

GROUP FITNESS SCHEDULE

Effective June 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	Rachel	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	9:00am	Sybil	60
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
Pilates/TRX	SC5&6	6:45pm	Fania	60
The Boxer's Workout	SC5&6	6:45pm	Clif	60
Rowing	A	7:00pm	Kate	45
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
Yoga Stretch	Yoga Studio	10:30am	Meredith	60
TRX	SC 5&6	12:00pm	Hector	30
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
The Kettlebell WO	A	5:45pm	Justin	45
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	Russell	45
Athletic Yoga	Yoga Studio	7:00am	Glenn	60
Morning Movement	A	9:00am	Sybil	30
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	Hawley	60
Circuit Breaker*	A	10:00am	Nicole	60
Spinning	SR	10:15am	Cancelled	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	Brenden	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 leg 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)

Yoga & Pilates Program Schedule

Effective June 1, 2015

	Location	Time	Instructor
<u>MONDAY</u>			
Yin Yoga (all levels)	Yoga Studio	7:00am	Felicia
Vinyasa Yoga (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	Fania
Gentle Hatha (foundations)	Yoga Studio	7:00pm	Rachel
QiGong (all levels)	Studio B	7:00pm	Kevin
<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	Chae
Hatha Yoga (all levels)	Yoga Studio	7:30pm	Toni
<u>WEDNESDAY</u>			
Pilates Mat (intermediate)	Studio B	7:00am	Fania
Vinyasa Yoga (all levels)	Yoga Studio	7:00am	Remi
Vinyasa Yoga (all levels)	Yoga Studio	12:45pm	Fania
Align & Flow (all levels)	Yoga Studio	5:30pm	Lindsay
Pilates/TRX (all levels)	SC5&6	6:45pm	Fania
Vinyasa Yoga (all levels)	Yoga Studio	7:30pm	Bruno
<u>THURSDAY</u>			
Vinyasa Yoga (all levels)*	Studio A	7:00am	Jen
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	Don
<u>FRIDAY</u>			
Athletic Yoga (all levels)	Yoga Studio	7:00am	Glenn
Stretch (foundations)	Studio A	9:30am	Sybil
Yoga Stretch (foundations)	Yoga Studio	11:15am	Toni
Hatha Yoga (all levels)	Yoga Studio	12:30pm	Miko
Prana-Primed Yoga (all levels)	Yoga Studio	5:30pm	Fania
<u>SATURDAY</u>			
QiGong (all levels)	Studio A	8:45am	Kevin
Hatha Yoga (all levels)	Yoga Studio	9:00am	Don
Pilates Mat (all levels)	Studio B	9:30am	Hawley
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>			
Align & Flow (foundations)	Yoga Studio	10:15am	Pete
Pilates Mat (all levels)	Studio A	11:30am	Fania
Prana-Primed Yoga (all levels)	Yoga Studio	12:30pm	Fania

* 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.

Prana-Primed Yoga: For all levels of fitness- Think yoga lab rather than class. The premise for Fania's class is that breath exploration and thus versatility lends to versatility in asanas and to a personal approach toward posture potential. Using elements of hatha yoga, kundalini yoga, vinyasa yoga, restorative yoga, sound therapy, and more, this class will leave you feel blissful and blasting from the inside out. The class is meant to cultivate prana or life force. This is yoga of and for *you!*

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.

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.

Yoga Pil: For all levels of fitness - The Yoga Pil-I: Take a chill, yet core-blasting pill! No, it's not a quick-fix pill, but pop this Pilates/Yoga fusion class in your being for a total mind/body/spirit work-out! Power, pliability, potential, precision, posture, peace...

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 JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30a Terr. Glenn 12:30p Str. Shoshana 5:45p Terr. Hannah 7:00p End. Judy	2 6:00a Terr. Judy 12:30p Str. Jess 6:00p End. Jamie	3 6:00a Terr. Judy 12:30p Str. Shoshana 5:45p End. Maria	4 6:30a Terr. Jay 12:30p Str.Michelle 5:45p End. Jamie	5 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	6 8:45a Terr. Dana
7 9:00a Terr. Dawn	8 6:30a Terr. Glenn 12:30p Str. Shoshana 5:45p Terr. Hannah 7:00p End. Judy	9 6:00a Terr. Judy 12:30p Str. Jess 6:00p End. Jamie	10 6:00a Terr. Judy 12:30p Str. Shoshana 5:45p End. Maria	11 6:30a Terr. Jay 12:30p Str.Michelle 5:45p End. Jamie	12 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	13 8:45a End. Jessica
14 9:00a Str. Dawn	15 6:30a Terr. Glenn 12:30p Str. Shoshana 5:45p Terr. Hannah 7:00p End. Judy	16 6:00a End. Judy 12:30p Str. Jess 6:00p End. Jamie	17 6:00a Terr. Judy 12:30p Str. Shoshana 5:45p Terr. Maria	18 6:30a Terr. Jay 12:30p Str. Michelle 5:45p End. Jamie	19 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	20 8:45a Terr. Jessica
21 9:00a Terr. Dawn	22 6:30a Terr. Glenn 12:30p Terr. Shoshana 5:45p Terr. Hannah 7:00p End. Judy	23 6:00a End. Judy 12:30p Str. Jess 6:00p Str. Jamie	24 6:00a Terr. Judy 12:30p Str. Shoshana 5:45p Terr. Maria	25 6:30a Terr. Jay 12:30p Str. Michelle 5:45p End. Jamie	26 6:30a Terr. Russell 12:30p End. Dawn 6:00p Terr. Robby	27 8:45a End. Dana
28 9:00a Terr. Dawn	29 6:30a Terr. Glenn 12:30p Terr. Shoshana 5:45p Terr. Hannah 7:00p End. Judy	30 6:00a End. Judy 12:30p Str. Jess 6:00p Str. Jamie				

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!!