

AUGUST 14 - 31, 2022

Fitness Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Club Hours	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 10:00P	5:00A — 9:00P	7:00A — 5:00P	8:00A — 3:00P
6:00AM	Spinning Rebecca(#3)	5:30am Spin&Sculpt Gitte (#2)	Spinning Andrea (#2)	5:30am-Spin & Sculpt Gitte (#2)	5:30am Spin&Sculpt Lourdes (#2)		
7:00AM			Vinyasa Yoga Bonnie (#3)		Vinyasa Yoga Juliana (#3)		
8:30AM						CORE Karen(#3)	
9:00AM	ZUMBA Georgina (#3)	Pilates Andrea (#3)	ZUMBA Georgina (#3)	Yogalates Andrea (#3)	ZUMBA Sandra(#3)	Spinning Karen(#2)	Pilates Andrea (#3)
10:00AM	Spinning Cathy (#2)	Aqua Aerobics Karen (hotel pool)	9:30AM-Spin&Sculpt Cathy (#2)			ZUMBA Vernalis (#3)	
	Barre Basics Christina(#3)			Spin & Arms Andrea (#2)	Pump It Up! Maria (#3)		Spinning Andrea #2)
11:00AM	Silver Sneakers Circuit(gymnasium)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (#3)	Silver Sneakers Circuit (#3)			ZUMBA Sandra (#3)
11:00AM	Silver Sneakers Classic (gymnasium)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (#3)	Silver Sneakers Classic (#3)			
11:30AM			Tai Chi Terry (gymnasium)		Tai Chi Terry (gymnasium)	YogaMukta Bonnie (#3) 90 mins.	Hatha Yoga Bonnie(#3) 90 mins.
12:00PM	Vinyasa Yoga Bonnie(#3)		Chair Yoga Clary(#3)		Restorative Yoga Clary(#3)		
4:30PM	Pilates Andrea (#3)		Barre Basics Andrea(#3)	5pm – Pump It Up! Christina (#3)			
5:30 PM		ZUMBA Vernalis(#3)					
6:00 PM	PUMP IT UP! Terry(#3)		PUMP IT UP! Terry(#3)	ZUMBA Vernalis (#3)			
6:30PM	Spinning Carolina(#2)	Boot Camp & STEP Terry (#3) 45mins.					
7:00 PM	ZUMBA Catalina(#3)		ZUMBA Sandra (#3)	7:15pm YogaMukta Bonnie(#3) 75 mins.			
7:30 PM		YogaMukta Bonnie (#3) 75mins.					

All classes are **50 minutes** in length unless otherwise noted. Classes and Instructors are subject to change. (Class descriptions on reverse side)

PLEASE BRING YOUR OWN MAT, TOWEL & WATER BOTTLE TO CLASS

STUDIOS
 Studio #2 = Spinning Studio (#2)
 Studio #3 = Large Studio (#3)
 ** = paid class

****Please purchase classes at the Front Desk prior to start time.
 Belly Dance (TBA) —\$5 per class****

Fitness Class Descriptions

Aqua Aerobics

Cardio/toning exercises performed while submerged in chest deep water, some deep water as well. Please bring your own noodle and water shoes are recommended. Participant MUST check in and pick up a ticket at the Athletic Club Front Desk, no more than 30 mins. prior to class start time. (class size limited to 20)

Barre Basics

Start your body transformation today in this barre inspired workout. Barre Basics helps build strong, lean and elongated muscles, improve your core strength & posture and challenges your entire body. Please bring your own mat.

Boot Camp & STEP

Boot Camp & STEP - Get Ready to sweat in this 45 min. full body workout with strength & power training. Bring your own towel, & water bottle.

Core

A killer core workout that focuses on all the interconnected muscles of the torso to help increase your power to carry out movement. Please bring your own mat. (Saturday CORE class is only 25 Mins.)

Hatha Yoga

Yoga that teaches physical postures, purification, and meditation. Based on Asanas and Pranayama which will leave you looser and relaxed. Please bring

Pilates

This mat based Pilates class offers a body balancing system that strengthen, lengthens, realigns, and defines your body. Please bring your own mat.

Pump It Up!

Full-body workout using moderate weights (barbell & dumbbells), helps reduce body fat and build strong muscles & bones. Bring your own mat & water bottle. (class limited to 21 participants)

Silver Sneakers Circuit

This class safely increases intensity levels by alternating upper body strength training with low-impact aerobic movements. (45mins.)

Silver Sneakers Classic

A seated class designed to increase strength, range of movement, agility, balance and coordination. (45 mins.)

Spinning

Get your heart pumping in this high-intensity exercise class on a stationary bicycle. Journeys include hill climbs, sprints, & intervals

Spin & Sculpt

A spinning class that combines the health benefits of aerobics with strength training. Resistance training will utilize tubing, your own body weight or dumbbells to complete a full body workout. Bring your own mat, towel & water.

Tai Chi

Ancient Chinese exercise that focuses on breathing and energy channels known as meridians. Promotes internal healing and balance.

Vinyasa Yoga (Flow Yoga)

A style of yoga characterized by arranging postures in an order so you move from one to another seamlessly, using breath. Bring your own mat and towel.

Yogalates

This combination Yoga/Pilates class takes the flexibility & meditative elements of yoga and fuses them with the muscle strengthening & toning of Pilates. Please bring your own mat.

Yoga Mukta

A class of liberation, work at your own level, free of attachment. A blend of Hatha & Vinyasa yoga, with special attention to alignment. Bring your own mat. (90 Mins.)

Zumba

A Latin dance class with lots of flare. Choreographed routines designed to get your heart pumping and hips moving. (salsa, merengue, hip-hop, mamba)