

# Group Conditioning | summer 11

## Class Intensity

- LI** (Low Intensity) Classes that cater to Beginners and can be less intense.
- MI** (Moderate Intensity) Suitable for Beginners and Advanced participants. Intensity will vary throughout the class.
- HI** (High Intensity) For Advanced participants and quick learners. Classes are highly choreographed or have advanced moves that require practice.

## SUNDAY

<b>BHC</b>	9.10-10.10	<b>WATER WORKS</b>	<b>LI</b>	BORIN
	9.30-10.30	<b>MODERN JAZZ DANCE</b>	<b>HI</b>	JAMES
	10.00-11.00	<b>SPIN™</b>	<b>MI</b>	LOUIE
	10.30-11.30	<b>SCULPT</b>	<b>HI</b>	JAMES
	12.00-1.15	<b>YOGA: VINYASA</b>		WENDY <i>NEW INSTRUCTOR</i>
	4.00-5.00	<b>CLASSIC PILATES</b>	<b>MI</b>	ROSEANNE
<b>PPC</b>	9.30-10.30	<b>SPIN™</b>	<b>HI</b>	JULIA
	10.30-11.30	<b>HARDCORE CIRCUIT</b>	<b>HI</b>	JULIA
	4.00-5.15	<b>YOGA: IYENGAR</b>		ALVA
<b>TRI</b>	10.30-11.45	<b>YOGA: IYENGAR</b>	<b>MI</b>	TBA

## MONDAY

<b>BHC</b>	9.30-10.30	<b>ZUMBA</b>	<b>MI</b>	SIFA
	10.00-11.00	<b>HYDRO FIT</b>	<b>HI</b>	TORELLO
	11.00-12.00	<b>T'AI CHI</b>	<b>LI</b>	DON
	12.30-1.45	<b>YOGA: VINYASA</b>		PEGGY
	2.00-3.15	<b>CHAIR YOGA</b>		PEGGY
	5.30-6.30	<b>ZUMBA</b>	<b>MI</b>	DOMINICA
	6.30-7.30	<b>BOOT CAMP</b>	<b>MI</b>	FRANKLIN <i>NEW CLASS</i>
	7.00-8.00	<b>SPIN™</b>	<b>HI</b>	LOUIE
	7.30-8.30	<b>TRIBAL FUSION BELLYDANCING</b>	<b>MI</b>	MIMI <i>NEW CLASS</i>
	<b>PPC</b>	9.30-10.30	<b>CORE FUSION</b>	
10.30-11.30		<b>SCULPT</b>	<b>MI</b>	GERALD
6.00-7.15		<b>YOGA: HATHA</b>		MICHAEL
6.30-7.30		<b>SPIN™</b>	<b>HI</b>	GERALD
	7.30-8.30	<b>MULTI/SCULPT</b>	<b>LI</b>	GERALD
<b>TRI</b>	12.30-1.30	<b>YOGA: IYENGAR</b>		DMITRI
	6.00-7.00	<b>BOOT CAMP</b>	<b>MI</b>	JEFF

## TUESDAY

<b>BHC</b>	6.35-7.35	<b>SCULPT</b>	<b>MI</b>	NINA	
	9.00-10.00	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES	
	10.00-11.00	<b>SPIN™</b>	<b>MI</b>	LOUIE	
	10.00-11.00	<b>SCULPT</b>	<b>LI</b>	JAMES	
	10.00-11.00	<b>HYDRO FIT</b>	<b>LI</b>	JUDY	
	11.00-12.00	<b>INTEGRATED PILATES</b>	<b>MI</b>	SOFIA	
	12.15-1.15	<b>BOOT CAMP</b>	<b>MI</b>	JULIA	
	1.30-2.30	<b>SENIOR SPORT</b>	<b>LI</b>	JAMES	
	5.30-6.30	<b>MODERN JAZZ DANCE</b>		JAMES	
	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	JULIA	
<b>PPC</b>	7.30-8.30	<b>WATER WORKS</b>	<b>LI</b>	BORIN	
	7.30-8.45	<b>YOGA: HATHA</b>		MICHAEL	
	8.00-10.00	<b>CAPOEIRA</b> (martial arts studio)	<b>LI</b>	PEDRO	
	10.00-11.00	<b>HYDRO FIT</b>		JEFF	
	7.30-8.30	<b>BOOT CAMP (gym)</b>	<b>MI</b>	OTTO	
	7.30-8.45	<b>YOGA: ANUSARA</b>		ROSE	
	<b>TRI</b>	7.15-7.45	<b>SCULPT</b>	<b>HI</b>	AISHA
		7.45-8.15	<b>ABS</b>	<b>HI</b>	AISHA
		1.00-2.00	<b>PILATES</b>	<b>HI</b>	KIRSTIN
		6.00-6.45	<b>SPIN™</b>	<b>MI</b>	BARBARA
6.45-7.30		<b>SCULPT</b>	<b>HI</b>	BARBARA	
7.30-8.30		<b>ZUMBA</b>	<b>HI</b>	DANIELLE	

## WEDNESDAY

<b>BHC</b>	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	MARY F.
	9.30-10.30	<b>RESIST-A-BALL</b>		GERALD
	10.00-11.00	<b>HYDRO FIT</b>	<b>MI</b>	TORELLO
	12.00-1.00	<b>INTEGRATED MOVEMENT</b>	<b>MI</b>	JEMILLA
	6.00-7.00	<b>SCULPT</b>	<b>MI</b>	NINA
	6.30-7.45	<b>YOGA: VINYASA</b> (salon)		PEGGY
	7.00-8.00	<b>SPIN™</b>	<b>MI</b>	TAL <i>NEW CLASS</i>
	7.00-8.00	<b>NIA TECHNIQUE</b>	<b>MI</b>	KRISTIN
	7.30-8.30	<b>FIGHT CLUB</b> (martial arts studio)	<b>HI</b>	BRYON
	8.00-9.15	<b>YOGA BASIC: HATHA</b>	<b>LI</b>	PEGGY
<b>PPC</b>	8.30-9.30	<b>INTEGRATED PILATES</b>		OPHRA
	9.30-10.30	<b>DANCE FUSION</b>	<b>MI</b>	OLGA
	10.30-11.30	<b>SCULPT</b>	<b>MI</b>	OLGA
	6.30-7.30	<b>SCULPT</b>	<b>MI</b>	SOPHIA
	7.30-8.30	<b>ZUMBA</b>	<b>MI</b>	SOPHIA
	7.30-8.45	<b>YOGA: ANUSARA</b>	<b>HI</b>	ROSE
	<b>TRI</b>	8.30-9.45	<b>YOGA: VINYASA</b>	
12.30-1.30		<b>ZUMBA</b>	<b>MI</b>	DOMINICA
6.15-7.15		<b>CARDIO KICKBOXING</b>	<b>MI</b>	JEFF

§ Indicates a paid-for class.

Schedule is subject to change. Refer to master schedule for updates.

Classes are for all levels unless noted.

No beginners in Advanced classes, please.

Schedule in effect July 11–September 12, 2011.



BROOKLYN HEIGHTS 43 CLARK STREET 718 625-0500  
 PROSPECT PARK 17 EASTERN PARKWAY 718 789-4600  
 TRIBECA 80 LEONARD STREET 212 966-5432  
 EASTERNATHLETICCLUBS.COM

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## Class Intensity

**LI** (Low Intensity)

Classes that cater to Beginners and can be less intense.

**MI** (Moderate Intensity)

Suitable for Beginners and Advanced participants. Intensity will vary throughout the class.

**HI** (High Intensity)

For Advanced participants and quick learners. Classes are highly choreographed or have advanced moves that require practice.

## THURSDAY

<b>BHC</b>	9.30-10.30	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES
	9.30-10.45	<b>YOGA: VINAYASA</b> (salon)		ROSE
	10.00-11.00	<b>HYDRO FIT</b>	<b>LI</b>	JUDY
	10.30-11.30	<b>SCULPT</b>	<b>LI</b>	JAMES
	6.30-7.30	<b>ZUMBA™</b>		OLGA
	7.00-8.00	<b>SPIN™</b>	<b>MI</b>	BRENT
	7.30-8.30	<b>PILATES MAT</b>		SOFIA A.
	7.30-8.30	<b>WATER WORKS</b>	<b>LI</b>	BORIN
	8.00-10.00	<b>CAPOEIRA BEGINNER</b> (martial arts studio)	<b>LI</b>	NATALIE
	<b>PPC</b>	10.00-11.00	<b>HYDRO FIT</b>	<b>MI</b>
6.30-7.30		<b>STEP</b>		SOPHIA
7.30-8.30		<b>BOOT CAMP</b>	<b>MI</b>	OTTO
7.30-8.45		<b>YOGA: ANUSARA</b>	<b>MI</b>	ROSE
<b>TRI</b>	1.00-1.45	<b>RESIST-A-BALL</b>	<b>HI</b>	AISHA
	1.45-2.00	<b>ABS</b>	<b>MI</b>	AISHA
	5.00-6.00	<b>FLAMENCO DANCING</b>		SOL
	6.00-7.00	<b>ABS &amp; STRENGTH</b>	<b>MI</b>	JEFF
	7.00-8.15	<b>CORE STRENGTH VINAYASA</b>		KRISTIN

## FRIDAY

<b>BHC</b>	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	MICHELLE
	9.00-10.00	<b>HYDRO FIT</b>	<b>LI</b>	JAMES
	9.30-10.30	<b>ZUMBA</b>	<b>MI</b>	SOPHIA
	10.30-11.30	<b>SCULPT</b>	<b>MI</b>	AISHA
	11.30-12.30	<b>PILATES MAT</b>	<b>MI</b>	OPHRA
	12.15-1.15	<b>SPIN™</b>	<b>MI</b>	BRENT
	1.30-2.30	<b>T'AI CHI</b>	<b>LI</b>	DON
	2.30-3.30	<b>SENIOR SPORT</b>	<b>LI</b>	JAMES
	6.00-7.00	<b>SCULPT</b>	<b>HI</b>	GERALD
	<b>PPC</b>	10.30-11.00	<b>ABS</b>	<b>MI</b>
11.00-11.30		<b>FLEXIBILITY</b>	<b>MI</b>	JULIA
11.00-12.00		<b>WATER WORKS</b>	<b>HI</b>	TORELLO
<b>TRI</b>	8.00-9.00	<b>YOGA: HATHA</b>		ALVA
	1.00-2.00	<b>SPIN™</b>	<b>MI</b>	GERALD

## SATURDAY

<b>BHC</b>	9.15-10.15	<b>CARDIO SCULPT</b>	<b>MI</b>	NINA
	9.30-10.30	<b>SPIN™</b>	<b>MI</b>	TALIE
	10.15-11.15	<b>AFRICAN DANCE</b> (with live drummer from donations)		SHEILA
	11.15-12.15	<b>PILATES MAT</b>	<b>MI</b>	SOFIA A.
	12.00-1.00	<b>FIGHT CLUB</b> (martial arts studio)	<b>MI</b>	BRYON
	12.15-1.30	<b>YOGA: VINAYASA</b>		WENDY
	1.00-3.00	<b>CAPOEIRA ADVANCED</b> (martial arts studio)		MESTRE CABECA
	2.00-3.00	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES
	3.00-4.00	<b>SCULPT</b>	<b>LI</b>	JAMES
	<b>PPC</b>	1.15-2.15	<b>SPIN™ FLEX</b>	<b>MI</b>
2.15-3.00		<b>RESIST-A-BALL</b>	<b>MI</b>	GERALD
4.00-5.00		<b>PILATES MAT</b>	<b>MI</b>	SOPHIA
<b>TRI</b>	10.00-11.00	<b>SPIN™</b>	<b>MI</b>	LOUIE
	11.00-12.15	<b>YOGA: VINAYASA</b>		GUTA
	2.00-4.00	<b>FLAMENCO DANCING</b>		SOL

