

## MON

- 5:30AM - Cycle**  
Seth, Cycle Studio - 45  
**\*NEW CLASS/INSTRUCTOR**
- 6:30AM - Strength HIIT**  
Seth, Studio 1 - 45  
**\*NEW CLASS/INSTRUCTOR**
- 8:45AM - Bounce Basic**  
Danai, Movement Zone - 30
- 9:00AM - Flexibility\***  
Ishia, Elevate - 60
- 9:15AM - BodyPump™**  
Pam, Studio 1-50
- 10:15AM - Yoga Flow\***  
Ishia, Elevate - 60
- 10:15AM - Barre Sculpt\***  
Stine, Movement Zone - 60
- 10:15AM - Cycle**  
Kim, Cycle Studio - 45
- 11:00AM - Chair Yoga\***  
Christina, Studio 1 - 60  
**\*NEW TIME/INSTRUCTOR**
- 1:15PM - AQUA Movement and Mobility**  
Britt, Indoor Pool - 45

- 4:30PM - Pilates Sculpt\***  
Stine, Movement Zone - 60
- 5:00PM - All Levels Yoga\***  
Anne, Elevate - 60
- 5:30PM - BodyPump**  
Danai, Studio 1-50  
**\*NEW INSTRUCTOR**
- 5:45PM - Bounce Basic**  
Stine, Movement Zone - 30
- 6:00PM - Cycle**  
Lori, Cycle Studio - 45
- 6:15PM - Yoga & Meditation Basics\***  
Julian, Elevate - 60
- 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**  
Danai, Studio 1 - 45
- 9:30AM - All Levels Yoga Wall\***  
Heather, Yoga Wall - 60
- 9:30AM - Yoga Flow\***  
Christina, Elevate - 60  
**\*NEW CLASS/INSTRUCTOR Starting 5/7**
- 10:15AM - BodyCombat™**  
Danai, Studio 1 - 45
- 10:15AM - Cycle-Beginner**  
Pam, Cycle Studio - 30
- 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 - Strength HIIT**  
Danai, Studio 1 - 45
- 5:30PM - Barre Fusion\***  
Steph, Movement Zone - 45
- 6:00PM - Yoga Wall: Rest and Release\***  
Heather, Yoga Wall - 60  
**\*NEW CLASS**
- 6:15PM - Beats Ride**  
Britt, Cycle Studio - 45
- 6:30PM - Zumba®**  
Andressa, Studio 1 - 60
- 6:30PM - Vigorous Vinyasa Yoga\***  
Eli, Elevate - 60
- 7:45PM - Wind Down Yoga Flow**  
Eli, Elevate - 45

## WEDS

- 6:00AM - Cycle**  
Marissa, Cycle Studio - 45
- 8:30AM - Bounce Sculpt**  
Stine, Movement Zone - 30
- 9:00AM - All Levels Yoga\***  
Ishia, Elevate - 60
- 9:15AM - BodyPump™**  
Dawn, Studio 1 - 50
- 9:15AM - Cycle**  
Danai/Diana, Cycle Studio - 45
- 10:15AM - Abs & Glutes**  
Danai, Studio 1 - 30
- 10:15AM - Flexibility\***  
Ishia, Elevate - 60
- 10:30AM - Core & Restore Beginner Pilates\***  
Tessa, Movement Zone - 60
- 11:00AM - Active Aging Strength & Stability**  
Dawn, Studio 1 - 45
- 1:15PM - Waterworks**  
Fi, Indoor Pool - 60

- 4:45PM - Cycle Express**  
Danai, Cycle Studio - 30
- 5:00PM - Mobility Yoga\***  
Petra, Elevate - 60  
**\*NEW CLASS/INSTRUCTOR**
- 5:30PM - BodyPump™**  
Marissa, Studio 1 - 50
- 5:45PM - Bounce Intervals**  
Lori, Movement Zone - 45
- 6:15PM - Yoga Flow\***  
Heather, Elevate - 60  
**\*NEW TIME**
- 6:30PM - Waterworks**  
Mary Therese, Indoor Pool - 60
- 6:45PM - HIIT Sculpt**  
Lori, Studio 1 - 30

## THUR

- 8:30 AM - Abs and Glutes**  
Diana, Studio 1 - 30
- 9:15AM - Strength HIIT**  
Danai, Studio 1 - 45
- 9:15AM - Cycle**  
Diana, Cycle Studio - 45
- 9:30AM - All Levels Yoga Wall\***  
Heather, Yoga Wall - 60
- 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
- 11:45AM - Restorative Yoga\***  
Maryann, Elevate - 60
- 12:00PM - Aqua Zumba**  
Steph, Indoor Pool - 60

- 4:30PM - Barre Fusion**  
Kelly, Movement Zone - 45  
**\*NEW CLASS/INSTRUCTOR**
- 5:15PM - Abs and Glutes**  
Britt, Studio 1 - 30
- 6:00PM - Strength Condition**  
Britt, Studio One - 45
- 6:00PM - All Levels Yoga**  
Barbara, Elevate - 60
- 6:00PM - Yoga Wall: Rest and Release\***  
Heather, Yoga Wall - 60  
**\*NEW CLASS**
- 6:15PM - Pilates**  
Stine, Movement Zone - 60
- 6:30PM - Cycle**  
Mike/Danai, Cycle Studio - 45
- 7:00PM - Zumba®**  
Andressa, Studio 1 - 60

## FRI

- 8:30AM - Cycle Express**  
Diana, Cycle Studio - 30
- 8:30AM - Bounce and Box**  
Danai, Movement Zone - 30
- 9:15AM - Pilates Fusion\***  
Danai, Movement Zone - 60
- 9:15AM - BodyPump™**  
Pam, Studio 1 - 50
- 9:15AM - Zumba Gold®**  
Demetra, Studio 2 - 45
- 9:30AM - Aqua Sculpt**  
Britt, Indoor Pool - 45
- 10:15AM - Yoga & Meditation Basics\***  
Julian, Elevate - 60
- 10:15AM - Pilates Wall: Lengthen & Strengthen**  
Carol, Yoga Wall - 60
- 10:15AM - Active Aging Strength & Stability**  
Demetra, Studio 1 - 45
- 10:15AM - Cycle**  
Kim, Cycle Studio - 45
- 11:45AM - Gentle Yoga\***  
Maryann, Elevate - 60
- 1:15PM - Waterworks**  
Fi, Indoor Pool - 60

- 5:30PM - Core and Restore Express**  
Tessa, Movement Zone - 45
- 6:30PM - Hatha Yoga**  
Tessa, Elevate - 60

## SAT

- 8:15AM - Cycle**  
Mike/Lori, Cycle Studio - 45
- 8:30AM - Mixed Levels Yoga\***  
Anne, Elevate - 60
- 9:00AM - Barre Flow\***  
Raisa, Movement Zone - 45
- 9:15AM - BodyPump™**  
Dawn, Studio 1 - 50
- 9:15AM - Cycle**  
Diana/Trish, Cycle Studio - 45
- 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

- 8:30AM - Bounce Basic**  
Lori, Movement Zone - 30
- 8:30AM - Beats Ride**  
Danai, Cycle Studio - 40
- 9:15AM - Barre\***  
Lori, Movement Zone - 60
- 9:15AM - Strength Condition**  
Danai, Studio 1 - 45
- 9:15AM - Rise & Shine Yoga**  
Sandra, Elevate - 60
- 9:30AM - 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

## Class Schedule

APRIL 2024

### 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 canceled
  - Class spots open to Waitlist 5-minutes prior to class
- \* Indicates Yoga Mat Required**
- Can't make it to the club? Check out our On-Demand Class Library!



**ALLSPORT**  
health & fitness

Updated 3/27/24

## AQUA

### ● AQUA MOVEMENT & MOBILITY

Yoga and Barre influenced movements performed in the water to help improve joint mobility, increase range of motion, and create more awareness with your body and mind.

### ● AQUA SCULPT

This intense class is designed to increase cardio endurance, increase flexibility, and decrease body fat to get you on your way to achieving the ultimate swimmers' body.

### ● 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!

### ● 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 & BOUNCE

### ● BARRE FUSION

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

### ● BOUNCE BASIC

Rebounding on a mini trampoline, set to fun music and stimulating choreography. It works every single muscle in your body, down to the cellular level.

### ● BOUNCE AND BOX

Kickboxing inspired workouts while rebounding on the trampoline.

### ● BOUNCE INTERMEDIATE

A step up from your Basic Bounce class with a quicker BPM, longer combinations and challenging balance sequences.

### ● BOUNCE INTERVALS

Not coordinated? This is the class for you. Work in intervals instead of choreographed BPM's, hiit circuits, and work on and off the trampoline using bands, dumbbells and gliders.

### ● 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!

## 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/HIIT

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.

## CYCLE

### ● CYCLE

Cycling set to great music with a motivating instructor!

### ● BEATS RIDE

This is a non-traditional rhythm based ride focusing less on intensity, and more on the vibe, rhythm, and music. Using the beat of the music, experiment with unique types of choreography in and out of the saddle.

## 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.

### ● 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 & MEDITATION

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

### ● MOBILITY YOGA

Geared towards leg and core strength, better posture, releasing tension, and creative ways of becoming and staying mobile in the joints. Wrist and shoulder friendly. All levels.

## YOGA

### ● 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.

### ● 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 WALL

### ● LENGTHEN & STRENGTHEN PILATES WALL

Using the wall and props to balance the pelvis and strengthen core connections.

### ● YOGA WALL ALL LEVELS

Based on the principles of alignment, 'the wall' is used to deepen yoga postures by opening and creating space in the body using therapeutic techniques.

### ● YOGA WALL REST AND RELEASE

Yoga on the Wall with straps and props to unbind tension and deeply relax. All Levels. .