

## MON

**5:30 AM - Cycle Express**  
Tara, Cycle Studio - 30

**9:00 AM - Yoga All Levels**  
Joelle, Elevate Studio - 75

**9:15 AM - BodyPump**  
Adrienne, Studio 1

**9:15 AM - Cycle & Toning\***  
Kim, Cycle Studio

**10:30 AM - Beginner Wall\***  
Joelle, The Wall - 75

**10:30 AM - Power Hour**  
Ishia, Elevate Studio

**10:30 AM - Barre Fusion**  
Danai, Movement Zone

**10:30 AM - Cycle Express\***  
Trish, Cycle Studio - 30

**10:45 AM - Dare2Dance**  
Stephanie G, Studio 1 - 45

**11:45 AM - Gentle Yoga**  
Sandra, Elevate Studio

**12:00 PM - Deep Water**  
Karen, Pool

**1:00 PM - Chair Yoga**  
Sandra, Studio 1

**1:15 PM - Waterworks**  
Eufemia, Pool

**2:15 PM - Seniors in Training**  
Gerry, The Wall

**5:15 PM - Pilates Core**  
Carol, Movement Zone - 45

**5:30 PM - BodyCombat**  
Marisa, Studio 1 - 40

**6:00 PM - Yoga All Levels**  
Julian - Elevate Studio - 75

**6:15 PM - Les Mills Tone**  
Karin, Studio 1 - 45

**6:15 PM - Cycle Express\***  
Danai, Cycle Studio - 30

**6:30 PM - Intro to Tai Chi**  
Terese, Studio 2

**7:00 PM - H2O Body Blast**  
Eufemia, Pool

**7:15 PM - Cycle\***  
Donovan, Cycle Studio

**7:30 PM - Restorative Yoga**  
Kathy, Elevate Studio

**7:30 PM - Advanced Tai Chi**  
Terese, Studio 2 - 30

## TUES

**5:45 AM - Cycle 45\***  
Brittney, Cycle Studio - 45

**5:45 AM - Sculpt**  
Courtney/Kim, Studio 1

**8:15 AM - Pilates Core**  
Carol, Movement Zone - 55

**9:00 AM - Power Yoga**  
Karla, Elevate Studio

**9:15 AM - BodyPump**  
Pam, Studio 1 - 45

**9:15 AM - Barre Fusion**  
Carol, Movement Zone

**9:15 AM - Sh'Bam**  
Karin, Studio 2 - 45

**9:30 AM - Inter. Yoga Wall\***  
Joelle, The Wall - 75

**10:15 AM - Les Mills Tone**  
Karin, Studio 1 - 45

**10:15 AM - Cycle 45\***  
Pam, Cycle Studio - 45

**10:30 AM - Inter. Vinyasa**  
Valerie, Elevate Studio

**11:00 AM - Beginner Wall\***  
Gina, The Wall - 75

**11:45 AM - Gentle Yoga**  
Maryann, Elevate Studio

**1:15 PM - Waterworks**  
Sue, Pool

**4:30 PM - Pilates**  
Lisa/Tina, Movement Zone

**4:30 PM - Beginner Wall\***  
Dani, The Wall - 75

**5:30 PM - Abs & Glutes**  
Stephanie G, Studio 1 - 30

**6:00 PM - Power Yoga**  
Julia, Elevate Studio

**6:00 PM - Inter. Yoga Wall\***  
Dani, The Wall - 75

**6:15 PM - Cycle 45\***  
Theresa, Cycle Studio - 45

**6:15 PM - Zumba**  
Stephanie G, Studio 1

**7:15 PM - Cycle 45\***  
Sara, Cycle Studio - 45

## WED

**5:45 AM - Athletic Cond.**  
Brittney, Studio 1 - 45

**7:15 AM - Yoga All Levels**  
Sandra, Elevate Studio

**9:00 AM - Yoga Flow**  
Ishia, Elevate Studio

**9:15 AM - BodyPump**  
Adrienne, Studio 1

**9:15 AM - Barre HIIT**  
Danai, Movement Zone - 45

**9:15 AM - Cycle & Toning\***  
Kim, Cycle Studio - 45

**10:15 AM - Cycle 45\***  
Trish, Cycle Studio - 45

**10:15 AM - Flexibility**  
Ishia, Movement Zone

**10:30 AM - Zumba Gold**  
Stephanie G, Studio 1 - 45

**10:30 AM - Gentle Yoga**  
Maryann, Elevate Studio

**11:45 AM - Restorative Yoga**  
Maryann, Elevate Studio - 75

**1:15 PM - Aqua Zumba**  
Stephanie G, Pool

**2:15 PM - Seniors in Training**  
Gerry, The Wall

**5:00 PM - Pilates Fusion**  
Nancy, Movement Zone

**5:30 PM - Inter. Yoga Wall\***  
Joelle, The Wall - 75

**6:00 PM - Yoga Fund.**  
Lisa, Elevate Studio

**6:15 PM - BodyPump**  
Marianna, Studio 2

**6:15 PM - Zumba**  
Emily M, Studio 1

**7:00 PM - Beginner Wall\***  
Joelle, The Wall - 75

**7:00 PM - H2O Body Blast**  
Theresa, Studio 1

**7:15 PM - Barre Fusion**  
Gillian, Movement Zone

**7:15 PM - Cycle\***  
Donovan, Cycle Studio

**7:15 PM - Align & Flow**  
Saray, Elevate Studio

## THUR

**5:45 AM - Cycle 45\***  
Brittney, Cycle Studio - 45

**5:45 AM - Sculpt**  
Courtney, Studio 1 - 45

**8:45 AM - Energize & Align**  
Dani, Elevate Studio - 75

**9:00 AM - Pilates Challenge**  
Carol, Movement Zone

**9:15 AM - Les Mills Tone**  
Karin, Studio 1

**9:15 AM - Cycle 45**  
Diana, Cycle Studio - 45

**10:15 AM - Exploration Wall\*\***  
Dani, The Wall - 90

**10:15 AM - Sh'Bam**  
Karin, Studio 1 - 45

**10:15 AM - Level 2 Yoga**  
Joelle, Elevate Studio - 75

**10:15 AM - Cycle 45\***  
Pam, Cycle Studio - 45

**10:15 AM - Barre Fusion**  
Danai, Movement Zone

**11:45 AM - Chair Yoga**  
Sandra, Studio 1

**1:15 PM - Waterworks**  
Karen, Pool

**4:30 PM - Wall Chair Yoga\***  
Gina, The Wall

**5:00 PM - Barre**  
Danai, Movement Zone

**5:45 PM - Athletic Cond.**  
Brittney, Studio 1 - 45

**5:45 PM - Stretch & Release\***  
Gina, The Wall - 75

**6:00 PM - Yoga All Levels**  
Barbara, Elevate Studio

**6:15 PM - Cycle 45\***  
Sara, Cycle Studio - 45

**6:45 PM - BodyStep**  
Mary Therese, Pool

**7:15 PM - Cycle 45\***  
Mike, Cycle Studio - 45

**7:15 PM - Level 2 Yoga**  
Karla, Elevate Studio

## FRI

**5:30 AM - Shred & Tone**  
Courtney, Studio 2 - 45

**7:15 AM - Yoga All Levels**  
Sandra, Elevate Studio

**9:00 AM - Beginner Wall\***  
Joelle, The Wall - 75

**9:00 AM - Barre**  
Ishia, Movement Zone

**9:00 AM - Move with Breath**  
Sarah, Elevate Studio

**9:15 AM - Zumba**  
Stephanie G, Studio 1 - 45

**9:15 AM - BodyCombat**  
Adrienne, Studio 2

**9:15 AM - Cycle 45**  
Wendy, Cycle Studio - 45

**9:30 AM - Deep Water**  
Karen, Pool

**10:15 AM - BodyPump**  
Pam, Studio 1

**10:15 AM - Vinyasa Yoga**  
Ishia, Elevate Studio

**10:15 AM - Dare2Dance**  
Steph, Movement Zone - 45

**10:30 AM - Gentle Wall\***  
Joelle, The Wall

**10:30 AM - Cycle Express\***  
Trish, Cycle Studio - 30

**11:45 AM - Gentle Yoga**  
Maryann, Elevate Studio

**1:15 PM - Waterworks**  
Sue, Pool

**2:15 PM - Seniors in Training**  
Gerry, The Wall

**6:00 PM - Yoga All Levels**  
Karla, Elevate Studio

## SAT

**8:00 AM - Cycle 45\***  
Brittney, Cycle Studio - 45

**8:15 AM - BodyStep**  
Sharon, Studio 1

**8:45 AM - Level 2 Yoga**  
Anne, Elevate Studio

**9:00 AM - Barre Fusion**  
Stephanie, Movement Zone

**9:15 AM - BodyPump**  
Marianna, Studio 1

**9:15 AM - Cycle 45\***  
Trish/Diana, Cycle Studio - 45

**10:15 AM - Sh'Bam**  
Karin/Steph G, Studio 1 - 45

**10:15 AM - Barre**  
Danai, Movement Zone

**11:30 AM - Beginner Yoga**  
Lisa, Elevate Studio

## MARCH 2020

### GROUP EXERCISE SCHEDULE

\*Reservation required, registration opens 48 hours before the start time of the class.

\*\*Must receive recommendation from Yoga Wall Instructor prior to signing up.

Classes are 1 hour unless otherwise noted. Class times and instructors subject to change.

Classes in **bold** represent new classes

Group Exercise Director - Liz Heinke  
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Revised 02/26/20

### TEXT ALERTS

Stay notified of any changes by texting 'CLASS' to #313131 or check our Facebook

**ALLSPORT**  
health & fitness

# GROUP EXERCISE CLASS DESCRIPTIONS

## ALL LEVELS

- Athletic Conditioning:** A full body blast of metabolic sets that mix cardio and weights. Train your body to be more functional and efficient.
- Abs & Glutes:** Butt busting and ab sculpting exercises!
- Align & Flow:** A yoga class designed to help you pay attention to alignment and breath as you move through your practice.
- Barre Fusion:** Total body barefoot sculpting class. Come sculpt, lengthen and flow in this low impact fusion class.
- Barre:** A non-impact, total mind body workout that combines light weights, intense lower body and abdominal work.
- BodyPump™:** Barbell workout using light to moderate weights with lots of repetition.
- BodyStep™:** Basic stepping, this full-body cardio workout will really tone your butt and thighs.
- Classical Pilates Mat:** Full-body workout focused on strength, stretching, stability and stamina. Music will not be played.
- Cycle & Toning\*:** A 45-minute cycle interval class that includes weights for muscle toning!
- Cycle Express\*:** 30-minutes of intervals set to great, current music.
- Cycle\*:** Stationary cycling. Great music and an instructor that will motivate you as you spin your wheels!
- Dare2Dance:** Dance and tone with energetic routines coupled with toning exercises to achieve maximal results.
- Deep Water:** Pool exercises done while wearing a flotation device. Includes deep water and toning work.
- Energize & Align:** Deepening your awareness and understanding of proper alignment all while utilizing breath.
- H2O Body Blast:** Boot camp style workout in the pool. It utilizes both the low and deep end.
- Les Mills Tone™:** Features the optimal mix of strength, cardio and core training.
- PILATES FUSION:** This high-energy class focuses on core strength, flexibility, balance and body awareness.
- Pilates:** Designed to improve physical strength, flexibility and posture.
- Restorative Yoga:** 5-6 poses supported by props (child's pose, gentle twists, seated forward folds and gentle back bends).
- Sculpt:** Muscle sculpting and toning exercises. Class is either 30, 45 or 60 minutes long.
- Sh'Bam™:** Fun-loving, insanely addictive dance workout.
- Shred & Tone:** Exercise using small hand and ankle weights along with heart pumping dance style cardio.
- Step:** Full-body cardio workout will really tone your butt and thighs.
- Waterworks:** Aerobics in the pool. Non-swimmers are welcome. Toning exercises included.
- Yoga All Levels:** Great class for someone who is just learning or wanting to perfect what they already know.
- Yoga Flow:** Meditation in motion, designed to build flexibility and strength while linking your movement with your breath.
- Yoga Fundamentals:** Get a basic knowledge of yoga in this 60-minute beginner class.
- Zumba®:** Dance your way to a fitter you using unique Latin moves and rhythms. Modifications given.

## BEGINNER

- Beginner Yoga:** Great for a true beginner or someone who hasn't taken a yoga class in a while.
- Chair Yoga:** Designed for members with limited abilities of holding regular poses, getting down and up off the floor.
- Gentle Yoga:** Slow things down a bit and gradually work your way into postures. Transitions are kept simple.
- Intro to Tai Chi:** An ancient Chinese martial art that increase the body strength, range of motion and overall balance.
- Senior Fitness:** Cardio vascular health, strength, mobility, flexibility, breath-work, and balance. All work is done standing or with the use of the wall. Props include lightweight and resistance bands. Cardio work is done with body weight in circuit form.
- Senior in Training:** Help seniors improve balance, coordination, and build bone density. Includes doing some exercises from a chair and using lightweights to help prevent injury and stop the further development of Osteoporosis.
- Zumba® Gold:** For the active older adult and students just starting their journey to a fit and healthy lifestyle who want to join the party.

## INTERMEDIATE

- Barre HIIT:** Accessing yoga and dance training techniques as well as using weights, straps and blocks we will safely explore ways to increase mobility and improve your range of motion.
- BodyAttack™:** High-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Modifications given.
- BodyCombat™:** High-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to strength.
- Flexibility:** Accessing yoga and dance training techniques as well as using weights, straps and blocks we will safely explore ways to increase mobility and improve your range of motion.
- Intermediate Vinyasa:** Breath synchronized movement and a wide variety of poses, sequences, and challenging progressions.

## ADVANCED

- Advanced Tai Chi:** An ancient Chinese martial art that consists of slow movements that increase the body strength, range of motion and overall balance. Movements are designed to increase the flow of chi, or vital energy.
- Level 2 Yoga:** One must have some yoga experience and be ready to attempt inversions
- Pilates Challenge:** Intensive Pilates choreography that builds from core basics. Knowledge of Pilates required.
- Pilates Core:** Develop core strength using roller, rings and bands. Appropriate for all levels.
- Power Hour:** Take your yoga practice up a notch. With a strong focus on core strength, alignment and stamina, this Vinyasa based class will challenge and change you. Yoga experience is recommended, athletic beginners welcome.
- Power Yoga:** A vigorous style of yoga concentrating on strength and flexibility.
- Vinyasa:** Breath synchronized movement and offers a wide variety of poses, sequences, and challenging progressions.

## YOGA WALL

### GENTLE - FOR THOSE WHO WANT A SOFTER, NURTURING, SLOW-PACED, WELL-SUPPORTED AND RELAXING PRACTICE, NO EXPERIENCE NEEDED

- Gentle\*:** This class moves at a slower pace, giving you time to settle into the postures and pay attention to your breath. The wall straps assist the postures with support and resistance, and help to gently traction the spine.
- Chair Yoga Gentle\*:** This class relieves pressure and allows the muscles to lengthen and release without tension or stress. Great for those with stiff, tight muscles, hips and joints. All ages and levels of practice are welcome and encouraged.

### LEVEL 1 - NO EXPERIENCE NEEDED

- Beginner\*:** Learn to use the Wall straps to create body awareness and postural alignment through support and traction. This is geared toward those who are either new to Yoga, but would also be good for those who would like to slow down and fine-tune alignment.

### LEVEL 2 - MUST HAVE A REGULAR YOGA PRACTICE, SOME YOGA WALL EXPERIENCE AND A GOOD UNDERSTANDING OF ALIGNMENT

- Stretch and Release\*:** Anchor your pose and expand your movement with agility and lightness. Release, renew and enjoy the advantage of using our many props, and extended hold and breath, to rejuvenate the body and soul.
- Intermediate\*:** Use the Yoga Wall to help support and enhance your established Yoga practice. The straps will help you hold postures longer, release tension, improve strength and flexibility, and connect more fully to your breath.

### LEVEL 3 - MUST BE RECOMMENDED BY INSTRUCTOR

- Exploration\*\*:** Find an inner place of awareness as you move your body and breath and settle the mind using more advanced postures.

\*Reservation required, registration opens 48 hours before the start time of the class.

\*\*Must receive recommendation from Yoga Wall Instructor prior to signing up.