



GROUP FITNESS CLASS SCHEDULE

DOWNTOWN LOCATION

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Cycling Melissa 7:00 AM - 8:00 AM (Third Floor Studio)		Core Therapy Anthony 7:00 AM - 7:45 AM		Cycling Nancy 7:00 AM - 8:00 AM (Third Floor Studio)		
Muscle Sculpt Stephanie 9:00 AM - 9:45 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM	Pilates Sheila/Liz 9:00 AM - 10:00 AM	Low Impact & Toning Nancy 9:00 AM - 10:00 AM		CXWORX Monica 9:00 AM-9:45 AM	
Zumba Gold Stephanie 10:00 AM - 10:45 AM						
					BODYPUMP Priscilla 11:00 AM - 12:00 PM	Mixed Cardio Dance Kate 11:00 AM - 12:00 PM
Integral Yoga Nick 12:00 pm - 1:00 pm		Kripalu Yoga Jyoti 12:00 PM - 1:15 PM	CXWORX Laura 12:00 PM-12:30 PM	Integral Yoga Nick 12:00 pm - 1:00 pm		
	ZUMBA Cynthia 5:30 PM - 6:15 PM		ZUMBA Cynthia 5:30 PM - 6:15 PM			
BODYCOMBAT Priscilla 6:00 PM - 7:00 PM		BODYPUMP Monica 6:00 PM - 7:00 PM		Boot Camp Mark 6:00 PM - 7:00 PM		

Class sizes are limited to 11 people/class in main studio, 9 people/class in the third floor studio to allow for social distancing. Please wear a mask in all areas of the club, including while in class. Don't forget a yoga mat, due to sanitation concerns we are no longer providing them for borrowed use. Disinfectant wipes will be available, please sanitize any props used at the end of the class. You may book online for classes in advance @ www.ourclublogin.com/500156. The first time you log on, your username and password will be your member ID.

GROUP FITNESS CLASS DESCRIPTIONS

Boot Camp

Dumbbells, body weight, and calisthenics are sure to get your heart rate up in this fun and unique class. Maximize your workout hour in this class designed for all fitness levels.

BODYCOMBAT

Punch and kick your way into fitness in this high-energy, martial arts inspired workout.

BODYPUMP

This light weight, high repetition, barbell class is sure to deliver a great total body workout for all fitness levels.

Mixed Level Cardio Dance

Boost your mood and heart rate in this easy to follow dance class. Challenge yourself with different movement patterns and intensity levels as you groove to a broad range of music.

Cycling

Ride through imaginary hills and valleys, surge through rough spots, as you enjoy this low impact and music driven class.

Core Therapy

In this class you'll focus on the muscles in the abdominal, and low back region to build a strong, and stable core.

CXWORX

A dynamic core training class for all levels utilizing body weight and dumbbells.

Integral Yoga

Guided meditation combined with poses, stretches, and breathing exercises are utilized to help you release stress in this mixed level class.

Kripalu Yoga

Increase strength, flexibility, and balance as you work your way through a sequence of postures. Offering options for each individual to explore their own boundaries, this class is suitable for all levels.

Low Impact & Toning

This low impact cardio class is designed to increase your endurance, balance, coordination and strength.

Muscle Sculpt

Improve definition and strength during this total body workout that's focused on lifting techniques and functional movement.

Vinyasa Yoga

Connect mind and body, breath and movement, as you flow through this class designed to deliver a full body workout.

Zumba

Take the "work" out of your workout while you explore music from around the world in this fun, calorie-burning dance party.

Zumba Gold

Explore movements and music from around the world in this low-impact and easy to follow latin-inspired dance class.

