aerobics Marylou 		11:00AM Aqua Blast Marylou-deep 	11:00AM <b>NEW</b> Advanced Yoga (90min) Barry-A 	
6:00PM RETRO Ride Malvia  	6:00PM <b>NEW</b> Soca Fitness Rodney-A 	12:30PM <b>NEW TIME</b> (75 min) Chair Yoga Barry-A 	7:00PM Burn & Firm Malvia-B 		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).
7:00PM High Interval Training Natalie-A 	7:00PM Hatha Yoga Kevin-A 		7:00PM "SpinMaster" Regina  	6:00PM Cycle Circuit Natalie-A  	2:00PM *Martial Arts For Children Haisan-A 	
7:00PM House Spin Action Tony  	7:00PM Get Pumped Malvia-B 	6:00PM Cycling Malvia  	7:00PM <b>NEW</b> Soca Fitness Rodney-A 			
7:00PM Aqua X-training Malvia 	7:00PM Cycling Regina  	7:15PM Shallow Aqua STEP Malvia 	8:00PM ABSolution (15 min) Malvia-B 			
7:00PM Hatha Yoga Kevin-B 	8:00PM Triple Threat Malvia-A 	7:15PM Cycling Tony  				
8:00PM (30 min) Down to the Core Natalie-A 						



**AUGUST**

**SIGN-IN REQUIRED PRIOR TO CLASS AT RECEPTION**

**\* ADDITIONAL FEE REQUIRED FOR THESE CLASSES.**



\* SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

# 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.



**AQUA ZUMBA®:** This is the "Pool Party" workout for all ages. An effective and challenging water-based workout that integrates the Zumba fun formula and philosophy into traditional aqua fitness. All the benefits and Latin flavors from a land class with the added resistance from the water but without the stress to your body.



**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.



**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.

**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



**DOWN TO THE CORE:**

This 60 minute class will help develop and strengthen the body's core muscles through abdominal work and Pilates



**TOTAL BODY CHALLENGE:**

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



**ADVANCED YOGA**

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



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



**MAT PILATES**

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

### ★ 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 \* Nikki Benfatto-Sajudin  
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

**BROOKLYN SPORTS CLUB**

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