

# September

# Downtown Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Rise-n-Shine Spin						
6:00 AM	BODYPUMP	**BODYATTACK Cycle/Core **Barre	MetCon	GRIT Cycle/Yoga	MetCon	<b>TONE TRAINING September 21-22</b> All Classes Cancelled Sat & Sun, Sept 21-22 EXCEPT Saturday - 9 am Bamboo Bodies & All Yoga Classes are as scheduled. FREE TONE Master class Sept 21, 8 am	
6:30 AM	***Pilates						
7:30 AM		***Slow Morning Yoga		***Yin Yoga			
8:00 AM	Senior Balance		**Senior Fitness				
9:00 AM	***Foam Roller Yoga Oula	Bamboo Bodies Basics	PEAK Strength ***Align & Refine	Bamboo Bodies Basics	Cycle	PEAK Strength Rhythm Rev Bamboo Bodies	Sunday Shred Cxl 9/22
9:15 AM		Pilates		Pilates			
9:30 AM			Mellow Cycling				
10:00 AM	BODYPUMP	Cardio Sculpt	PEAK Fit	Cardio Sculpt/Core	BODYPUMP	Zumba	***Restorative Yoga
10:15 AM						***Vinyasa Yoga	
10:30 AM	***Gentle Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga	***Vinyasa Yoga		
11:00 AM	*CXWORX	Rock Bottoms		Rock Bottoms	*CXWORX	Bamboo Bodies Basics	
11:30 AM	*MetConX				*GRIT		
NOON	Monday Madness				12:10**Cycle Intervals		
12:10 PM	**PEAK STRENGTH **Barre	**Oula **Pilates	**PEAK STRENGTH **Pilates	**Oula **Barre	**OulaX **Pilates		
4:00 PM			***Prenatal Yoga		***Prenatal Yoga		Oula moved BM 9/22 ***Sun Night Yoga
4:15 PM		Yoga for Athletes		Strong & Steady Yoga			
4:30 PM	BODYPUMP	*GRIT STRENGTH	BODYPUMP	*GRIT			
5:00 PM	***Yoga Sculpt						
5:15 PM					Yoga for Relaxation		
5:30 PM	*GRIT ATHLETIC	Zumba *SPRINT Pilates	BODYATTACK Bike Beats Bamboo Bodies Adv	Oula *SPRINT Pilates			
6:00 PM	Oula						
6:30 PM	***Vinyasa Yoga	***Vinyasa Yoga	*CXWORX		Guided Meditation		

## Location Key

Group Fit Studio

Cycling Studio

Mind & Body Studio

Silver Sneakers/Sr.

Classes are 55 minutes unless indicated

\* Class is 30 minutes

\*\* Class is 45 minutes

\*\*\* Class is 1 hour 15 minutes

\*\*\*\* Class is 1 hour 30 minutes



Indicates class is new, returning, time change or format change.

-Labor Day Weekend

August 31-September 2: No Classes / Jungle Closed

Labor Day Club Hours: 5 am-2 pm

-Early Club Closure, All Locations Thursday, Sept 5, 5:30 pm

-TONE Training Downtown 9/21-22

Free Master Tone Class Downtown 9/21, 8 am

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# Downtown Classes

## Cycling

**Bike Bears:** RPM structured ride on the beat. Combine intervals, cadences, hills, flats for the ultimate indoor cycle experience. This class also incorporates upper body & ab work

Modifications for all fitness levels to be successful.

**Cycle/Yoga:** A Fusion of 35 minutes of energetic interval cycling followed by 20 minutes of deep stretching with yoga postures.

**Cycling Interval:** Combines short, high intensity burst of speed, with slow recovery phases. This is repeated several times with variations throughout the class.

**Lunch Hour Power:** Wednesday, 1-1:45 pm. Challenge yourself with this high intensity interval and profiles class that is aimed at improving strength and endurance.

**Mellow Cycling (all levels):** Emphasis is on providing a fun and effective leisurely workout to the sounds of inspirational music. Warm up, cycle, cool down and stretch.

**Monday Madness:** Start the week with this high energy interval class. Intervals are tailored for the outdoor cyclist but are beneficial to all. A focus on proper riding mechanics is paired with intense efforts to build strength and endurance.

**Pump, Core & Cycle (all levels):** This class starts in the Group Fit Studio for 45 minutes of strength & core and transitions to the Cycling Studio for a 45 minute ride. Come to one or both, all welcome!

**Rhythm Rev:** Clip in and get lost in the rhythm of the music! Bring your outside road ride indoors - Ride hills, flats, sprints, and a variety of intervals all based on the RPMs of the music. All levels welcome.

**SPRINT** A 30 minute high intensity interval training (HIIT) workout on a bike. Want to build endurance for your long rides? Train intervals. Maximum effort will smash your fitness goals and build your endurance like you never imagined.

## Group Fitness

**BODYATTACK (all levels):** High energy, sports-inspired cardio endurance training. Work strength, cardio and agility. Novice to advanced athlete will reap the benefits of this steady state training format.

**BODYPUMP (all levels):** The original barbell workout. BODYPUMP is 25+ years old! Use barbells, plates, and benches to build lean muscle throughout your entire body. Low weight + high repetition will fatigue one muscle group at a time and leave you wanting more.

**Cardio Sculpt (all levels):** High Energy Cardio Blast using a step, free weights, and other tools for maximum toning and calorie burning to achieve toned arms and legs, a lifted butt, and a functionally fit core.

**CXWORX:** 30 min core conditioning class. Use resistance bands & weights to strengthen entire core. Class is a zero impact & intensity of your choosing.

**GRIT (advanced):** Short on time? 30 minutes of HIIT is just what you need. The secret to becoming fitter faster is interval training. Short bursts of work followed by minimal recovery will send your heart rate into overdrive and leave your body burning calories up to 16 hours post exercise (the EPOC effect). Not recommended for pregnant participants.

**GRIT ATHLETIC:** The ultimate sport training utilizing bench, plates, drill speed, agility, and power to increase your athletic abilities in sports and every day functional movement..

**GRIT CARDIO:** Speed, speed and more speed! A variety of full body movements that will get you fit, fast. Integrated training for arms, legs and core. No equipment in this format.

**GRIT STRENGTH:** Focus on load and range to elevate the heart rate. Use bars, plates and body weight movement exercises to build strength you didn't know was possible.

**MetConX (all levels):** Metabolic Conditioning Express. Maximize your calorie burn using a variety of cardio, strength and mobility training. Core movements combined with minimal equipment to give you a quick, high intensity workout followed by a short mobility session.

**Oula (all levels):** High energy workout that combines the depth and soulfulness of a mind body practice with the carefree playfulness of a living room dance party. It's not about what it looks like, it's about how it feels.

**PEAK Fit (all levels):** Fast paced interval training. This class is a total body workout, hitting all the main muscle groups while keeping your heartrate elevated.

**PEAK Strength (all levels):** Use body-bars, hand weights and interval training to target specific muscle groups and achieve optimum heart rates through high repetition and endurance based exercises. Adjust weights to meet individual needs.

**Rock Bottoms (all levels):** Work the glutes and connected muscle groups from every angle to create a tight and shapely tush, toned thighs, and slender hips using free weights, barbells, and other equipment.

**Sunday Shred (all levels):** Wake up & shred! Your cardiovascular and muscular fitness will be challenged with calisthenics, free weights, plyometric and an assortment of equipment for a variety of exercises.

**Zumba (all levels):** A total workout, combining all elements of fitness; cardio, muscle conditioning, balance and flexibility through Latin style of dance.

## Mind & Body

**Align & Refine (all levels):** An alignment-based class will balance your muscles and bones, head to toe, with an emphasis on āsana (postures) awareness, healthy body positioning and breathing practices.

**Bamboo Bodies (all levels):** A strength conditioning class, rejuvenate and recondition the body through Qigong and corrective exercises. Better your balance and discover internal energy training with focused movement and breath, barefoot work, weight-bearing exercises and self-massage.

**Bamboo Bodies Advanced:** Mobility/Balance/Qigong/Vision. Train for movement and moments in your life with faster more challenging Bamboo Bodies Advance.

**Barre (all levels):** A fusion of ballet, yoga, and Pilates. Focus is on combining cardio and flow elements of ballet with toning benefits of Pilates and yoga for an energetic and challenging workout.

**Gentle Yoga (all levels):** A well rounded moderate yoga class with a daily meditation, seated and standing postures, strengthening balance poses & time for renewal.

**Foam Roller/Yoga:** All levels yoga with foam rolling of different muscle groups to bring the body into balance.

**Pilates (all levels):** A contemporary, anatomically based approach to the mind-body exercise developed by Joseph Pilates. Focus is on stability and/or mobilizing the spine and pelvis while improving functional strength, flexibility, endurance and posture.

**Pre/Postnatal:** Focus on strengthening upper body and hip opening for birth. Special modifications and instruction for trimester and 6 week postpartum moms. Free to members, \$10 per class for guest.

**Restorative Yoga:** A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress relief through mindfulness, breathing and gentle body movements.

**Slow Morning Yoga (all levels):** Slow paced class focusing on muscle synergy and breath.

**Strong & Steady Yoga:** Hatha-inspired yoga focusing on alignment and refinement through extended holds that build strength and stability while developing capacity to withstand the shirring winds of life.

**Sunday Night Yoga:** Class starts with a longer warm up followed by classical Vinyasa flow and ends with 30-40 minutes of restorative.

**Vinyasa Yoga (all levels):** A powerful combination of strength conditioning with yoga flow. The poses will tone every muscle using body weight and/or weights.

**Yoga for Athletes (all levels):** Yoga with isometric strengthening and toning for your whole body as the focus. Fun and dynamic movement appropriate for all abilities.

**Yoga for Relaxation/Meditation (all levels):** A healing blend of gentle yoga combined with longer held yin & restorative postures. A wonderful way to find stress relief through mindfulness, breathing and gentle body movements.

**Yoga Sculpt (all levels):** Class focuses on building strength, stability and alignment. Participants can expect a challenging class using weights and isometric drills.

## Silver Sneakers/Seniors

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends! Classes are located at Blue Mountain unless indicated. Blue Cross/Blue Shield, Sterling, Cigna or Humana and other insurances may save you money on your club membership. Contact our Membership Team if your insurance supports Silver Sneakers or Silver & Fit Programs, 251-3344.

**Bamboo Bodies Basics:** Focus on movement through neuro-based exercises to improve balance, range of motion and strength. In this fun and energetic class, you will stimulate the body with self-massage, strengthen with corrective exercises and improve balance through Qigong routines to create a supple and strong body.

**Senior Muscle Strength:** A combination of strength training, cardio and flexibility exercises tailored to each participants ability and circumstance. All levels and abilities welcome.