



GROUPX SCHEDULE: Effective Friday, November 18, 2011

Group Exercise Room						
Monday	Tuesday	Wednesday	THANKSGIVING	BLACK FRIDAY	Saturday	Sunday
5:30am-6:30am AMP*D Stephanie R	8:30am -9:30am Step & Sculpt Janice S	5:30am-6:30am AMP*D Janet D	VISION HOURS 6 AM – 2 PM	VISION HOURS 6 AM – 10 PM	8:30am-9:30am Body Blast Nancy P	9:00am-10:00am Body Sculpt Michael O
8:30am-9:30am Boot Camp Siobhan O	9:30am-10:30am Zumba® Lyndada	9:00am-9:30am Butts & Gutts Christine S	8:30am-10:00am TURKEY BUSTER CIRCUIT Maria /Stephanie & Adam	8:30am-9:30am Zumba® Lyndada	9:00am-10:00am Body Pump™ Trudi M	10:00am-11:00am Zumba® Jeanine/Lyndada/Lindsay
9:30am-10:30am Lower Body MeltDown Christine S	9:30am-10:30am Boot Camp Stephanie R	9:00am-10:00am Jump & Pump Janice S		9:00am-10:00am BOX! * Janice S	9:30am-10:30am Total Vision Maria C	11:00am-12:00pm Body Pump™ Trudi M
10:30am-11:30am Total Vision Maria C	10:30am-11:30am Body Blast Lisa B	9:30am-10:30am Total Vision Maria C		9:30am-10:30am Total Body MeltDown Christine S		12:15pm-1:15pm Serenity Yoga Jason Z
12:00pm-12:45pm Power Strength Stephanie R		10:00am-11:00am Body Pump™ Sue N		10:00am-11:00am Body Pump™ Janice S		
4:30pm-5:15pm FlexJamz Lyndada	12:00pm-12:45pm Young at Heart Diane R	12:00pm-12:45pm Power Strength Stephanie R		10:30am-11:00am Abs & More Lisa B		
5:30pm-6:30pm Zumba® Lyndada	4:30pm-5:30pm Total Vision Maria C	5:30pm-6:30pm Drums Alive!™ Stephanie R				
6:30pm-7:30pm BootCamp/ Jump&Pump ** Janice S	5:30pm-6:30pm BOX! * Janice S	6:30pm-7:30pm Body Blast Stephanie R		6:15pm-7:15pm Circuit Breaker Janice S		
	6:30pm-7:30pm Hip Hop Funk Jeanine B					
	6:45pm-7:45pm Body Pump™ Janice S					<i>* gloves required</i>
Spin Studio						
Monday	Tuesday	Wednesday	THANKSGIVING	BLACK FRIDAY	Saturday	Sunday
6:00am-7:00am RIDE! Larry D	6:00am-7:00am RIDE! Larry D	6:00am-7:00am RIDE! Kurt R		8:30am- 9:15am Vision Cycle Laura M	7:30am-8:15am Vision Cycle Myles P	8:00am-9:00am RIDE! Michael O
8:30am-9:15am Vision Cycle Kurt R	8:30am-9:15am Vision Cycle Meg M	8:30am-9:15am Vision Cycle Helaine K	8:15am-9:30am PRE-TURKEY RIDE! Brian M	9:30am-10:30am RIDE! Lisa B	8:30am-9:30am RIDE! Larry D	9:30am-10:30am RIDE! Suzanne P
9:30am-10:30am RIDE! Mary Ellen M	9:30am-10:30am RIDE! Lisa B	9:30-10:30am RIDE! Christine S	9:45am-10:45am PRE-TURKEY RIDE! Myles P	4:00pm-5:00pm RIDE! Myles P	10:00am-11:00am RIDE! Suzanne P/Jocelyn D	
4:30pm-5:30pm RIDE! Kurt R	12:15pm-12:45pm Express RIDE! Chris M	5:30-6:15pm Vision Cycle Diane S.				
6:00pm-7:00pm RIDE! Larry D	6:00pm-7:00pm RIDE! Janine C	6:30pm-7:30pm RIDE! Stacey A				
Serenity Studio						
Monday	Tuesday	Wednesday	THANKSGIVING	BLACK FRIDAY	Saturday	Sunday
8:00am-9:00am Serenity Yoga Allison P	6:00am-7:00am Serenity Yoga Louisa K	9:00am-10:00am Power Yoga Laura K		9:30am-10:30am Organic Sculpt Lyndada	9:00am – 10:00am Serenity Yoga Stephanie S	9:00am-10:15am Hot Detox Flow Denise E
9:00am-10:00am Power Yoga Cathy W	8:00am-9:00am Pilates Mat/Ring Vicky H	10:30am-11:30am Advanced Pilates Vicky H	9:15am-10:30am Power Yoga Allison P	10:30am-11:30am Pilates Mat/Ring Vicky H	10:30am-11:30am Pilates Fusion Cathy W	11:00am-12:00pm Pilates Mat/Ring Lyndada
6:30pm-7:00pm Meditation/Stretch Julie H	9:15am-10:30am Serenity Yoga Louise D	4:30pm-5:00pm Meditation/Stretch Julie H		5:30pm – 6:30 pm Serenity Yoga Julie H		
7:30pm-8:30pm Serenity Yoga Julie H	6:00pm-7:00pm Yoga Sculpt Laura K	5:15pm-6:15pm Serenity Yoga Louise D				
	7:30pm-8:30pm Hot Detox Flow Denise E	7:30pm-8:30pm Power Yoga Stephanie S			<i>Shading indicates</i> <i>NEW class or</i> <i>change to class</i>	<i>Shading indicates</i> <i>class takes place</i> <i>in Sports Zone</i> <i>Upper Level</i>

Class Descriptions

Strength, Sculpt and Define	
Abs Boot Camp	Abs gone wild! Find your waist, shape your middle and strengthen your abs and back.
Power Strength	Power Strength challenges all major muscle groups combining the best weight room exercises like Squats, Lifts and Curls.
Bosu	A fast-paced total body workout incorporating strength training, and core balance/flexibility through use of the Bosu
Upper Cuts & Abs	Focuses on upper body and core. Challenge yourself using body bars, hand weights, bands & more to give your upper body the cuts you've been looking for! Plus abs and core exercises that will tighten your mid section like never before!
Lower Body Meltdown	This mat class concentrates on the lower body (core, legs, and glutes) using your own body weight for resistance. This Lotte Berk Method will transform your body into a long, lean sexy sculpted physique.
Body Sculpt	Tones, sculpts and strengthens the entire body targeting all major muscle groups. Fun & effective for all fitness levels.
Total Body Meltdown	Lotte Berk Method works the entire body. Concentrates on core, legs, glutes, abs using your own body weight for resistance with added moves using weights to sculpt your upper body as well!
Combined Cardio and Strength	
AMP*D	This challenging and effective total body workout transforms your body by using all muscles. Heart pumping cardio workout.
Boot Camp	Interval training that incorporates weights and military style maximum benefits from this ultimate calorie-burning workout!
Circuit Breaker	Athletic style mixed strength and cardio class taught circuit style.
Drums Alive!™	Entire body work out that combines traditional aerobic movements with the powerful beat and rhythm of the drums.
Butts & Gutts	Blast the fat and tone your muscles! A challenging 45 minutes to strengthen and tone your Abs, Legs and Glutes.
Total Vision	Our signature "all-in-one" class combines aerobic training and sculpting using a variety of equipment such as Steps, Bosus, balls, weights, tubes and more. A great calorie burner for folks with a lot to do, but only a little time.
BodyPump™	The original barbell class! This workout challenges your major muscle groups by using the best weight-room exercises like squat, presses, lifts and curls.
Body Blast	A muscular strengthening and cardio endurance workout for the upper and lower body. Variety of exercises and variety of equipment used is guaranteed to make you sweat and get you stronger & leaner while improving your fitness.
Young at Heart	Keep your heart healthy with this low impact class that will improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any of our young at heart members!
Cardio	
Step & Sculpt	An energizing step workout that makes you feel liberated and alive. Instructors use height-adjustable steps and simple movements on, over, and around the step followed by muscle conditioning moves to shape and tone your body.
Yoga Sculpt	Total body workout designed to tone and sculpt with a mix of static and flow asanas. This class will help with increasing your strength in your current yoga practice, and tone up in a challenging new way.
BOX!	It's time to develop Strength and Stamina of a fighter! You will have the ability to Punch and Kick free a free standing heavy bag. All fitness levels welcome. Wavemaster bags used in class. Gloves Required.
Jump & Pump	High energy low impact cardio sequences on individual rebound trampolines intergraded with isolated sculpting sequences on the floor. Total Body for EVERY Body!
Dance	
Hip Hop Funk	Dance, Dance, Dance! Have fun and move your body! Nonstop action, your feet are never still. Shake those hips as you learn dance routines that work your entire body with constant movement. Fun, Fun, Fun!
FlexJAMZ	High energy, fun class which combines dance and interval toning sections using weights. All levels welcome!
Zumba®	A fusion of international music-dance themes that create a dynamic, exciting and effective fitness system. Aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.
Group Cycling – Spin	
RIDE!	This one hour class is a workout for your mind and a challenge for your body. Start pedaling and let go as your Instructor leads you on the ride of your life.
Vision Cycle	A 45 minute indoor bike ride that simulates an outdoor bike experience. Express - 30 minute class to maximize your time. <i>To be properly situated on the SPIN bikes, it is recommended that all participants arrive 10 minutes before the beginning of each class.</i>
Yoga and Pilates	
Heated Vinyasa	This method of yoga involves synchronizing the breath with a progressive series of postures in order. Sun Salutations A & B and Primary Series with the room heated to a comfortable 80 degrees.
Serenity Yoga	Learn the hatha series of asanas (poses) combined with breathing to affect your entire state of being. Improve flexibility, mental focus and reduce stress in our beautiful Serenity Studio.
Hot Detox Flow	Expect to sweat, energize, detoxify, and renew in this empowering and transforming yoga class. All levels and every "body" is welcome. The practice will enhance your current training and fitness program.
Organic Sculpt	Organic sculpting and toning movements set to tribal rhythms. Increase your flexibility while getting the lean, mean sculpted look you've always wanted! All levels welcome!
Pilates Mat/Ring & Pilates On The Ball	Ultimate mind-body exercise focusing on your core (abs, hips, buttocks, lower back) Strengthens, tones, & stretches ALL of your muscles. Improve posture, flexibility, balance and reduce stress! BALL class...unstable base works the core even more!
Power Yoga	A vigorous vinyasa style class meant to physically and mentally challenge you. This class will increase strength, endurance and ability to focus on any task for a long period of time without breaking your concentration.
Pilates Fusion	Combining the core focused strength of Pilates with the fluidity of Yoga. Helps strengthen your core and lower back with Pilates style exercises while you create flexibility and alignment through Yoga postures focusing on the breath.

- Members and Guests Ages 16 years and older are welcome to participate in classes on this schedule.
- Members and Guests Ages 15 years and younger have their own schedule and are not permitted to participate in classes on this schedule.
- Classes and instructors are subject to change without notice.
- Classes are evaluated based on attendance. If a class has poor attendance, it can be changed and/or may be subject to cancellation.
- Cell phones are not permitted in any GroupX classes. Personal belongings need to be left in the locker room, not brought to class.
- You must be in the facility in order to check in for any GroupX class. Spin bikes may not be reserved for members that are not in the facility.

Club Hours

Monday-Thursday	4:30am-11:00pm
Friday	4:30am-10:00pm
Saturday/Sunday	6:00am-6:00pm / 6:00am-4:00pm
ChildCare Hours	
Monday-Friday	8:00am-1:00pm & 3 pm-8 pm
Saturday/Sunday	8:00am-1:00pm/8:00am-1:15pm
Youth Fit Zone Hours	
Monday-Friday	3:30pm – 8:00pm
Saturday	9:00am-2:00pm
Sunday	9:00am-12noon