

GROUP FITNESS SCHEDULE

Effective February 1, 2017

MONDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Glenn	45
The Boxer's Workout*	SC5&6	6:30am	Clif	60
Yin Yoga	Yoga Studio	7:00am	Felicia	60
Weight Training	A	9:30am	Emily	60
Aqua Fit	Pool	10:30am	Sybil	60
Gentle Strength & Cardio	A	11:00am	Cyrena	60
Yoga Stretch	Yoga Studio	11:30am	Toni	60
Fletcher Pilates Fusion	B	12:00pm	Margie	60
TRX	SC 5&6	12:00pm	Greg	45
ABS on the floor	A	12:15pm	Emily	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	Nicole	20
Zumba	A	5:30pm	Jose	60
Align & Flow Yoga	Yoga Studio	5:30pm	Lindsay	75
Pilates Mat	B	5:30pm	Marielle	60
The Boxer's Workout	SC5&6	5:45pm	Clif	60
Spinning	SR	5:45pm	Jamie/Jay	55
Power 60	A	6:30pm	Nicole	60
Spinning	SR	7:00pm	Judy	45
Gentle Vinyasa	Yoga Studio	7:00pm	Jen	60
QiGong	B	7:00pm	Iris	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
Zumba	A	12:30pm	Nicole P.	60
TRIPLE XXX	TRACK	12:30pm	Arnold	30
Cardio Kick Boxing	SC 5&6	12:30pm	Lawrence	60
Spinning	SR	12:30pm	Dan	45
Align & Flow Yoga	Yoga Studio	12:45pm	Gina	60
Boot Camp	A	5:30pm	Lisa	60
Vinyasa Yoga	Yoga Studio	5:30pm	Miko	60
"Burn the Barre"	B	5:30pm	Alex	60
Spinning	SR	6:00pm	Jamie	45
TRX	SC 5&6	6:00pm	Shoshana	45
Zumba	A	6:30pm	Luis	60
Meditation	Yoga Studio	6:30pm	Toni	60
Spinning	SR	7:00pm	Dan	45
TRX	SC 5&6	7:00pm	Lisa	45

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

WEDNESDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Jay	45
The Boxer's WO*	SC5&6	6:30am	Clif	60
Vinyasa Yoga	Yoga Studio	7:00am	Remi	60
Pilates Mat	B	7:00am	Lisa E.	60
Moves & Weights*	A	8:00am	Emily	60
Tread & Shed	back treadmills	9:00am	Emily	45
Weight Training	A	10:00am	Cyrena	60
Aqua Fit	Pool	10:30am	Sybil	60
Fundamentals Yoga	Yoga Studio	11:30am	Ji Sun	60
Hoff-Fit	B	12:00pm	Steve	60
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	Ji Sun	60
Chair Yoga*	Yoga Studio	2:00pm	Alison	45
"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
Zumba	B	6:45pm	Raymond	60
Pilates Mat	Yoga Studio	6:45pm	Kristin	45
Boot Camp	A	7:00pm	Nicole	60
Vinyasa Yoga	Yoga Studio	7:30pm	Bruno	60

THURSDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:00am	Judy	45
"Burn the Barre"	B	6:30am	Kelly	45
TRX	SC5&6	7:00am	Shoshana	45
Dynamic Vinyasa	Yoga Studio	7:00am	Bruno	60
QiGong	A	8:15am	Kevin	60
Weight Training	A	9:30am	Meredith	60
Yoga Stretch	Yoga Studio	10:30am	Meredith	60
"Burn the Barre"	B	12:00pm	Kelli	45
Boot Camp	A	12:30pm	Nicole	60
Spinning	SR	12:30pm	Michelle	45
Align & Flow	Yoga Studio	12:45pm	Gina	60
Boot Camp	A	5:00pm	Brandon	45
Vinyasa Yoga	Yoga Studio	5:30pm	Chae	75
Spinning	SR	5:45pm	Jamie	55
TRX & Abs	SC 5&6	6:00pm	Emily	60
Zumba	A	6:00pm	Dahlia	60
Power Abs	B	7:00pm	Emily	30
Hatha Yoga	Yoga Studio	7:00pm	Nathaniel	60

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

FRIDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	6:30am	Russell	45
The Boxer's WO*	SC5&6	6:30am	Clif	60
Boot Camp	A	7:00am	Emily	60
Athletic Yoga	Yoga Studio	7:00am	Glenn	60
Meditation	Yoga Studio	8:00am	Toni	60
Morning Movement	A	9:00am	Emily	30
Stretch	A	9:30am	Emily	30
Weight Training	A	10:00am	Nicole	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	Nicole	15
Hatha Yoga	Yoga Studio	12:30pm	Nancy	60
Spinning	SR	12:30pm	Dawn	45
Vinyasa Yoga	Yoga Studio	5:30pm	Bruno	75
Zumba	A	5:45pm	Gail	60
Spinning	SR	6:00pm	Robby	45

SATURDAY	STUDIO	TIME	INST.	MIN.
QiGong	A	8:45am	Kevin	60
Spinning	SR	9:00am	Dawn	60
Hatha Yoga	Yoga Studio	9:00am	Nathaniel	60
Pilates Mat	B	9:30am	TeYana	60
Circuit Breaker	A	10:00am	Nicole	60
Spinning	SR	10:30am	Dana	45
Vinyasa Yoga	Yoga Studio	10:30am	Remi	75
"Burn the Barre"	B	10:30am	Kelli	60
Hip Hop*	A	11:15am	Jamie	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	Emily	30
The Boxer's WO*	SC 5&6	1:30pm	Clif	60
Hatha Yoga Blend	Yoga Studio	3:00pm	Miko	75

SUNDAY	STUDIO	TIME	INST.	MIN.
Spinning	SR	9:00am	Lisa	60
Weight Training	A	9:30am	Clif	60
Tao Yin	Yoga Studio	10:15am	Deanna	75
Pilates Mat	A	11:30am	Kristin	60
Vinyasa Yoga	Yoga Studio	12:00pm	Alison	60
Zumba	A	1:00pm	Jose	60
"Burn the Barre"	B	1:30pm	Colleen	60

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

GROUP FITNESS CLASS DESCRIPTIONS

"Burn the Barre" (Intermediate)

Isometric exercises, performed at a ballet barre, that tone and define each muscle of the body while lengthening at the same time to achieve a 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.

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, bag work, punching mitts, medicine ball, and a variety of other heart pumping, leg churning exercises. Pros and Amateur boxing coach, Clif Johnson, will lead you through a 60 minute 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 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, that will take you through speed drills, floor exercises, and cardiovascular exercises. Bring your fitness level to the next step.

Cardio Kickboxing (All Levels)

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

Gentle Strength & Cardio (Beginner)

Gentle strength and cardio for the total body. This class utilizes bands, weights, and balls.

Hip Hop (All Levels)

Offers an 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 rowing 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 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 working the entire body, especially the cardiovascular system.

Triple X (Intermediate/Advanced)

This 30-minute class on the 3M track 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 easy-to-follow choreography for a total body workout.

Aqua Fit (All Levels)

A workout in the water with low impact exercises using all muscles groups and water weights. Water exercises are great 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 concentration 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.

Tao Yin Yoga (All Levels)

A combination of Taoist yoga postures with QiGong. Visualizations are integrated with meditative movement techniques to instill a sense of self-awareness. Unique postures develop core strength, muscle tone, balance, and stamina. Classes are tailored to class requests with a focus on opening the space between the joints and flooding the fascia to improve mobility, tone organs and muscles from the inside out to promote an overall sense of well-being. Appropriate for everybody.

PERSONAL TRAINERS

Daree Ajibade	Greg Coachman	Kaitlin Fonte	Ashley Greenblatt	Steve Hoffman	
Will Huff	Brandon Johnson	Clif Johnson	Shoshana Katz	Emily Mayer	
Cyrena Paulin	Gianna Pellicane	John Pizzigoni	Arnold Poblete	Al Pough	
Hannah Purbe	Edwina Roberts	Lisa Rothstein	Roger Swartz	Dave Thomas	Nicole Verno

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

Yoga & Pilates Program Schedule

Effective February 1, 2017

	Location	Time	Instructor
<u>MONDAY</u>			
Yin Yoga (all levels)	Yoga Studio	7:00am	Felicia
Yoga Stretch (all levels)	Yoga Studio	11:30am	Toni
Fletcher Pilates Fusion (all levels)	Studio B	12:00pm	Margie
Ashtanga Yoga (all levels)	Yoga Studio	12:30pm	Philip
Align & Flow Yoga (challenging)	Yoga Studio	5:30pm	Lindsay
Pilates Mat (all levels)	Studio B	5:30pm	Marielle
Gentle Vinyasa (foundations)	Yoga Studio	7:00pm	Jen
QiGong (all levels)	Studio B	7:00pm	Iris
<u>TUESDAY</u>			
Gentle Vinyasa (all levels)	Yoga Studio	7:00am	Bruno
QiGong (all levels)	Studio A	8:15am	Kevin
Stretch & Renew (foundations)	Yoga Studio	10:30am	Tara
Align & Flow Yoga (all levels)	Yoga Studio	12:45pm	Gina
Vinyasa Yoga (all levels)	Yoga Studio	5:30pm	Miko
Meditation (all levels)	Yoga Studio	6:30pm	Toni
Hatha Yoga (all levels)	Yoga Studio	7:30pm	Toni
<u>WEDNESDAY</u>			
Pilates Mat (intermediate)	Studio B	7:00am	Lisa E.
Vinyasa Yoga (all levels)	Yoga Studio	7:00am	Remi
Fundamentals Yoga (beginner)	Yoga Studio	11:30am	Ji Sun
Vinyasa Yoga (all levels)	Yoga Studio	12:45pm	Ji Sun
Chair Yoga (beginners)*	Yoga Studio	2:00pm	Alison
Align & Flow (all levels)	Yoga Studio	5:30pm	Lindsay
Pilates Mat (all levels)	Yoga Studio	6:45pm	Kristin
Vinyasa Yoga (all levels)	Yoga Studio	7:30pm	Bruno
<u>THURSDAY</u>			
Dynamic Vinyasa (all levels)	Yoga Studio	7:00am	Bruno
QiGong (all levels)	Studio A	8:15am	Kevin
Yoga Blend (foundations)	Yoga Studio	10:30am	Meredith
Align & Flow Yoga (all levels)	Yoga Studio	12:45pm	Gina
Vinyasa Yoga (all levels)	Yoga Studio	5:30pm	Chae
Hatha Yoga (all levels)	Yoga Studio	7:00pm	Nathaniel
<u>FRIDAY</u>			
Athletic Yoga (all levels)	Yoga Studio	7:00am	Glenn
Meditation (all levels)	Yoga Studio	8:00am	Toni
Stretch (foundations)	Studio A	9:30am	Sybil
Yoga Stretch (foundations)	Yoga Studio	11:15am	Toni
Hatha Yoga (all levels)	Yoga Studio	12:30pm	Nancy
Vinyasa Yoga (all levels)	Yoga Studio	5:30pm	Bruno
<u>SATURDAY</u>			
QiGong (all levels)	Studio A	8:45am	Kevin
Hatha Yoga (all levels)	Yoga Studio	9:00am	Nathaniel
Pilates Mat (all levels)	Studio B	9:30am	TeYana
Vinyasa Yoga (all levels)	Yoga Studio	10:30am	Remi
Vinyasa Yoga (all levels)	Yoga Studio	12:15pm	Remi
Hatha Yoga (all levels)	Yoga Studio	3:00pm	Miko
<u>SUNDAY</u>			
Tao Yin (all levels)	Yoga Studio	10:15am	Deanna
Pilates Mat (all levels)	Studio A	11:30am	Kristin
Vinyasa Yoga (all levels)	Yoga Studio	12:00pm	Alison

* Indicates change or new

Yoga/Pilates - Class Descriptions:

Yoga Stretch/Stretch: For all levels of fitness- This class will improve strength and flexibility with an emphasis on yoga postures and breathing.

Ashtanga Yoga: For all levels of fitness - The synchronization of movement with the breath creates an internal heat, which purifies, strengthens and energizes the body and mind.

Hatha Yoga/Hatha Yoga Blend: For all levels of fitness- A physical approach to the ancient practice of yoga with strong emphasis on the breath. It is soft on the joints yet effective in toning and relaxation.

Vinyasa Yoga: Fundamentals, All Levels, or Challenging - An active class emphasizing the development of strength, flexibility, balance and grace through the use of Vinyasa postures linked through the connection of breath with movement.

“Align & Flow”: For all levels of fitness – An active class emphasizing on improving the alignment of your spine as well as the rest of your body.

Power Yoga/Athletic Yoga: Intermediate level/Advanced - A vigorous, fitness-based approach to Vinyasa-style yoga. Any power yoga/athletic yoga class can vary widely from the next. What they have in common is an emphasis on strength and flexibility

Yin Yoga: For all levels of fitness - Sink into passive yoga poses for 3-5 minutes at the time for deep stretching of the hips, shoulders and back.

Tao Yin Yoga: For all levels of fitness - Is a combination of Taoist yoga postures combined with Qi-Gong. Visualizations are integrated with meditative movement techniques to instill a sense of self awareness. Unique postures develop core strength, muscle tone, balance and stamina. All classes focus on opening the space between the joints and flooding the fascia to improve mobility, tone organs and muscles from the inside out to promote an overall sense of well-being.

Chair Yoga: Beginners - Is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Frequently the chair yoga student is unable to participate in a traditional yoga class due to the effects of aging or disabilities. However, Chair yoga is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness

Pilates Mat/Intro - In this class you will get an understanding of Mat style Pilates. Learn how to properly target your core muscles as well as proper body alignment.

Pilates Mat: For all levels of fitness- This class utilizes the training method of Joseph Pilates. The class will focus on strengthening the deep abdominal muscles in order to improve posture and support the spine.

Fletcher Pilates Fusion: For all levels of fitness – In this class Margie will have you at the ballet barre to work your legs, hips and entire lower half, along with maintaining proper posture of the upper body

Qi Gong: For all levels of fitness - An ancient art in balancing and strengthening one’s life force. Practitioners use breathing, visualization, meditation and movement to collect and circulate life energy throughout the body. Among its benefits, Qi Gong can: – Strengthen the immune system and prevent illness – Reduce pain and promote deep relaxation – Improve circulation and digestive health – Slow the aging process and restore hormonal balance – Boost daily energy and improve sleep.

Studio Information and Hotline: Yoga Studio- 2nd floor - Studio A- 3rd floor -Studio B- 2nd floor
Group Fitness Hotline- 215-985-9193 (for sub info. and changes/cancellations)

SPINNING SCHEDULE FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:30a Terr. Jay 12:30p Str. Shoshana 5:45p End. Maria	2 6:00a Terr. Judy 12:30p Str. Dan 5:45p End. Jamie	3 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	4 9:00a End. Dawn 10:30a Terr. Dana
5 9:00a Terr. Lisa	6 6:30a Terr. Glenn 12:30p Str. Shoshana 5:45p Terr. Jay 7:00p End. Judy	7 6:00a Terr. Judy 12:30p Str. Michelle 6:00p End. Jamie 7:00p Terr. Dan	8 6:30a Terr. Jay 12:30p Str. Shoshana 5:45p End. Maria	9 6:00a Terr. Judy 12:30p Str. Dan 5:45p End. Jamie	10 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	11 9:00a End. Dawn 10:30a Trr. Dana
12 9:00a Str. Lisa	13 6:30a Terr. Glenn 12:30p Str. Shoshana 5:45p Terr. Jamie 7:00p End. Judy	14 6:00a End. Judy 12:30p Str. Michelle 6:00p End. Jamie 7:00p Str. Dan	15 6:30a Terr. Jay 12:30p Str. Shoshana 5:45p Terr. Maria	16 6:00a Terr. Judy 12:30p Str. Dan 5:45p End. Jamie	17 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	18 9:00a End. Dawn 10:30a Terr. Dana
19 9:00a Terr. Lisa	20 6:30a Terr. Glenn 12:30p Terr. Shoshana 5:45p Terr. Jay 7:00p End. Judy	21 6:00a End. Judy 12:30p Str. Michelle 6:00p Str. Jamie 7:00p End. Dan	22 6:30a Terr. Jay 12:30p Str. Shoshana 5:45p Terr. Maria	23 6:00a Terr. Judy 12:30p Str. Dan 5:45p End. Jamie	24 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	25 9:00a End. Dawn 10:30a Terr. Dana
26 9:00a Terr. Lisa	27 Terr. Glenn 12:30p Terr. Shoshana 5:45p Terr. Jamie 7:00p End. Judy	28 6:00a End. Judy 12:30p Str. Michelle 6:00p Str. Jamie 7:00p Terr. Dan				

The Spinning Program - Class Descriptions

Zone Training

Endurance Zone: 65% - 75% Maximum Heart Rate

The focus of this class is to increase aerobic capacity. The endurance ride is focused, requiring steady use of energy and utilizing oxygen more efficiently. While working within 65-75% MHR, you will set the pace and remain there for the length of the class.

Strength Zone: 75% - 85% Maximum Heart Rate

Slow, steady, hard resistance work. Increase strength and power. Hills, Hills and more Hills! Strength training will work the muscle tissue and build power and strength.

All Terrain: 65% - 92% Maximum Heart Rate

Flats, Hills and Jumps, you will experience it all in this class. The class will challenge you aerobically and anaerobically!

Please Note:

- All classes are 45 minutes unless otherwise indicated
- For your safety, there will be no entry into the room once the class started
- If you are new to the class, please inform the instructor
- Please arrive 5-10 minutes prior to class time to allow for bike setup and safety instructions.

Have a great class!!