

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

# 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.

#### 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.

#### 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.

#### HUMAN MOVEMENT:

All levels welcome. The ultimate yoga. Specifically geared for joint movement and kinesiology.

#### 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.

#### ABSolution/CORE CUTS:

A class consisting of concentrated abdominal work to flatten and shape the stomach and waist.

#### DOWN TO THE CORE:

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

#### 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!

#### 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.

#### STEP CHALLENGE:

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

#### STEP & STRENGTH:

Enjoy the challenge of step class with a mix of weight training using the step as well as the floor.

#### TRIPLE THREAT:

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

#### BURN & FIRM:

A 60 minute class that combines aerobic and step training with weight and resistance training.

#### 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!

#### SOCA:

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

#### FISH OUT OF WATER/ STERLING'S

PENGUINS: An out of water work out and phenomenal body awareness type of class meant to create a space where the water patrons can feel at home, exercise to their level, and find therapy on land.

#### 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.

#### 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.

#### INSPIRATIONAL CYCLE:

Inspires the mind, body & soul to connect to see ones heart through the journey. It's meant to encourage and provide the tools needed to participate in future cycle classes.

#### BEGINNER YOGA:

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

#### 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.

# DECEMBER



## ★ OUR STAR INSTRUCTORS ★

Cynthia (Sparkle) Acker \* Tony Berkel \* Kevin Campbell  
Sterling Daley \* Andriana Espada \* Lisa Garcia \* Barry Glasser  
Ruth Graves \* Rodney Greaves \* Marylou Illuzzi \* Haisan Kaleak  
Abby Lopez \* 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

**BROOKLYN SPORTS CLUB**

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