

# GROUP FITNESS SCHEDULE

Effective August 1, 2015

MONDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Glenn	45
Yin Yoga	Yoga Studio	7:00am	Felicia	60
Weight Training	A	9:30am	Yvonne	60
Aqua Fit	Pool	10:30am	Sybil	60
Vinyasa Yoga	Yoga Studio	11:30am	Toni	60
Fletcher Pilates Fusion	B	12:00pm	Margie	60
TRX	SC 5&6	12:00pm	Brenden	45
ABS on the floor	A	12:15pm	Yvonne	15
Tai-Fit & Abs	A	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Shoshana	45
Ashtanga Yoga	Yoga Studio	12:30pm	Philip	60
Power Core	A	5:00pm	Hannah	20
Zumba	A	5:30pm	Laura	60
Align & Flow Yoga	Yoga Studio	5:30pm	Lindsay	75
Pilates Mat	B	5:30pm	Fania	60
The Boxer's Workout	SC5&6	5:45pm	Clif	60
Spinning	SR	5:45pm	Hannah	55
Power 60	A	6:30pm	Nicole	60
Spinning	SR	7:00pm	Judy	45
Gentle Hatha*	Yoga Studio	7:00pm	Pete	60
QiGong	B	7:00pm	Kevin	45
Rowing	A	7:30pm	Mike	60

TUESDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:00am	Judy	45
The Boxer's Workout	SC 5&6	6:30am	Clif	60
Gentle Vinyasa	Yoga Studio	7:00am	Bruno	60
Weights & Cardio	A	7:00am	Shoshana	60
QiGong	A	8:15am	Kevin	60
Weight Training	A	9:30am	Clif	60
Stretch & Renew	Yoga Studio	10:30am	Tara	75
"Burn the Barre"	B	12:00pm	Kelli	60
ABS on the floor	A	12:15pm	Justin	15
TRIPLE XXX	TRACK	12:30pm	Arnold	30
Cardio Kick Boxing	SC 5&6	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Jess	45
Align & Flow Yoga	Yoga Studio	12:45pm	Gina	60
Boot Camp	A	5:30pm	Deryl	60
Vinyasa Yoga	Yoga Studio	5:30pm	Chae	60
TRXintro	SC 5&6	5:30pm	Shoshana	30
"Burn the Barre"	B	5:30pm	Fania	60
Spinning	SR	6:00pm	Jamie	45
TRX	SC 5&6	6:00pm	Shoshana	45
Zumba	A	6:30pm	Luis	60
TRX	SC 5&6	7:00pm	Deryl	45
Hatha Yoga	Yoga Studio	7:30pm	Toni	60

Monday-Thursday 5am-11pm  
Friday 5am-9pm  
Saturday 7am-7pm Sunday 8am-7pm

WEDNESDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:00am	Judy	45
Vinyasa Yoga	Yoga Studio	7:00am	Remi	60
Pilates Mat	B	7:00am	Fania	60
Tread & Shed	back treadmills	9:00am	Ashley	30
Move, Stretch, Tone*	A	9:15am	Sybil	45
Weight Training	A	10:00am	Gianna	60
Aqua Fit	Pool	10:30am	Sybil	60
Hoff-Fit	B	12:00pm	Steve	60
ABS on the Floor	A	12:15pm	Yvonne	15
Zumba	B	12:30pm	Gail	60
Tai-Fit Bound/Abs	A	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Shoshana	45
Vinyasa Yoga	Yoga Studio	12:45pm	Fania	60
Cardio Blast	A	5:00pm	Brenden	60
"Just Clif"	B	5:30pm	Clif	60
Align & Flow Yoga	Yoga Studio	5:30pm	Lindsay	75
Spinning	SR	5:45pm	Maria	45
Nitro	A	6:00pm	Greg	60
The Boxer's Workout	SC5&6	6:45pm	Clif	60
Boot Camp*	A	7:00pm	Deryl	60
Zumba	B	7:00pm	Raymond	60
Vinyasa Yoga	Yoga Studio	7:30pm	Bruno	60

THURSDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Jay	45
TRX	SC5&6	7:00am	Shoshana	45
Vinyasa Yoga	A	7:00am	Jen	60
QiGong	A	8:15am	Kevin	60
Weight Training	A	9:30am	Meredith	60
Yoga Stretch	Yoga Studio	10:30am	Meredith	60
TRX	SC 5&6	12:00pm	Hector	30
ABS on the floor	A	12:15pm	Yvonne	15
Boot Camp	A	12:30pm	Deryl	60
Spinning	SR	12:30pm	Michelle	45
Align & Flow	Yoga Studio	12:45	Gina	60
Butts & Guts	A	5:00pm	Ashley	45
"Burn the Barre"	B	5:30pm	Catherine	60
Vinyasa Yoga	Yoga Studio	5:30pm	Chae	75
Spinning	SR	5:45pm	Jamie	55
TRX & Abs	SC 5&6	6:00pm	Deryl	60
Interval Training*	B	6:30pm	Justin	30
Power Abs	B	7:00pm	Justin	30
Zumba	A	7:00pm	Rachel	60
Hatha Yoga	Yoga Studio	7:00pm	Don	60

Hannah Purbe, Group Fitness Director: (267) 918-4354  
Main Number: (215) 985-9876

FRIDAY	STUDIO	TIME	INST.	MIN.
Spinning*	SR	6:30am	Alt. Inst.	45
Athletic Yoga	Yoga Studio	7:00am	Glenn	60
Morning Movement	A	9:15am	Sybil	15
Stretch	A	9:30am	Sybil	30
Weight Training	A	10:00am	Yvonne	60
Aqua Fit	Pool	10:30am	Sybil	60
Yoga Stretch	Yoga Studio	11:15am	Toni	60
Hoff-Fit	B	12:00pm	Steve	60
Abs on the Floor	A	12:15pm	Yvonne	15
Hatha Yoga	Yoga Studio	12:30pm	Miko	60
Spinning	SR	12:30pm	Dawn	45
Prana-Primed Yoga	Yoga Studio	5:30pm	Fania	75
Zumba	A	5:45pm	Gail	60
Spinning	SR	6:00pm	Robby	45

SATURDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	8:45am	Dana/Jessica	60
QiGong	A	8:45am	Kevin	60
Hatha Yoga	Yoga Studio	9:00am	Don	60
Pilates Mat*	B	9:30am	TeYana	60
Circuit Breaker	A	10:00am	Nicole	60
Vinyasa Yoga	Yoga Studio	10:30am	Remi	75
"Burn the Barre"	B	10:30am	Kelli	60
Zumba	A	11:15am	Dahlia	60
The Boxer's Workout	SC 5&6	12:15pm	Clif	60
Vinyasa Yoga	Yoga Studio	12:15pm	Remi	75
Boot Camp*	A	12:30pm	Anthony	30
Hatha Yoga Blend	Yoga Studio	3:00pm	Miko	75

Weight Training	A	9:00am	Clif	60
Spinning	SR	9:00am	Dawn	60
Vinyasa Yoga	Yoga Studio	10:15am	Pete	75
Total Body	A	10:15am	Yvonne	60
Pilates Mat	A	11:30am	Fania	60
Prana-Primed Yoga	Yoga Studio	12:30pm	Fania	75

A (Studio A) - 3rd Floor  
B (Studio B) - 2nd Floor  
SR (Spinning Room) - 2nd Floor  
SC 5&6 - 2nd Floor

Yoga Studio - 2nd Floor  
FF (Fitness Floor) - 3rd Floor  
Track - 3M  
\* = add / change

Sign up for Spinning, TRX, "Burn the Barre", and Tread & shed 1 day prior to class on your mindbody connect app

# GROUP FITNESS CLASS DESCRIPTION

## "Burn the Barre" (Intermediate)

Isometric exercises, done at a ballet barre, that tones and defines each muscle of the body while lengthening at the same time to achieve that long, lean, dancer body.

## "Just Clif" (intermediate)

Light weights, high reps, and a core workout to die for. That is what boxing coach, Clif Johnson, has in store for you with the ever-popular "Just Clif" class. Be there. Be fit. Challenge yourself.

## Nitro (Intermediate/Advance)

High intensity total body workout that utilizes weights, bands, balls, and interval training.

## Power Abs, Abs on the Floor, & Power Core (All Levels)

A focus on the abdominal region to strengthen and tone.

## The Boxer's Workout (All Levels)

Abs, jump rope, nag work, punching mitts, medicine ball, and a variety of other heart pumping, leg churning legs exercises. Pros and amateur boxing coach, Clif Johnson, will lead you through a 60 min workout that challenges all levels of fitness.

## TRX Suspension Training (Intermediate/Advance)

The original body-weight portable training tool that builds strength, balance, flexibility and core stability for people of all fitness levels.

## Weight Training (All Levels)

Intense conditioning for the total body is designed to reshape and redefine muscles. The use of bands, weights, and Reebok steps are incorporated.

## Boot Camp / Hoff-fit (Intermediate/Advanced)

A military-style class, where you will be taken through speed drills, floor exercises, and cardiovascular exercises. Bring your fitness level to the next step.

## Cardio Kickboxing (All Levels)

Combines the benefits of strengthening and cardiovascular work. Burn maximum calories while strengthening and toning the lower body.

## Laps with Kate

A fun and relaxed class for all level swimmers. It includes drills for swimming technique improvement along with laps for endurance and conditioning.

## Hip Hop (All Levels)

Offers and intense cardio workout while teaching basic Hip Hop movements and techniques.

## Power 60 (Intermediate/Advance)

Running drills, strength work, and explosive power moves are incorporated in this muscle toning and fat burning class.

## Rowing (All levels)

Entire body workout with the use of the towing machine. Reap the benefits of cardiovascular conditioning along with strengthening for upper and lower body muscles.

## Spinning (All Levels) - additional Spinning schedules and information located in the Membership Office

A cardiovascular workout suited for all fitness levels held in our state of the art spinning room. See further description on the reverse side of the spinning schedule.

## Tai-Fit (All Levels)

Cardio kickboxing class that works the entire body, especially the cardiovascular system.

## Triple X (intermediate/Advanced)

A 30-minute class on the 3M track, it will work your entire body. This class includes lunges, agility drills, speed work, and military style calisthenics. Be ready to work hard, burn and sweat in this class!

## Zumba

A dance-fitness class that blends upbeat rhythms with east-to-follow choreography for a total body workout.

## Aqua Fit (All levels)

Workout in the water and do low impact exercises using all muscles groups and water weights. Water is especially good for those with joint problems

## Morning Movement (All Levels)

First 30 minutes of class is devoted to low impact aerobics followed by 30 minutes of stretch and tone exercises. Weights are used, with concentrate on resistance training.

## QiGong (All Levels)

A 5,000 year old Chinese practice of energy (Qi) cultivated through deep abdominal breathing and slow, graceful movements. This practice promotes the vital life force to flow smoothly all throughout the body, strengthens the immune system, reduces stress and tension, and increases mobility and flexibility.

## PERSONAL TRAINERS

Aldoric Pough   Arnold Poblete   Ashley Greenblatt   Brenden Ostaszewski   Clif Johnson   Dave Thomas  
Deryl Smiley   Fania Tsakalagos   Gianna Pellicane   Greg Coachman   Hannah Purbe   Hector Bones  
Justin Goncalves   Katherine McFetridge   Natalie Gulla  
Roger Swartz   Soshanna Katz   Steven Hoffman   Van Johnson   Yvonne Theberge

\*for more information about our Personal Training sessions & packages please stop by the Membership Office (1st Floor)