


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
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® Andriana-A 	10:00AM Total Body Toning Marylou-A (45 min) 	10:30AM Get Pumped Alicia-A 	10:00AM Hatha Yoga (90min) Barry-A 	9:00AM Human Movement Kevin-B 	10:15AM Triple Threat Malvia-B 	
10:30AM Get Pumped Alicia-A 		10:30AM Cycling Alicia  (30 min) 	1:00PM (75 min) Chair Yoga Barry-A 	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 Mat Pilates Alicia-B 	10:05AM Total Body Challenge Malvia-B 	12:00PM Shallow Aqua Fit Training Sterling 	
		11:00AM Shallow Aqua Aerobics Marylou 		11:00AM Aqua Blast Marylou-deep 	11:00AM Hatha Yoga (90min) Kevin-A 		
6:00PM RETRO Ride Malvia  	6:00PM Step & Strength Alicia-A 	12:00PM (60 min) Chair Yoga Barry-A 	7:00PM Burn & Firm Malvia-B 		1:00PM *Martial Arts For Children Haisan-A 	2:00PM - 5:30PM CHILDREN'S DAY Children up to 15yrs old get in FREE with an Adult Member (parent/ guardian).	
7:00PM High Interval Training Natalie-A 	7:00PM Hatha Yoga Barry-A 	4:30PM Cycle Circuit Natalie 	7:00PM "SpinMaster" Regina 	6:00PM Cycle Circuit Natalie-A (90 min)  	2:00PM *Martial Arts For Children Haisan-A 		
7:00PM House Spin Action Tony  	7:00PM Get Pumped Malvia-B 	5:30PM (30min) Butt and Gutt Natalie-A 	7:00PM ZUMBA® Andriana-A 				
7:00PM Deep Water X-training Malvia 	7:00PM Cycling Regina  	6:00PM Cycling Malvia  	8:00PM ABSolution (15 min) Malvia-B 				
7:00PM Hatha Yoga Kevin-B 	8:00PM Triple Threat Malvia-A 	7:15PM Shallow Aqua STEP Malvia 	8:00PM Dance Fusion Boot Camp Sterling-A 				
8:00PM (30 min) Down to the Core Natalie-A 		7:15PM Cycling Tony  		* 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.



HATHA 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.



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.



PILATES

In this 60 min class, you will re-align the body, develop deep muscle conditioning, and strength while integrating the mind by focusing in on concentration and control.



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!



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 * 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.

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