


## MON

**9:00 AM - Flexibility**  
Ishia, Movement Zone - 60

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

**10:15 AM - Yoga Flow**   
Ishia, Studio 1 - 60  
\*Mat/strap needed

**10:15 AM - Barre Sculpt**  
Stine, Movement Zone - 60

**10:15 AM - Cycle**  
Kim, Cycle Studio - 45

**11:30 AM - Chair Yoga**   
Sandra, Studio 1 - 60  
\*Mat/strap needed

**12:45 PM - Active Aging:**  
**Power Hour** Danai, Studio 1-45

**1:15 PM - Waterworks**  
Karen, Indoor Pool - 60

**5:30 PM - All Levels Yoga**  
Karla, Elevate - 60  
\*Mat/strap needed

**5:30 PM - Body Pump**  
Marianna, Studio 1 - 45

**6:00 PM - Cycle Power**  
Lori, Cycle Studio - 45

**6:30 PM - Urban Dance Fit**   
Steph, Studio 1 - 60

**7:00 PM - H2O Body Blast**  
Fi, Indoor Pool - 45

## TUES

**8:15 AM - Creative Core**  
Carol, Movement Zone - 60  
\*Yoga mat needed

**9:30 AM - All Levels Yoga**  
Jenn, Elevate - 75  
\*Yoga mat needed

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

**9:30 AM - Athletic Cond.**  
Britt, Studio 1 - 45

**10:30 AM - Sh'Bam**  
Steph, Studio 1 - 45

**11:45 AM - Gentle Yoga**  
Maryann, Elevate - 60  
\*Mat/strap/block needed

**12:00 PM - HIIT the Deep**  
Britt, Indoor Pool - 60

**5:30 PM - JUMP Shred**   
Danai, Studio 1 - 40

**5:30 PM - Barre**  
Steph, Movement Zone - 45  
\*Light weights/band/pillow


**6:30 PM - Zumba®**  
Steph, Studio 1 - 60

**6:30 PM - Cycle**  
Britt, Cycle Studio - 45

**7:00 PM - Yin Yang Yoga**  
Heather, Elevate - 75  
\*Mat/strap needed

## WEDS

**6:00 AM - Cycle**  
Taylor, Cycle Studio - 45

**9:00 AM - All Levels Yoga**  
Ishia, Studio 1 - 75   
\*Yoga mat needed

**9:30 AM - Cycle**  
Marissa, Cycle Studio - 45

**10:15 AM - Flexibility**  
Ishia, Movement Zone - 60

**10:30 AM - Active Aging:**  
**Cardio Kickboxing**  
Danai, Studio 1 - 45

**11:30 AM - Yoga:**  
**Space & Stability**  
Sandra, Studio 1 - 60  
\*Mat/strap/block needed

**1:15 PM - Waterworks**  
Fi, Indoor Pool - 60

**5:30 PM - BodyPump**  
Marissa, Studio 1 - 45

**6:15 PM - Cycle**  
Danai, Cycle Studio - 45

**6:00 PM - All Levels Yoga**  
Karla, Elevate - 60  
\*Yoga mat needed

**6:30 PM - Extreme HIIT Chaos**  
Lori, Studio 1 - 60

**6:30 PM - Waterworks**  
Mary Therese, Indoor Pool - 60

## THUR

**5:30 AM - Athletic Cond.**  
Britt, Studio 1 - 60 **\*NEW CLASS**

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

**9:15 AM - JUMP Shred**  
Danai, Studio 1 - 40

**10:15 AM - Barre**  
Stine, Movement Zone - 60  
\*Yoga mat needed

**11:45 AM - Restorative Yoga**  
Maryann, Elevate - 60  
\*Yoga mat & bolster needed

**12:00 PM - Aqua Zumba**  
Steph, Indoor Pool - 60

**5:15 PM - Barre Fusion**  
Danai, Movement Zone - 60

**6:30 PM - Athletic Cond.**  
Britt, Studio 1 - 45

**6:30 PM - Energy Flow**  
Barbara, Elevate - 60  
\*Yoga mat needed

**6:30 PM - Cycle**  
Mike, Cycle Studio - 60

## FRI

**9:00 AM - Pilates Fusion**  
Danai, Movement Zone - 60

**9:15 AM - Zumba Gold®**   
Demetra, Studio 1 - 45

**10:15 AM - Active Aging:**  
**Strength and Stability**  
Demetra, Studio 1 - 45

**10:15 AM - Cycle**  
Sara, Cycle Studio - 45

**11:15 AM - BodyPump**  
Pam, Studio 1 - 45

**11:45 AM - Gentle Yoga**  
Maryann, Elevate - 60  
\*Mat/strap/block needed

**1:15 PM - Waterworks**  
Fi, Indoor Pool - 60

**5:30 PM - Waterworks**  
Britt, Indoor Pool - 45

**6:00 PM - Align & Flow Yoga**  
Jenn/Sam, Elevate - 60


## SAT

**8:30 AM - Cycle**  
Mike/Lori, Cycle Studio - 45

**8:30 AM - Mixed Levels Yoga**  
Anne, Elevate - 75  
\*Yoga mat/strap needed

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

**9:30 AM - Cycle**  
Diana/Trish, Cycle Studio - 45

**10:15 AM - Barre Fusion**  
Danai, Studio 1 - 60   
\*Yoga mat needed

**11:00 AM - Alignment**  
**Fundamentals Yoga**  
Sam, Elevate - 60  
\*Yoga mat/strap needed

## SUN

**8:30 AM - Cycle Express**  
TBA, Cycle Studio - 30

**9:00 AM - Barre**  
Lori, Movement Zone - 60  
\*Yoga mat needed

**9:15 AM - JUMP Shred**  
Danai, Studio 1 - 40 **\*NEW CLASS**

**9:15 AM - Rise and Shine Yoga**  
Sandra, Elevate - 60  
\*Yoga mat needed

**10:00 AM - Cycle**  
Mike, Cycle Studio - 60

**10:00 AM - Waterworks**  
Mary Therese, Indoor Pool - 60

**10:15 AM - Zumba®**   
Steph, Studio 1 - 60

**11:00 AM - Yoga Strong Flow**  
Heather, Elevate - 60  
\*Yoga mat needed

# Class Schedule

## November 2021

### Group Exercise Classes:

- Reservation required for all Group Exercise classes
- Registration begins 48 hours before start of class
- Class times and instructors subject to change
- Must have All Sport MyiClub account to register

### Live Stream Classes:

- Download the All Sport Health and Fitness app to login and get started
- Virtual/Live classes are included in your membership



Live Stream Classes

**ALL SPORT**  
health & fitness

## STUDIO

### ATHLETIC CONDITIONING

A metabolic fire starter! A weights and conditioning class that consists of 1-minute rounds with 15 seconds rest.

### EXTREME HIIT CHAOS

Easy to follow, muscle-challenging, controlled chaos. High intensity followed by periods of rest.

### CARDIO KICKBOXING

Inspired by martial arts, supported by driving music and powerful instructors, strike, punch, kick, and kata your way through calories to superior fitness.

### BODYPUMP™

Barbell weight class that builds strength and pushes you to the limit every time using the best weight room exercises.

### JUMP SHRED

The one-stop shop for hitting your cardio and strength targets for the day. Using a jump rope as our primary source of cardio, we combine strength exercise using medicine balls, dumbbells, and sand bells to shred your muscles. Can be made low or high impact. Modifiable for most fitness levels.

## CYCLE

### CYCLE

Stationary cycling to great music and an instructor who will motivate you as you spin!

### CYCLE EXPRESS

30 minutes of stationary cycling.

### CYCLE HIIT

Take cardio to the next level: Short bursts of intense exercise with short periods of recovery.

### CYCLE POWER

The direct result of force and cadence with emphasis on strength, speed, and stamina.

## BARRE & PILATES

### BARRE FLOW

A total mind-body workout that combines light weights, intense lower body work at the barre and an abdominal sequence.

### BARRE FUSION

A total body low-impact sculpting class. Utilize props such as bands, weights, magic circle and more set to an upbeat playlist.

### BARRE HIIT

An upbeat fusion class incorporating cardio bursts into the traditional low-impact barre exercises.

### BARRE SCULPT

A low-impact, yet intense full-body workout that blends dance, Pilates, and functional strength. The class uses a wall-mounted barre, resistance bands, weights and other props.

### CREATIVE CORE FOAM ROLLER

Discover new connections and core strength in this Pilates based roller class. Learn movements that connect you to center and challenge your stability, mobility, and strength.

### PILATES FUSION

A mat based Pilates workout focusing on core strength, flexibility, balance and overall body awareness.

### FLEXIBILITY

Improve your range of motion! Accessing yoga and dance training techniques as well as using weights, straps and blocks we will safely explore ways to increase mobility.

## YOGA

### YOGA FLOW

Flow from one posture to the next. A meditation in motion, these classes are designed to build flexibility and strength while linking your movement with your breath. Yoga experience recommended.

### ENERGY FLOW

Create fluid movement with concentration on energy flow coordinated with the breath. All classes end with a guided meditation.

### GENTLE

Slow things down a bit and gradually work your way into the postures. Transitions are kept simple and modifications are given to help you adapt the practice to your unique body. Suitable for all levels.

### CHAIR

Yoga designed for those with limited abilities and/or mobility.

### POWER

A vigorous and flowing style of yoga in which the breath is used to move from one pose to another, concentrating on strength and flexibility.

### RISE AND SHINE

Start your day with a burst of energy and joy in this class designed for all levels of yoga practitioners. Includes breath work, deep stretching and traditional yoga poses.

### SPACE AND STABILITY

A mat or chair practice. Focus is on awareness and alignment, to improve balance and stability, and on opening spaces which feel tight due to emotional and/or physical factors.

### STRONG FLOW

Integrate strength, flexibility and concentration through a series of postures linked through breath and movement.

## YOGA

### ALL LEVELS

A gentle form of exercise that seeks to unite mind, body and spirit. The focus is on long stretches in various yoga postures, combined with deep breathing.

### RESTORATIVE

A sequence of only 5 or 6 poses supported by props, held for 5-10 minutes each. These poses allow the person to fully relax and restore.

### YIN YANG

Yin Yang Yoga blends two styles of yoga into one practice—beginning with more dynamic sequences (Yang) and standing postures, then transitioning to static postures held for longer to work on the deep, dense (Yin) connective tissues and joints.

### ALIGNMENT FUNDAMENTALS

Learning and building upon foundational asana, we will use a breath-centered approach to find the ideal physical and energetic alignment for your body. Using a standing flow with a pivotal "peak" pose, deepen your practice through body awareness, varying alignment cues, and props. All levels welcome.

### ALIGN AND FLOW

Align your body and your mind. A slower paced flow focusing on alignment. Poses will be held for multiple rounds of breath. Build strength and flexibility, improve range of motion, and relieve tension.

## DANCE

### LES MILLS™ SH'BAM

Simple but seriously hot dance moves. Let your inner star shine set to a soundtrack of chart-topping hits.

### URBAN DANCE FITNESS

Dance your heart out to the best Hip- Hop, Reggaeton, Dancehall, and EDM tracks.

### ZUMBA®

Dance your way to a fitter you set to Latin moves and music. All levels.

### ZUMBA GOLD®

For the active older adults & new students who want to join the party.

## AQUA

### AQUA ZUMBA

Just add water and shake. Splash your way into shape with the invigorating low-impact pool party. Get wet, get down and get fit.

### H2O BODY BLAST

A high intensity water fitness class: provides the benefits of a pool, with little to no impact on joints, expands lung capacity, as well as benefits of weight and resistance training of a traditional gym!

### HIIT THE DEEP

Work out in the deep end! Intervals of high intensity work and less intense rest periods are used. Non-swimmers are welcome as aqua belts are provided to keep you afloat.

### WATERWORKS

Aerobics in the pool. Non-swimmers welcome.

## ACTIVE AGING

### STRENGTH & STABILITY

Standing balance work works out not only your body but your brain with coordination drills. Strengthen your inner core, lower body, and improve posture.

### CARDIO KICKBOXING

A low impact, standing only kickboxing inspired class, designed to challenge your endurance, balance and cardio endurance.

### POWER HOUR

Focus on functional fitness: cardio, strength, mobility, flexibility, breath, and balance. Chairs will be available, and options for all ages and fitness levels.