

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30AM ** Cycling Erica	8:30AM (90 min) Hatha Yoga Ruth-B	6:30AM ** Cycling Erica	9:30AM ZUMBA® Alicia-A	8:30AM ** Cycle Circuit Natalie	9:00AM Step Challenge Alicia-A	9:00AM ** Cycling Malvia
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	10:15AM Triple Threat Malvia-B
9:30AM ZUMBA® Debbie Ann-A	9:30AM Kick Butt Circuit Natalie-A	10:00AM (45 min) Total Body Toning Marylou-A	10:30AM Get Pumped Alicia-A	9:30AM Burn & Firm Alicia-B	9:00AM (75min) Human Movement Kevin-B	11:00AM ** Inspirational Cycle Sterling
10:30AM Get Pumped Alicia-A	10:30AM ZUMBA® Andriana-A	10:30AM (30 min) ** Cycling Alicia	6:00PM NEW Soca Cycle Rodney- A	10:00AM (90 min) Yoga NEW Kevin- A	10:00AM Get Pumped Alicia-A	12:00PM "Sterling's Penguins" Sterling-A
6:00PM High Interval Training Natalie-A	6:00PM NEW Soca Cycle Rodney-A	11:00AM Mat Pilates Alicia-B	7:00PM ** "SpinMaster" Regina	10:30AM (30 min) ** Cycling Alicia	10:15AM Total Body Challenge Malvia-B	2:00PM NEW Moving & Grooving Ages 5-15 Sterling-A
6:00PM ** RETRO Ride Malvia	7:00PM Hatha Yoga Abby-B	11:00AM Yoga & Stretch Marylou-A	7:00PM Soca Fitness Rodney-A	11:00AM Mat Pilates Alicia-B	11:00AM (90min) Advanced Yoga Kevin-A	2:00PM - 5:30PM CHILDREN'S DAY Children up to 15yrs old get in FREE with an Adult Member (parent/ guardian).
7:00PM Fish Out of Water Malvia-A	7:00PM Soca Fitness Rodney-A	6:00PM ** Cycling Malvia	7:00PM Burn & Firm Malvia - B	12:00PM NEW Gentle Yoga Kevin- A	1:00PM *Martial Arts For Children Haisan-A	
7:00PM ** Cycling Regina	7:00PM ** Cycling Regina	7:00PM Fish Out Of Water Malvia-B			2:00PM *Martial Arts For Children	
8:00PM (45 min) NEW Central Dance Malvia - A		7:00PM ZUMBA® Andriana-A	<div style="text-align: center;">  <p>MARCH 2018</p> <p>** SIGN-IN REQUIRED PRIOR TO CLASS AT RECEPTION</p> <p>* ADDITIONAL FEE REQUIRED FOR THESE CLASSES.</p> <p>SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.</p>  </div>			
		7:15PM ** Cycling Tony				
		8:00PM (45 min) NEW Central Dance Malvia- A				

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.

CARDIO MASH UP:

This 60 minute class will burn those calories away. It is a mix of stepping, weight training and boot camp all in one class.

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.

CENTRAL DANCE :

Get your hips moving and grooving to the music we all love, for a great cardio workout .

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.

MARCH



★ OUR STAR INSTRUCTORS ★

Cynthia (Sparkle) Acker * Tony Berkel * Kevin Campbell
Sterling Daley * Andriana Espada * Lisa Garcia * 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



MEMBERS ARE NOT PERMITTED TO ENTER A CLASS ALREADY IN PROGRESS