

## MON

**8:30AM - Cycle Express**  
Diana, Cycle Studio - 30  
**\*LIMITED SERIES\***

**9:00AM - Flexibility\***  
Ishia, Elevate - 60

**9:15AM - BodyPump™**  
Pam, Studio 1 - 50

**10:15AM - Yoga Flow\***  
Ishia, Elevate - 60

**10:15AM - Abs & Glutes**  
Danai, Studio 1 - 30

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

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

**10:30AM - Mommy & Me  
Yoga for Pre-Crawlers\***  
Tessa, Yoga Wall - 45

**11:30AM - Chair Yoga\***  
Sandra, Studio 1 - 60

**1:15PM - Aqua Zumba**  
Steph, Indoor Pool - 60

**4:30PM - Pilates Sculpt\***  
Stine, Movement Zone - 60

**5:30PM - All Levels Yoga\***  
Karla, Elevate - 60

**5:30PM - BodyPump™**  
Marianna, Studio 1 - 50

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

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

**7:00PM - H2O Body Blast**  
Fi, Indoor Pool - 60

## TUES

**8:30AM - Foam Roller Pilates\***  
Carol, Movement Zone - 60

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

**9:15AM - Strength Condition**  
Jen, Studio 1 - 45

**10:15AM - BodyCombat™**  
Jen, Studio 1 - 45

**10:15AM - Advanced Pilates\***  
Tina, Movement Zone - 60

**10:30AM Yoga Wall Playground\***  
Karla, Yoga Wall - 60

**11:45AM - Gentle Yoga\***  
Maryann, Elevate - 60

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

**1:00PM - Active Aging  
Strength & Stability**  
Steph, Studio 1 - 45

**5:30PM - Jump Shred**  
Danai, Studio 1 - 45

**5:30PM - Barre Fusion\***  
Steph, Movement Zone - 45

**6:00PM - Yoga & Meditation\***  
Julian, Elevate - 75

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

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

## WEDS

**6:30AM - Pilates Sculpt\***  
Danai, Movement Zone - 45

**9:00AM - All Levels Yoga\***  
Ishia, Elevate - 60

**9:15AM - BodyPump™**  
Jen, Studio 1 - 50

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

**10:15AM - Abs & Glutes**  
Jen, Studio 1 - 30

**10:15AM - Flexibility\***  
Ishia, Elevate - 60

**10:30AM - Core & Restore  
Beginner Pilates\***  
Tessa, Movement Zone - 60

**11:30AM - Space & Stability  
Yoga\*** Karla, Studio 1 - 60

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

**4:45PM - Cycle Express**  
Danai, Cycle Studio - 30

**5:30PM - BodyPump™**  
Marissa, Studio 1 - 50

**6:00PM - Yoga Flow\***  
Karla, Elevate - 60

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

**6:30PM - HIIT Sculpt**  
Lori, Studio 1 - 45

**7:00PM - Lengthen &  
Strengthen Pilates\***  
Carol, Yoga Wall - 60

## THUR

**9:15AM - Jump Shred**  
Danai, Studio 1 - 45

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

**9:30AM - Hatha Yoga for  
Beginners\*** Tessa, Elevate - 60

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

**11:30AM - Dance Cardio**  
Stine, Studio 1 - 45  
**\*NEW CLASS**

**11:45AM - Restorative Yoga\***  
Maryann, Elevate - 60

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

**4:30PM - BodyPump™**  
Jen, Studio 1 - 50

**5:30PM Yoga Wall Playground\***  
Karla, Yoga Wall - 60

**5:30PM - BodyCombat™**  
Jen, Studio 1 - 45

**6:15PM - Pilates Fusion\***  
Stine, Movement Zone - 60

**6:30PM - Strength Condition**  
Danai, Studio 1 - 40

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

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

**7:15PM - Zumba®**  
Andressa, Studio 1 - 50

## FRI

**5:30AM - Cycle**  
Danai, Cycle Studio - 45

**8:30AM - Cycle Express**  
Diana, Cycle Studio - 30  
**\*LIMITED SERIES\***

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

**9:15AM - BodyPump™**  
Pam, Studio 1 - 50

**9:15AM - Zumba Gold®**  
Demetra, Studio 2 - 45

**10:15AM - Yoga &  
Meditation Basics**  
Julian, Elevate - 60  
**\*NEW CLASS**

**10:15AM - Lengthen &  
Strengthen Pilates\***  
Carol, Yoga Wall - 60

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

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

**11:45AM - Gentle Yoga\***  
Maryann, Elevate - 60

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

## SAT

**8:15AM - Cycle**  
Mike/Lori, Cycle Studio - 45  
**\*NEW TIME**

**8:30AM - Mixed Levels Yoga\***  
Anne, Elevate - 75

**9:00AM - Barre\***  
Raisa, Movement Zone - 45  
**\*NEW CLASS**

**9:15AM - BodyPump™**  
Danai, Cycle Studio - 50

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

**10:00AM - Soulful Flow Yoga\***  
Raisa, Elevate - 60

**10:15AM - Barre Fusion\***  
Danai, Movement Zone - 60

**11:00AM - Brazilian Funk**  
Andressa, Studio 1 - 60

## SUN

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

**9:15AM - Strength Condition**  
Danai, Studio 1 - 45

**9:15AM - Rise & Shine Yoga\***  
Sandra, Elevate - 60

**9:15AM - Cycle**  
Mike, Cycle Studio - 60

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

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

**11:00AM - Yoga for Strength  
& Flexibility\***  
Heather, Elevate - 60  
**\*NEW CLASS**

## Class Schedule

### JANUARY 2023

#### Group Exercise Classes

- **REGISTRATION REQUIRED** for all classes
- Call 845.896.5678, use the app, or visit to register
- Registration begins 49 hours before start of class
- Class times and instructors are subject to change
- Must have All Sport MyiClub account to register
- Must arrive on time to participate in class
- Classes with 0 enrollment will be cancelled

\* Indicates Yoga Mat Required

Can't make it to the club? Check out  
our On-Demand Class Library!



**ALLSPORT**  
health & fitness

Updated 12/28

## AQUA

### ● AQUA ZUMBA

Splash your way into shape in an invigorating, low-impact pool workout.

### ● H2O BODY BLAST

High-intensity water fitness. Cross training of HIIT, swim, aerobics, plyometrics, strength & cardio.

### ● HIIT THE DEEP

Work out in the deep end! Non-swimmers welcome-aqua belts are provided to keep you afloat.

### ● WATERWORKS

Classic water aerobics. Non-swimmers welcome.

## DANCE

### ● BRAZILIAN FUNK

Fast paced hip-hop style dance class. Fit fun!

### ● DANCE CARDIO

A low-impact cardio dance class using a variety of dance styles.

### ● LES MILLS SH'BAM™

Cut loose during the hottest new workout of fun dance moves set to chart topping hits and Latin beats!

### ● URBAN DANCE FITNESS

Dance your heart out! Easy to learn choreography set to the best Hip Hop, Reggae, Dancehall, and EDM.

### ● ZUMBA® & ZUMBA GOLD®

Dance your way to fitness using Latin moves and rhythms. Gold - for new and active older students.

## BARRE & PILATES

### ● ADVANCED PILATES

Emphasis on core, flexibility, and balance. Previous experience recommended.

### ● BARRE FUSION

Non-impact light body-work at the barre, abdominal sequence, and deep stretching.

### ● CORE & RESTORE PILATES

Therapeutic Pilates: build joint strength, improving flexibility, and muscle resilience.

### ● FOAM ROLLER PILATES

Discover new connections and core strength focused on stability, mobility, and strength using props.

### ● PILATES FUSION

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

### ● PILATES SCULPT

Pilates with dumbbells, ankle weights, and intervals to amp up your workout!

## CYCLE

### ● CYCLE

Cycling set to great music with a motivating instructor!

### ● CYCLE POWER

Cycle with force and resistance. Build strength, speed, and stamina.

## STUDIO

### ● ABS & GLUTES

30 minutes of butt-busting and ab-sculpting exercises!

### ● LES MILLS BODYCOMBAT™

A high-energy martial arts inspired class, 100% non-contact. No experience needed.

### ● LES MILLS BODYPUMP™

A barbell weight class that builds strength & pushes you to the limit!

### ● HIIT SCULPT

A fun-filled, functionally efficient workout with bursts of high-intensity cardio and strength exercises.

### ● JUMP SHRED

Your one-stop-workout-shop! Combine jump rope with strength. Low or high impact.

### ● STRENGTH CONDITIONING

Circuits of strength exercises mixed with bouts of cardio and core work.

### ● STRENGTH & STABILITY (AA)

Coordination drills to work not only your body but your brain. Strengthen your core, lower body, & improve posture.

## YOGA WALL

### ● LENGTHEN & STRENGTHEN PILATES WALL

Find space and lengthen through movement. Using the wall and props, balance the pelvis and strengthen core connections.

### ● YOGA WALL PLAYGROUND

Cultivate alignment, build strength, flexibility and a sense of playfulness through a creative practice at the yoga wall.

## YOGA

### ● ALL LEVELS YOGA

A gentle form of exercise that seeks to unify mind, body & spirit. The focus is on long stretches in various poses combined with deep breathing.

### ● BEGINNER HATHA YOGA

Learn the basic yoga positions while building strength and flexibility. Includes gentle stretching, breathwork, and ends with a restorative meditation.

### ● CHAIR YOGA

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

### ● ENERGY FLOW

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

### ● FLEXIBILITY

Accessing yoga and dance techniques, as well as weights and props, explore ways to increase mobility. All levels.

### ● SOULFUL FLOW YOGA

A creative space to explore different disciplines, geared for all levels.

### ● GENTLE YOGA

Slow things down and gradually work into postures. Transitions are simple and modifications are given to adapt the practice to your unique body. All levels.

## YOGA

### ● MOMMY & ME YOGA FOR PRE-CRAWLERS

Enjoy gentle stretching and strengthening, while playing with your baby and bonding with other mothers. Learn games that help develop motor skills. Bring a yoga mat and wide baby blanket.

### ● RISE & SHINE YOGA

Start your day with a burst of energy and joy. Includes breath work, deep stretching, and traditional poses. All levels

### ● RESTORATIVE YOGA

A sequence of 5-6 poses supported by props held for 5-10 mins each, allowing for complete relaxation.

### ● SPACE & STABILITY YOGA

A mat or chair practice with focus on alignment and awareness to improve balance, stability, and create space in places of tension.

### ● YOGA FOR STRENGTH AND FLEXIBILITY

Connect your body, mind and breath with a mix of poses to stretch and strengthen. Expect a choreographed flow that helps you connect with the present, release tension, and condition your muscles. All levels.

### ● YOGA FLOW

An all levels vinyasa flow class designed to be challenging, moderately paced and offers various options to suit multiple levels.

### ● YOGA & MEDITATION

Connect the mind, body, and breath. Meditation is used to quiet the mind and bring the attention to the present moment. All levels.