




# MEN'S GROUP FITNESS

EFFECTIVE OCTOBER 1, 2018


MONDAY

- 6 – 7 A.M. **YOGA** (Whitney)
- 6:30 – 7:15 A.M. **TBC** (Don) 
- 9 – 9:45 A.M. **TBC** (Don) 
- 9 – 10 A.M. **YOGA SCULPT** (Whitney) 
- 11:15 A.M. – 12 P.M. **CYCLE CIRCUIT** (Amber)
- 11:45 A.M. – 12:30 P.M. **MASH UP** (Celestina)
- 12:15 – 1 P.M. **POWER YOGA** (Whitney)
- 12:15 – 1 P.M. **CYCLE CIRCUIT** (Barbie)
- 5:15 – 5:45 P.M. **CORE CONDITIONING** (Jacquelyn)
- 5:15 – 6:15 P.M. **YOGA** (Shannon)
- 5:45 – 6:30 P.M. **TOTAL BODY INTENSITY** (Jacquelyn)

TUESDAY

- 6 – 7 A.M. **YOGA** (Carah)
- 6:30 – 7:15 A.M. **HIIT CYCLE** (Staci)
- 11:15 – 11:45 A.M. **TRX EXPRESS** (Celestina)
- 12 – 1 P.M. **HI-LO BARBELL + CORE** (Barbie)
- 12:15 – 1 P.M. **YOGA** (Carah)
- 5:15 – 6:15 P.M. **CYCLE CIRCUIT + CORE** (Jacquelyn)


WEDNESDAY

- 6 – 7 A.M. **YOGA** (Whitney)
- 9 – 9:45 A.M. **TBC** (Don) 
- 9 – 9:45 A.M. **STEP** (Staci)
- 11:15 A.M. – 12 P.M. **MASH UP** (Amber)
- 11:15 A.M. – 12 P.M. **CYCLE CIRCUIT** (Lena)
- 12:15 – 1 P.M. **POWER YOGA** (Lena)
- 12:15 – 1 P.M. **CYCLE CIRCUIT** (Amber)
- 5:15 – 6:15 P.M. **POWER YOGA** (Shannon)
- 5:30 – 6:15 P.M. **TRX EXPRESS** (Barbie)

THURSDAY

- 6:30 – 7:15 A.M. **CYCLE** (Staci)
- 11:15 – 11:45 A.M. **TRX EXPRESS** (Celestina)
- 12 – 12:30 P.M. **TABATA HIIT** (Don)
- 12 – 12:45 P.M. **PIYO FUSION** (Carah)
- 5:15 – 6:15 P.M. **TOTAL BODY INTENSITY + CORE** (Jacquelyn)
- 5:30 – 6:30 P.M. **RESTORATIVE YOGA** (Carah)

FRIDAY

- 6 – 7 A.M. **YOGA** (Carah)
- 6:30 – 7:15 A.M. **CYCLE CIRCUIT** (Staci)
- 9 – 9:45 A.M. **SIMPLY STRENGTH** (Don) 
- 11:15 A.M. – 12 P.M. **STEP CIRCUIT** (Barbie)
- 11:15 A.M. – 12 P.M. **CYCLE CIRCUIT** (Lena)
- 12 – 1 P.M. **HI-LO BARBELL + CORE** (Lena)
- 12:15 – 1 P.M. **YOGA** (Shannon)

SATURDAY

- 9:30 – 10:30 A.M. **WELCOME TO YOGA** (Jeannine)

RESERVATIONS NOT REQUIRED.  
*All classes are complimentary.*



Est. 1885

**ATHLETIC  
CENTER**

SPORTS. FITNESS. WELLNESS.

**MEN'S** | **CO-ED** |  (Aging Stronger)

**ATHLETIC CENTER**

HOURS OF OPERATION: MONDAY – FRIDAY 5 AM – 8 PM | SATURDAY 6 AM – 2:30 PM

# CLASS DESCRIPTIONS:

BEGINNER TO ADVANCED

**CYCLE** - A stationary bike workout that offers all of the cardiovascular benefits and none of the impact associated with aerobics and running programs.

**CLUB CYCLE + CORE** - Lights, music, action! Six a.m. won't feel too early after about five minutes of this high-energy cycle class. Get your heart pumping to the beat of an awesome playlist that will leave you happy you came, then wind down with effective core challenging movements. It's a good way to start your day.

**MASHUP** - FUN. QUICK. TOTAL FITNESS. Get the perks of Mind/Body (yoga/Pilates), Agility & Strength, and High-Intensity Intervals for all fitness levels in every class.

**RESTORATIVE YOGA** - A restorative yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends.

**STEP** - Amp up your cardio workouts with this blast-from-the-past format! Step aerobics consists of sets of choreographed movements performed on a raised platform (or floor) for a fun and energetic workout. This is not a mindless workout – your brain and body will leave feeling worked and refreshed. All levels welcome!

**STEP CIRCUIT** - 2 great formats come together in 1 class!! An instructor will lead you through choreographed blocks of cardiovascular exercises on the Step bench interrupted with quick bouts of weight training!! Get it all in this 45 minute, high energy, fast paced class!

**WELCOME TO YOGA** - Are you new or just starting your yoga practice? Take this opportunity to learn the poses in a slower-paced class where you can ask questions and gain the knowledge and understanding you need.

**HI-LO BARBELL** - Hi-Lo means "high-rep" and "lower weight" than what you would lift in the weight room. Grab a barbell and get ready to burn! This class will cover all major muscle groups in an intense, calorie-blasting, muscle-burning workout. Adjust your plate load as needed. Great for all levels!

**+CORE** - An intense, fast-paced core class that will challenge your powerhouse muscles and help build core strength.

INTERMEDIATE TO ADVANCED

**CYCLE CIRCUIT** - Combines our popular indoor cycling class with a strength training workout.

**TABATA** - Tabata workouts are a great way to train both the aerobic (cardiovascular) and the anaerobic (muscle) systems. This class is high-energy and fast-paced. No time wasted! The instructor will lead you through several intervals of different high intensity exercises followed by one-minute breaks to recover.

**TOTAL BODY CONDITIONING (TBC)** - This high energy, diverse class will take you through different challenges to improve all components of fitness, including cardiovascular health, strength, agility, balance and core strength.

**TRX EXPRESS** - Use your own body weight to perform dozens of exercises via a suspension training system that will increase muscular endurance and help build a rock-solid core. Break out of your routine and break a sweat!

**HIIT CYCLE** - "High Intensity Interval Training" on your spin bike! This power packed class incorporates intervals of maximum exertion followed by intervals of recovery. This method burns major calories, blasts fat and improves the cardiovascular system. *(HIIT training is only recommend two to three days per week to allow your body to recover and is not recommended on consecutive days.)*

**POWER YOGA** - Strengthen and stretch every muscle in your body while improving breathing and mental focus. Each yoga pose offers benefits in flexibility, balance, and strength. Revitalize, renew, and de-stress.

**CORE CONDITIONING** - Using your own body weight and just a few props, experience an intense, floor-based workout!

**TOTAL BODY INTENSITY TRAINING** - High metabolic burner incorporating a fast-paced format with weights, plyometrics and core moves.



**AGING STRONGER, LIVING LONGER** Aging Stronger, Living Longer classes are targeted to members ages 55-plus and promote overall wellbeing in addition to improving fitness levels.

**SIMPLY STRENGTH** - Lifting weights is important for preventing muscle loss that naturally accompanies the aging process. Learn safety techniques and challenge your muscular strength and endurance with dumbbells and resistance bands.

**TOTAL BODY CONDITIONING (TBC)** - This high energy, diverse class will take you through different challenges to improve all components of fitness, including cardiovascular health, strength, agility, balance and core strength.