



## Monday

### BHC

10.00-11.00	Hydro Fit	HI	Torello
11.15-12.15	I.T.I.S.	HI	Carl
12.30-1.30	T'ai Chi	LI	Don
2.00-3.00	Yoga: Chair		Kristin
6.00-6.45	Les Mills BodyPump™ Express	HI	Candice
7.00-8.00	Yoga: Vinyasa	MI	Lauren
7.00-8.00	Spin™	MI	Jennifer

### PPC

9.30-10.30	Zumba®	MI	Mandisa
10.30-11.30	Core & Flexibility	MI	Isabel
6.00-7.15	Yoga: Vinyasa		Rosie
6.30-7.30	Spin™	HI	Loretta

## Tuesday

### BHC

9.00-10.00	Broadway Dance	LI	James
10.00-11.00	Sculpt	LI	James
10.00-11.00	Hydro Fit	LI	Judy
11.30-12.30	Integrated Pilates	MI	Chloe
1.30-2.30	Senior Sport	LI	James
5.30-6.30	Ballet Fit	MI	James
6.30-7.30	Spin™	MI	Loretta
6.30-7.30	Les Mills BodyPump™	HI	Alison

### PPC

10.00-11.00	Hydro Fit		Roseann
6.30-7.30	Yoga: Vinyasa		Rose
7.30-8.30	Boot Camp	MI	Otto

## Wednesday

### BHC

6.30-7.30	Spin™	MI	Colette
9.30-10.30	Sculpt		Nina <span style="color: red;">new time</span>
10.00-11.00	Hydro Fit	MI	Judy
10.35-11.20	Les Mills BodyPump™ Express	HI	Candice
6.30-7.30	Les Mills BodyPump™	HI	Jackie
7.00-8.00	Spin™	MI	Allie
7.35-8.35	Les Mills BodyCombat™ (boxing area)	HI	Jackie
8.00-9.15	Yoga: Vinyasa	MI	Lauren

### PPC

8.30-9.30	Pilates Mat	MI	Talie
9.30-10.30	Zumba®	MI	Mandisa
10.30-11.30	Sculpt	MI	Loretta
6.30-7.30	Core Circuit Training	MI	Sophia B.
7.30-8.30	Zumba	MI	Sophia B.

## Thursday

### BHC

9.15-10.15	Broadway Dance	LI	James
10.00-11.00	Hydro Fit	LI	Roseann
10.15-11.15	Sculpt	MI	Nina
11.30-12.30	Yoga: Vinyasa	MI	Xiu Hu <span style="color: red;">new instructor</span>
6.00-7.00	I.T.I.S.	HI	Carl
7.00-8.00	Spin™	MI	Brent
7.00-8.00	Zumba®	MI	Maria
7.30-8.30	Water Works	LI	Borin

### PPC

10.00-11.00	Hydro Fit	MI	Loretta
6.45-7.45	Yoga: Hatha	MI	Rose
8.00-9.00	Boot Camp	HI	Otto

## Friday

### BHC

6.30-7.30	Spin™	MI	Michelle
9.00-10.00	Hydro Fit	LI	Ellis
9.15-10.15	Les Mills BodyPump™	HI	Sophia B. <span style="color: red;">new time</span>
10.30-11.30	Sculpt	MI	Brent
11.30-12.30	Classic Pilates	MI	Talie
12.15-1.15	Spin™	MI	Brent
1.30-2.30	T'ai Chi	LI	Don
2.30-3.30	Senior Sport	LI	Carl

### PPC

10.00-11.00	Core & Flexibility	MI	James
11.00-12.00	Water Works	HI	Torello

## Saturday

### BHC

9.00-10.00	Cardio Sculpt	MI	Loretta
9.30-10.30	Spin™	MI	Talie
10.00-11.00	Zumba®	MI	Yurie
11.15-12.15	Pilates Mat	MI	Carl
12.15-1.30	Yoga: Vinyasa		Rosie
2.00-3.00	Broadway Dance	LI	James
3.00-4.00	Sculpt	LI	James

### PPC

1.15-2.15	Spin™	MI	Sophia P.
2.30-3.30	Sculpt	MI	Sophia P.
4.00-5.00	Pilates Mat	MI	Sophia B.

## Sunday

### BHC

9.30-10.30	Modern Jazz Dance	HI	James
10.00-11.00	Spin™	MI	Jennifer
10.30-11.30	Sculpt	HI	James
12.00-1.00	Water Works	HI	Borin
12.00-1.15	Yoga: Vinyasa		Isabel

### PPC

10.30-11.30	Yoga: Vinyasa		Alva
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### Class Intensity Levels

- LI Low intensity
- MI Medium intensity
- HI High intensity

Schedule in effect 1/10-6/17



## Aquatics

### Hydro Fit

These group classes help to improve flexibility for Members who are not accustomed to exercising on a regular basis and who may require rehabilitation. Classes are given in the shallow or deep portion of the pool. No registration is required. All levels.

### Water Works

The focus is on strenuous endurance training to enhance swimming performance. These group classes are given in the shallow portion of the pool only. No registration is required.

## Dance

### Broadway Dance

This class incorporates dance-based exercise to improve strength, flexibility, and balance. Exercises include ballet, Graham, Fosse, modern, and other popular styles.

### Modern Jazz

The class combines the technical foundation of modern dance with the thrill of jazz to create a unique total body challenge! We begin with a thorough warm-up that engages the core, develops coordination, and lengthens and strengthens the body.

### Zumba®

Come check out this popular dance fitness class! Inspired by Latin rhythms, this class gets the heart rate up high for some calorie burning fun!

## Conscious Movement

### T'ai Chi

T'ai Chi Chuan is a traditional Chinese system of exercise and martial art. The slow, graceful movements stretch, strengthen, and relax the body. Its practice benefits the body's systems and vital organs. It improves balance and coordination. The class includes warm-ups, breathing and stretching (*chi kung*), standing meditation, and a simplified T'ai Chi form.

### Yoga-Chair

A yoga class where students are seated on chairs through most of the class. There is no floor work and limited standing. The benefits of yoga with less demand on the body.

### Yoga-Hatha

These classes are designed to help students of all levels develop strength and flexibility through the holding of basic yoga postures (*asanas*). You will also develop steadiness of mind and breath through the practice of breathing exercises (*pranayama*) and relaxation.

### Yoga-Vinyasa

Breath-focused movement and meditation to create a flow between postures and build heat in the body to tone muscles and increase flexibility.

## Pilates

### Pilates Mat

Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint mobility, and overall strength.

## Complimentary Class Guidelines

No registration is necessary; just check the Class Schedule and walk in.

Please abide by the following policies:

- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Be considerate of other Members' space. Don't crowd a Member who has arrived before you.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please.
- A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made for you.

### Spin Guidelines

- You must sign up, even if the class is not filled. Sign-up must be done personally, by yourself, for yourself.
- Sign-up begins 15 minutes prior to class. No place in line may be held before this time (there is no advantage in arriving earlier).
- First name, last name, and membership number must be printed. If you are not present when class begins, you forfeit your reservation.

In addition to those listed above for Complimentary Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.

## Studio Cycling

### Spin™

This class offers an exciting, challenging workout with a variety of intensity levels. Classes combine the smooth, low-impact movements of bicycle riding, the endurance and cardiovascular benefits of distance riding, and the stimulation and fun of group exercise. For the novice or experienced rider.

## Conditioning / Cardio

### Boot Camp

This challenging class is an aggressive, military-style circuit workout featuring high-intensity conditioning and power moves.

### Cardio Sculpt

A strength and endurance cross-training class. The workout alternates between step and resistance intervals.

### Core Circuit Training

This class has a cardio component that alternates with functional core stations for more movement in all three planes, with resistance instability or load-bearing that challenges the inner core muscles.

### Core & Flexibility

This workout focuses on strengthening the core with challenging exercises that target the *rectus abdominis*, obliques, *transverse abdominis*, and the lower back. The flexibility exercises stretch the entire body.

### I.T.I.S

I.T.I.S. (Intrinsic Telekinetic Intelligent System) is a fusion of Barre, Pilates and PowerYoga, providing participants with the ultimate Mind-Body-Spirit experience. The I.T.I.S. workout is performed at a continuous driving pace, incorporating synchronized breath to challenge the cardiovascular system.

### Les Mills BodyCombat™

Step into this high-energy, non-contact workout and you'll punch and kick your way to fitness, burning up to 740 calories along the way.

### Les Mills BodyPump™

A total body barbell workout for anyone looking to get lean, toned, and fit – fast! You'll use light to moderate weights with lots of repetition.

### Sculpt

A head-to-toe exercise class that includes a warm-up to increase blood flow to muscles, muscle-specific exercises to tone, define, and strengthen, followed by flexibility stretches. Muscle resistance equipment such as weights, dynabands, exercubes, and body bars may be used.

### Senior Sport

A strength and endurance workout with a fun movement segment followed by gentle conditioning; participants exercise at their own levels.

### Zumba®

Come check out this popular dance fitness class! Inspired by Latin rhythms, this class gets the heart rate up high for some calorie burning fun!

## Class Intensity Levels

- LI Low intensity
- MI Medium intensity
- HI High intensity

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