

# GROUP X SCHEDULE

## FEBRUARY 2019

### MONDAY

5:45am	BodyPump™ (60 min) DGX Studio	Marcy B
9:00am	Power Vinyasa Yoga (75 min) Yoga Studio	Jen Z
9:15am	Cardio Fit (60 min) Gym	Kathy M
9:15am	Cardio Step (45 min) DGX Studio	Joween O
10:00am	Zumba® (45 min) UGX Studio	Niki C
10:15am	BodyPump™ (60 min) DGX Studio	Joween O
10:30am	Mixed Levels Alignment Yoga (75 min) Yoga Studio	Carrie B
10:45am	Barre (45 min) Dance Studio	Maeghen P
11:00am	SilverSneakers® Classic (45 min) UGX Studio	Bev H
12:00pm	Cycling (45 min) Cycling Studio	Lisa B
12:00pm	Gentle Yoga (60 min) Yoga Studio	Carrie B
4:30pm	Yoga Basics (75 min) Yoga Studio	Dylan M
4:45pm	Barre (45 min) Dance Studio	Bear H
5:45pm	BodyPump™ (60 min) DGX Studio	Steve R / Diane R
5:45pm	Zumba® (45 min) UGX Studio	Niki C
6:00pm	Endurance Cycle (90 min) Cycling Studio	Kim L
6:00pm	Mixed Levels Alignment Yoga (75 min) Yoga Studio	Dylan M
7:00pm	Boxing Class (45 min) TRX Studio	Michael C

### TUESDAY

5:45am	Cycling (60 min) Cycling Studio	Ursula B
5:45am	Zumba® (45 min) Dance Studio	Steve C
8:30am	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
9:00am	BodyAttack™ (60 min) UGX Studio	Rhonda G
9:00am	Core & More (45 min) DGX Studio	Kathy M
10:00am	Cycling (60 min) Cycling Studio	Melinda A
10:00am	Energy Flow (60 min) Yoga Studio	Eileen H
10:00am	Healthy Back (45 min) UGX Studio	Joween O
10:00am	Line Dance (30 min) Dance Studio	Kathy M
11:00am	SilverSneakers® Circuit (45 min) UGX Studio	Kathy M
11:15am	Mixed Levels Alignment Yoga (75 min) Yoga Studio	Wendy B
12:00pm	SilverSneakers® Yoga (45 min) UGX Studio	Joween O
12:15pm	Stations (45 min) DGX Studio	Bev H
5:00pm	Pilates Basics (60 min) Yoga Studio	Bev H
5:30pm	Cardio Kick & Step (60 min) UGX Studio	Dennis S
5:45pm	Kettlebells (60 min) DGX Studio	Michael G
6:15pm	PiYo™ Live (60 min) Dance Studio	Staff
6:45pm	Zumba® (45 min) UGX Studio	Steve C
7:00pm	BodyPump™ (45 min) DGX Studio	Carly T

### WEDNESDAY

5:45am	BodyPump™ (60 min) DGX Studio	Marcy B
8:00am	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
9:15am	Balance Fusion (45 min) Yoga Studio	Bev H
9:15am	BodyPump™ (60 min) DGX Studio	Rhonda G
9:15am	Cardio Fit (60 min) Gym	Kathy M
10:00am	Zumba® (45 min) UGX Studio	Niki C
10:30am	Power Vinyasa Yoga (75 min) Yoga Studio	Jen Z
10:45am	Barre (45 min) Dance Studio	Melinda A
11:00am	Zumba® Gold (45 min) UGX Studio	Dylan M
12:00pm	Cycling (45 min) Cycling Studio	Elizabeth L
4:30pm	Mixed Levels Vinyasa Yoga (75 min) Yoga Studio	Jen Z
4:45pm	Barre (45 min) Dance Studio	Bear H
5:45pm	BodyPump™ (60 min) DGX Studio	Joween O
5:45pm	Zumba® (45 min) UGX Studio	Shirah C
6:00pm	H.I.I.T. Cycle (45 min) Cycling Studio	Niki C
6:00pm	Mixed Levels Pilates (60 min) Yoga Studio	Bev H
7:00pm	Boxing Class (45 min) TRX Studio	Michael C
7:15pm	Power Vinyasa Yoga (75 min) Yoga Studio	Vee I

### THURSDAY

5:45am	Barre (45 min) Dance Studio	Ashley A
5:45am	Cycling (60 min) Cycling Studio	Nancy P
8:30am	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
9:00am	Core & More (45 min) UGX Studio	Janet P
9:30am	Nia® (45 min) Dance Studio	Netta Z
9:45am	Mixed Levels Alignment Yoga (75 min) Yoga Studio	Wendy B
10:00am	Cycling (60 min) Cycling Studio	Kim L
10:00am	Healthy Back (45 min) UGX Studio	Joween O
10:15am	BodyPump™ (60 min) DGX Studio	Rhonda G
11:00am	SilverSneakers® Classic (45 min) UGX Studio	Joween O
11:15am	Gentle Yoga (60 min) Yoga Studio	Carrie B
12:00pm	SilverSneakers® Yoga (45 min) UGX Studio	Joween O
5:30pm	Kick & Abs (45 min) UGX Studio	Michelle L
5:45pm	H.I.I.T. (45 min) Gym	Avi S
6:00pm	Cycling (60 min) Cycling Studio	Bev H
6:15pm	PiYo™ Live (60 min) Dance Studio	Staff
7:00pm	BodyPump™ (45 min) DGX Studio	Carly T

### FRIDAY

5:45am	BodyPump™ (60 min) DGX Studio	Marcy B
9:00am	Burn Zone (45 min) UGX Studio	Niki C
9:15am	Cardio Fit (60 min) Gym	Kathy M
9:45am	Mixed Levels Alignment Yoga (75 min) Yoga Studio	Wendy B
9:45am	Zumba® (60 min) UGX Studio	Niki C
10:15am	Total Strength (45 min) DGX Studio	Michelle L
11:00am	SilverSneakers® Circuit (45 min) UGX Studio	Kathy M
11:15am	Shabbat Yoga (1st Fri) (60 min) Yoga Studio	Wendy B
12:30pm	Mixed Levels Vinyasa Yoga (60 min) Yoga Studio	Maeghen P

### SATURDAY

8:30am	H.I.I.T. (45 min) Gym	Michael C
8:45am	20/20/20 (60 min) UGX Studio	Suzu E
9:00am	Cycling (60 min) Cycling Studio	Dana P
9:00am	Mixed Levels Pilates (60 min) Yoga Studio	Melissa D
10:00am	BodyPump™ (60 min) DGX Studio	Carly T
10:15am	Barre (45 min) Dance Studio	Melissa D
10:15am	Power Vinyasa Yoga (75 min) Yoga Studio	Becky S
10:30am	Cycling (45 min) Cycling Studio	Staff
12:30pm	BodyPump™ (60 min) DGX Studio	Diane R
1:15pm	Yin Yoga (60 min) Yoga Studio	Liza S
3:00pm	Endurance Cycle (90 min) Cycling Studio	Kim L

### SUNDAY

8:30am	Cycling (60 min) Cycling Studio	Lisa B
9:00am	WerQ® (60 min) Dance Studio	Gabie H
9:30am	Cardio Kick & Pump (60 min) UGX Studio	Karyn V
9:30am	Mixed Levels Pilates (60 min) Yoga Studio	Bev H
10:00am	Cycling (60 min) Cycling Studio	Shawna S
10:00am	TRX Training (45 min) TRX Studio	Carolyn W
11:00am	BodyPump™ (60 min) DGX Studio	Steve R
11:00am	Silver&Fit® Experience (45 min) UGX Studio	Andrea K
11:15am	Power Vinyasa Yoga (75 min) Yoga Studio	Vee I
12:45pm	Yoga Basics (75 min) Yoga Studio	Krista K
6:30pm	Israeli Dance: Beginner (30 min) Dance Studio	Max S
7:00pm	Israeli Dance: Open (2 hrs) Dance Studio	Max S

# GROUP X CLASS DESCRIPTIONS: FEBRUARY 2019

**20/20/20:** 20/20/20: The ultimate challenge - 3 workouts in one! This class is 20 minutes of Cardio, 20 minutes of Step and 20 minutes of Strength. Burn fat and build muscle in one fun class! This class is suitable for all.

**BALANCE FUSION:** Improve overall fitness, focusing on mind-centering exercises, including various stances and equipment. Strengthen your core and improve your balance. Get strong for everyday activities.

**BARRE:** A unique, high-energy class that combines elements of yoga, pilates, dance, and functional training with barre to burn fat. Central to the workout are toning and resistance exercises for the butt, legs, torso and arms to sculpt and elongate muscles to deliver the appearance of longer, leaner muscles. Suitable for all.

**BODYATTACK™:** Jump, kick, and move your body to a group training session for a better total body. Train your body through cardiovascular and strength developing athletic movements: push yourself to new limits. Reshape your body!

**BODYPUMP™:** The original barbell and weight class. Squat, press, curl and lift your way to a new you. This class will change the way you look and feel, and will improve your physical ability. Suitable for all.

**BOXING CLASS:** A high-intensity interval training workout that burns calories like nothing you've experienced before. You will be lead through explosive boxing and conditioning rounds using the heavy bag and other equipment. Boxing gloves are required. If you do not have your own, you can purchase them from the front desk for \$23.

**BURN ZONE:** Cardio and strength segments alternate for a total body workout. Burn calories, improve strength and endurance, and maximize your exercise potential. This class is suitable for all fitness levels.

**CARDIO FIT:** An aerobics class designed to fit high or low impact needs. Choose your intensity level and train and improve your cardiovascular system. Suitable for all.

**CARDIO KICK & PUMP:** Fun movements designed to increase cardio endurance using kick boxing moves that end with a weight segment. Suitable for all.

**CARDIO KICK & STEP:** Choreographed movements designed to increase cardio endurance using patterns incorporating the step benches and kick boxing moves. Suitable for all.

**CARDIO STEP:** Using a step bench with adjustable heights and choreographed movements on, over and around the step, this cardio class will leave you energized and wanting more. This class is suitable for all.

**CORE & MORE:** Work muscles mainly responsible for the core and include upper and lower body muscles, with an extended flexibility/stretching segment. Suitable for all.

**CYCLING:** Develop your cardiovascular strength & endurance fast! Your instructor will lead you through an amazing ride with motivational music and instruction. Suitable for all.

**ENDURANCE CYCLE:** Develop your cardiovascular strength & endurance fast! Your instructor will lead you through an amazing ride with motivational music and instruction. Suitable for all.

**ENERGY FLOW:** Experience gentle, rhythmic movements to reduce stress, build stamina, increase vitality, and enhance wellbeing. Improve cardiovascular, respiratory, circulatory, lymphatic and digestive functions Suitable for all levels

**GENTLE YOGA:** Experience deep relaxation and pain free movement using basic yoga postures to build strength and flexibility. This class moves at a slower pace to encourage gentle stretching and the use of props for support. Suitable for all levels.

**H.I.I.T.:** High Intensity Interval Training incorporates tough, quick bursts of activity, followed by periods of recovery, delivering maximum results in less time! Your instructors will guide you through ladders, tabatas, partner work, circuits and more. Strength, cardio, core work, and agility focused movements provide a dynamic, challenging, full body workout. Get ready to up your workout game and add an element of fun with tires, sledgehammers, kettle bells, battle ropes, and other functional training equipment! This class is recommended for experienced exercisers. Modifications will be shown.

**H.I.I.T. CYCLE:** Add High Intensity Interval Training to your ride! Your instructor guided ride will take you through ladders, tabatas, pyramids, and more! Get the intensity you are looking for and get your workout done in less time with repeated bouts of short duration, high-intensity exercise intervals, intermingled with periods of lower intensity intervals of active recovery. Modifications are provided for those looking for a less intense workout.

**HEALTHY BACK:** Learn techniques to strengthen your core, proper stretching and relaxation for pain management

**ISRAELI DANCE: BEGINNER:** Come learn the basics of Israeli Dance. No experience required. OPEN: Join us for a more advanced instruction and open dancing.

**KETTLEBELLS:** Dynamic training that delivers an intense workout in half the time of a traditional workout. It uses strength training movements incorporating the kettlebells. Different weight options and kettlebell styles are available.

**KICK & ABS:** The fat-blasting, ab-defining cardio workout! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout! This is a high energy class that is suitable for most.

**LINE DANCE:** Learn popular steps and dances you can take out on the town. Workout and learn at the same time. Suitable for all.

**MIXED LEVELS ALIGNMENT YOGA:** This class is perfect for the yoga student looking to advance their practice or a newcomer looking for a more challenging option. More challenging postures are introduced, poses are held longer, and refinements in alignment are taught. A great way to experience the mind/body connection. Suitable for all levels.

**MIXED LEVELS PILATES:** A system of physical conditioning exercises involving low-impact moves and stretches designed to strengthen muscles of the torso. Get strong from the inside out! Suitable for all.

**MIXED LEVELS VINYASA YOGA:** This class is perfect for the yoga student looking to advance their practice or a newcomer looking for a more challenging option. More challenging postures are introduced, poses are held for longer, and refinements in alignment are taught, as well as an emphasis on linking breath with movement. A great way to experience the mind/body connection. Suitable for all levels.

**NIA@:** NIA DANCE: An inspired barefoot dance-workout for body and soul. Danced to original world music, the class uses simple steps and expressive free-dance to create a fun and uplifting workout. No dance experience is required. Ideal for all fitness levels.

**PILATES BASICS:** Ease into learning the basic principles of Pilates. Enjoy low-impact moves and stretches designed to strengthen muscles of the torso. Great for beginners.

**PIYO™ LIVE:** Combines the muscle-shaping, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredible defined. Modifications will make this suitable for all.

**POWER VINYASA YOGA:** This challenging class offers a sequence of poses flowing together to maximize strength and flexibility. Get a great workout and leave feeling refreshed and relaxed.

**SHABBAT YOGA (1ST FRI):** Welcome a peaceful Shabbat into your body, mind and spirit. Gentle yoga movements and restorative yoga poses are infused with Jewish teachings as a way to deepen your entry into Shabbat. Shalom. (First Friday of the month.) Suitable for all levels.

**SILVER&FIT® EXPERIENCE:** For moderately active older adults who regularly exercise 1-2 days per week. This class is designed to increase and challenge flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance.

**SILVERSNEAKERS® CIRCUIT:** Increase cardiovascular development in level two. This standard circuit workout will build upper body strength using a variety of equipment and challenge the lower body with choreographed non-impact aerobics.

**SILVERSNEAKERS® CLASSIC:** A variety of exercises designed for the senior adult - increase muscular strength, range of movement, and activity for daily living. Use hand weights, resistance bands, and a ball. The class remains seated for the majority of the class.

**SILVERSNEAKERS® YOGA:** Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Suitable for all levels.

**STATIONS:** A workout using circuit training principles. Combines compound strength with unique drills that target aerobic fitness and muscular endurance simultaneously. Work through a series of exercises for a set time or number of repetitions. Some stations use equipment, some use body weight and others combine both. Suitable for all.

**TOTAL STRENGTH:** Build strength and decrease body fat by increasing your lean muscle which will speed up your metabolism and burn more calories all day. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected! Suitable for all.

**TRX TRAINING:** A Navy SEAL developed TRX Suspension class. It is a method of leveraged bodyweight exercises using TRX suspension straps and various other pieces of equipment to keep it fresh and interesting. Prior experience is recommended for level II.

**WERQ@:** WERQ@ is the wildly addictive cardio dance workout based on the hottest pop and hip hop music. Suitable for everyone!

**YIN YOGA:** A restorative class designed to release tension, calm the nervous system, and teach the body to sit still. With the gentle support of props, students passively stretch and energize the deep connective tissues of the body, open the joints, and restore alignment. Suitable for all levels.

**YOGA BASICS:** Perfect for the new student working on building an active yoga practice. Learn the basic principles of alignment and introductory poses. Experience the benefits of yoga to transform the body and the mind. Suitable for all levels.

**ZUMBA@:** Dance your way through a good sweat. Infused with Latin, hip hop and international influences, you won't even know that you are exercising! Feel the music and let it move you! This class is for you! Ven a bailar con nosotros!!!

**ZUMBA@ GOLD:** Based on the same dance used in the original Zumba class, the Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movement.