

Group Fitness Schedule

EFFECTIVE October 2nd 2017



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BOOTCAMP
11:15-11:45am - Jen
Maximum results with high-intensity cardio and strength intervals

CORE FOCUS
11:30am-12:00pm - Bill
Tone and strengthen your core

KETTLEBELL & CORE
6:15-6:45am - Bill
Fast, fun, effective kettlebell and core workout combo

CYCLE
6:00-6:45am - Jen
45 minute cycle session combining intervals for a heart-pounding, full-body session

BOOTCAMP
6:15-6:45am - Heather
Maximum results with high-intensity cardio and strength conditioning

CYCLE
12:00-12:45pm - Andrea
45 minute cycle session combining intervals for a heart-pounding, full-body session

CHISEL
12:00-12:30pm - Bill
Total body strength conditioning utilizing weights, resistance bands, and more

MAT PILATES
11:00-11:45am - Jen
A series of Pilates exercises performed equipment-free

CHISEL
11:30am-12:00pm - Bill
Total body strength conditioning utilizing weights, resistance bands and more

CYCLE
11:00-11:45am - Jen
45 minute cycle session combining intervals for a heart-pounding, full-body session

CYCLE
12:00-12:45pm - Jen/Andrea
45 minute cycle session combining intervals for a heart-pounding, full-body session

ZUMBA
12:15-1:00pm - Jen
Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout

YOGA
12:00-1:00pm - Preeth
An hour long session to stretch, strengthen, focus and relax the mind and body

SYNRGY 360 CIRCUIT
2:30-3:00pm - Heather
A total body workout in stations on the Synrgy 360 hub

SYNRGY 360 CIRCUIT
2:30-3:00pm - Jen
A total body workout in stations on the Synrgy 360 hub

BOOT CAMP
5:30-6:00pm - Drew
Maximum results with high-intensity cardio and strength conditioning

KETTLEBELL & CORE
5:15-5:45pm - Heather
A high energy workout using a variety of different formats to burn calories and have fun

POWER CIRCUIT
5:30-6:00pm - Drew
Athletic cardio/strength training circuit workouts set up in stations

YOGA
5:30-6:30pm - Preeth
An hour long session to stretch, strengthen, focus and relax the mind and body

SATURDAY
CYCLE
9:00am-9:45am -
Jen/Heather/Drew
45 minute cycle session combining intervals for a heart-pounding session

All classes held in the Group Exercise studio with the exception of Synrgy Circuit which will be held on the fitness floor.

Class times, formats, and instructors are subject to change.

Hours of Operation
Monday-Friday: 5:30am - 8:00pm
Saturday & Sunday: 8am - 2:00pm

Class Descriptions



Bootcamp - A combination of strength and cardio conditioning exercises performed in intervals for a total body workout.

Cardio Blast - A high energy workout using a variety of different formats to burn calories and improve your cardiovascular endurance.

Cycle - A Midtown favorite! Spend the class on an intense bike ride to enliven the heart, then onto focusing on strength.

Mat Pilates - A series of Pilates exercises performed equipment-free, with move adapted to work with just your body and a floor mat for cushioning and support.

Chisel - Total body strength conditioning utilizing weights, resistance bands, and more!

Tabata - Strength training and cardio exercises using a variety of equipment and body weight combined with high-intensity intervals for a challenging, effective workout.

Kettlebell & Core - Fast, fun, effective. This training program gets you moving in various directions for a more effective total body workout and core to tighten abs and core muscles.

Power Circuit - Challenge yourself with this athletic cardio/strength training circuit workouts set up in stations. Time flies as you make your way around the circuit and walk or crawl away with a complete, full-body workout!

Synrgy Circuit - The adult fitness playground class! The ultimate multi-station equipment lets you have it all. This circuit-based class uses a variety of equipment including cables, weights, monkey bars, TRX, and more. You can increase strength, power, coordination, and agility.

Yoga - This class synchronizes movement and breathing while linking poses together in a flow. Cultivate flexibility, strength, balance and serenity.

Zumba - Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout with energizing, awe-inspiring movements meant to engage and captivate for life!