

# GROUP EXERCISE SCHEDULE

## SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>FUNCTIONAL TRAINING</b> 6:10AM-7:00AM Mohamed Kargbo 1st floor	<b>CARDIO CYCLING</b> 6:10AM-7:00AM Rodrick Sudduth 6th floor	<b>FUNCTIONAL TRAINING</b> 6:10AM-7:00AM Mohamed Kargbo 1st floor	<b>CARDIO CYCLING</b> 6:10AM-7:00AM Rodrick Sudduth 6th floor	<b>FUNCTIONAL TRAINING</b> 6:10AM-7:00AM Chris Corbilla 1st floor	<b>MAT PILATES</b> 8:30AM-9:20AM Yvette Ayers 9th floor
<b>SUNRISE MORNING STRETCH</b> 7:00AM-7:50AM Zhanna Waterman 8th floor	<b>SLOW FLOW YOGA</b> 7:00AM-7:55AM Catherine Donnelly 9th floor	<b>SUNRISE MORNING STRETCH</b> 7:00AM-7:50AM Zhanna Waterman 8th floor	<b>SUNRISE MORNING STRETCH</b> 7:00AM-7:50AM Bertha Blankenship 9th floor	<b>SLOW FLOW YOGA</b> 7:00AM-8:00AM Catherine Donnelly 9th floor	<b>IYENGAR YOGA</b> 9:30AM-10:35AM Selene Ramirez 9th floor
<b>BARRE &amp; AB WORKOUT</b> 8:00AM-8:50AM Zhanna Waterman 8th floor	<b>BODY SCULPT</b> 8:00AM-8:50AM Catherine Donnelly 8th floor	<b>BARRE &amp; AB WORKOUT</b> 8:00AM-8:50AM Zhanna Waterman 8th floor	<b>CLASSICAL MAT PILATES</b> 8:00AM-8:50AM Bertha Blankenship 9th floor	<b>H.I.T. CYCLING</b> 12:00PM-12:50PM Veronica Perez 6th floor	<b>WATER AEROBICS</b> 10:00AM-10:50AM Jonathan Smith 6th floor pool <i>*Will Resume Classes Once Pool Reopens</i>
<b>CORE FLOW YOGA</b> 12:00PM-12:50PM Teresa Quan 9th floor	<b>H.I.T. CYCLING</b> 12:00PM-12:50PM Veronica Perez 6th floor	<b>FUNCTIONAL TRAINING</b> 12:00PM-12:50PM Catherine Donnelly 8th floor	<b>IYENGAR YOGA</b> 12:00PM-12:50PM Selene Ramirez 9th floor	<b>BOXING &amp; CONDITIONING</b> 5:30PM-6:20PM Javier Flores 9th floor	<b>BASKETBALL CONDITIONING &amp; DRILLS</b> 10:00AM-11:05AM Alek Petrossian
<b>H.I.T. CYCLING</b> 5:30PM-6:20PM Veronica Perez 6th floor	<b>KICKBOXING &amp; CONDITIONING</b> 5:30PM-6:20PM Seth Koury 9th floor	<b>H.I.T. CYCLING</b> 5:30PM-6:20PM Veronica Perez 6th floor	<b>CLASSICAL MAT PILATES</b> 5:30PM-6:20PM Bertha Blankenship 8th floor		<b>PRO STYLE BOXING</b> 11:00AM-12:05PM Seth Koury 9th floor
<b>FUNCTIONAL TRAINING AND KETTLEBELLS</b> 5:30PM-6:20PM Ignacio Macias 8th floor	<b>THIGHS/ABS/BUNS</b> 5:30PM-6:20PM Le Persia Clark 8th floor	<b>FUNCTIONAL TRAINING &amp; KETTLEBELLS</b> 5:30PM-6:20PM Ignacio Macias 8th floor	<b>RESTORATIVE YOGA</b> 6:00PM-7:05PM Kristine Cheng 9th floor		
<b>WATER AEROBICS</b> 6:00PM-6:50PM Jonathan Smith 6th floor pool <i>*Will Resume Classes Once Pool Reopens</i>	<b>CARDIO CYCLING</b> 6:00PM-6:50PM Joseph Green 6th floor	<b>CLASSICAL MAT PILATES</b> 5:30PM-6:20PM Bertha Blankenship 8th floor	<b>FUNCTIONAL TRAINING &amp; KETTLEBELLS</b> 6:00PM-6:50PM Ignacio Macias 8th floor		<b>MAT PILATES</b> 9:00AM-9:50AM Claudette James 9th floor
<b>MUAY THAI</b> 6:30PM-7:20PM Chris Corbilla 9th floor	<b>FUNCTIONAL TRAINING &amp; KETTLEBELLS</b> 6:30PM-7:20PM Ignacio Macias 8th floor	<b>WATER AEROBICS</b> 6:00PM-6:50PM Jonathan Smith 6th floor pool <i>*Will Resume Classes Once Pool Reopens</i>	<b>POWER WALK</b> 6:30PM-7:20PM Marlene Wiscovitch 1st floor lobby	<b>PRO STYLE BOXING</b> 7:00PM-8:05PM Seth Koury 9th floor	<b>CARDIO CYCLING</b> 9:00AM-9:50AM Joseph Green 6th floor
<b>POWERYOGA</b> 6:30PM-7:35PM Analyn Revilla 9th floor	<b>POWER WALK</b> 6:30PM-7:20PM Marlene Wiscovitch 1st floor lobby	<b>ASHTANGA INSPIRED YOGA</b> 6:00PM-7:05PM Christian Castano 9th floor			<b>WATER AEROBICS</b> 10:00AM-10:50AM Lillian Cheung 6th floor pool <i>*Will Resume Classes Once Pool Reopens</i>
		<b>KICKBOXING &amp; CONDITIONING</b> 6:30PM-7:20PM Chris Corbilla 9th floor			<b>HATHA YOGA</b> 10:00AM-11:05AM Analyn Revilla 9th floor
		<b>YIN YOGA &amp; MEDITATION</b> 7:05PM-8:10PM Analyn Revilla 9th floor			

## GROUP CLASS DESCRIPTIONS

### FUNCTIONAL TRAINING & KETTLEBELLS

The class emphasis is to help improve your daily tasks and activities. The class will include the 7 movement patterns; squats, lunges, push, pull, hinge, twist and cardio. You will also use Kettlebells to increase your strength.

### THIGHS, ABS AND BUNS

This class workout focuses on strengthening your lower body using training principles that include a variety of lower body exercises and resistance bands.

### BARRE & AB WORKOUT

This class is a hybrid work out that combines ballet inspired moves with elements of Pilates, proper alignment, flexibility and strength using light weights.

### CLASSICAL MAT PILATES

This class aims to enhance your mobility by integrating a classic set of moves into sequences that helps to correct your muscular imbalances and improve your posture, coordination, balance, strength, and flexibility. You will center on six principles which are centering, concentration, control, precision, breath, and flow.

### H.I.T. CYCLING

Cycle in a high intensity class and get in shape for your weekend bike rides. The class focus is aerobic and anaerobic interval training.

### WATER AEROBICS

This deep water class focuses on aerobic endurance and strength, using resistance fitness gear to push and pull in the water efficiently. This is a great class recovering from an injury or in rehab.

### CARDIO CYCLE

This multi-level cycling workout builds your aerobic endurance and maximizes your body's ability to burn fat.

### BOXING & CONDITIONING

Learn basic boxing skills and techniques, designed to combine strength work and cardio conditioning. This class will also include bag work, intervals of body weight exercises, and core work.

### POWER WALK

This Power Walk class will focus on your cardio fitness, joint health, and emotional well being. This class is a perfect way to stay fit and tone your glutes, core, and legs. You will be guided on a 2-3 mile walk through Downtown. All levels of walkers are welcome.

## SKILLS CONDITIONING GROUP CLASSES

### BASKETBALL CONDITIONING & DRILLS

Class emphasis is on footwork, drills, passing, shooting and ropes to build endurance. Learn how to transfer these skills into being a better basketball player. Class is for all abilities.

### KICKBOXING & CONDITIONING

A full body, high intensity workout which includes bag work, punching, kicking, pad work and core strengthening exercises.

### PRO STYLE BOXING

This boxing based class alternates between real life boxing combinations on the heavy bag and boxing interval training using your body weight. Gloves and hand wraps are required. (65 minutes)

### MUAY THAI

This class is a high intensity kickboxing work-out that helps build strength, gain lean muscle, improve your balance, flexibility, and agility. You will learn to strike like a Pro.

## MIND & BODY CLASS DESCRIPTIONS

### SUNRISE MORNING STRETCH

Stretch the entire body and link the movement of your body to the movement of your breath, this class is a flowing series of stretches that will invigorate you to start the day with renewed flexibility.

### SLOW FLOW YOGA

Improve mindfulness, breathwork, flexibility, balance, and strength. You will hold poses longer, taking several breaths in each pose to help you concentrate in your mind-body connection.

### YIN YOGA & MEDITATION

This class includes deep stretches and poses that are held for 4 minutes or longer. The goal is to increase circulation in the joints and improve flexibility. This is a great class to relieve stress, fear and emotions "trapped" in the body. The class ends with a meditation.

### ASHTANGA INSPIRED YOGA

This is a flowing (Vinyasa Style) practice that connects movement with breath in a progressive series of postures done with a calm and focused mind.

### POWER YOGA

This is a dynamic and vigorous fitness- based work out that includes flowing yoga postures and breath control to develop endurance, strength and mental stamina. This class is geared toward the more advanced student.

### MAT PILATES

This class will focus on strengthening your "powerhouse" which concentrates on your abdominals, lower back muscles, pelvic floor, hips and glutes. Improve your postural alignment, breathing and core stability.

### BODY SCULPT/ABS & BALANCE

The class focus is on the core and muscles of the entire body. You will achieve ultimate fitness by concentrating on strength, balance, agility and flexibility.

### RESTORATIVE YOGA

This class is a restful practice that includes holding ( Asanas ) at a slow pace, focusing on long holds, deep breathing and opening your body through passive stretching. Class promotes physical, mental and emotional relaxation.

### IYENGAR YOGA

This class will focus on structural alignment of the physical body as well as strengthen major and small muscles by holding poses longer which build endurance and stamina.

### BODY SCULPT

This is a yoga inspired, strength training hybrid class with vigorous flows and dynamic strength sequences based around your breath. You will improve your body's balance, flexibility, and core stability. This low impact, high intensity class incorporates light dumbbells and resistance props to elevate your heart rate and strengthen your range of motion.

### HATHA YOGA

A traditional physical yoga practice that is suitable for all fitness levels. The class focus will include Asana (Postures) and Pranayama (Breath) to help increase flexibility, balance, and strength.

### CORE FLOW YOGA

This yoga work-out focuses on your core to enhance spinal integrity and build strength. The class incorporates the athleticism of Ashtanga and includes a series of poses done in sequence connected to breath.

#### LOCATION OF GROUP CLASSES:

1ST FLOOR • TEMPORARY FITNESS CENTER, CLASS IS HELD IN THE STRETCH ROOM

6TH FLOOR • CLUB ELEVATOR TO THE 6TH FLOOR, TURN LEFT TO THE CYCLING STUDIO

8TH FLOOR • CLUB ELEVATOR TO THE 8TH FLOOR, TURN RIGHT TO THE POWER CENTER ROOM

9TH FLOOR • CLUB ELEVATOR TO THE 9TH FLOOR, TURN LEFT TO FRANK WHITE YOGA STUDIO