



































































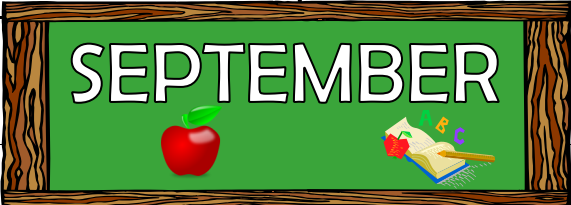








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM Cycling Erica  	8:30AM Hatha Yoga Ruth-B (90 min) 	6:30AM Cycling Erica  	9:30AM ZUMBA® Alicia-A 	9:00AM C.D.L. Lisa-A 	9:00AM Step Challenge Alicia-A 	9:00AM Vinyasa Yoga (90min) Barry-A 
9:30AM Cycling Alicia  	8:30AM Cycling Erica  	9:30AM 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 	9:30AM NEW Kick Butt Circuit Natalie-A 	10:00AM Total Body Toning Marylou-A (45 min) 	10:30AM Get Pumped Alicia-A 	10:30AM Cycling (30 min) Alicia  	9:00AM Human Movement Kevin-B 	10:15AM Triple Threat Malvia-B 
10:30AM Get Pumped Alicia-A 	10:30AM ZUMBA® Andriana-A 	10:30AM Cycling Alicia (30 min)  		11:00AM Yoga (all levels) (90min) Barry-A 	10:00AM Get Pumped Alicia-A 	11:00AM Inspirational Cycle Sterling  
	10:30AM NEW Cycling Natalie  	11:00AM Mat Pilates Alicia-B 		11:00AM Mat Pilates Alicia-B 	10:10AM Total Body Challenge Malvia-B 	12:00PM NEW "Sterling's Penguins" Sterling-A 
		11:00AM NEW Yoga & Stretch Marylou-A 			11:00AM Advanced Yoga (90min) Kevin-A 	
6:00PM RETRO Ride Malvia  	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 CHILDREN'S DAY Children up to 15yrs old get in FREE with an Adult Member (parent/ guardian).
7:00PM NEW Fish Out of Water Malvia-A 	7:00PM Hatha Yoga Kevin-A 	6:00PM Cycling Malvia  	7:00PM Burn & Firm Malvia-B 	6:00PM Cycle Circuit Natalie-A  	2:00PM *Martial Arts For Children Haisan-A 	
7:00PM NEW INSTRUCTOR Cycling Regina  	7:00PM Get Pumped Malvia-B 	7:00PM NEW Fish Out Of Water Malvia-B 	7:00PM "SpinMaster" Regina  			
7:00PM Hatha Yoga Kevin-B 	7:00PM Cycling Regina  	7:00PM NEW ZUMBA® Andriana-A Starts 9/20 	7:00PM Soca Fitness Rodney-A 			
	8:00PM Triple Threat Malvia-A 	7:15PM Cycling Tony  	8:00PM ABSolution (15 min) Malvia-B 			
				 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.



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!

★ 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