

MON

6:00AM - Cycle
Martin, Cycle Studio - 30

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

9:00AM - Cycle
Seth, Cycle Studio - 45

9:00AM - BodyPump™
Pam, Studio 1- 50

10:00AM - Zumba Gold®
Jennifer, Studio 1 - 45

10:00AM - Cycle
Kim, Cycle Studio - 45

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

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

11:00AM - Chair Yoga
Christina, Studio 1 - 60

12:15PM - Aqua Movement and Mobility
Britt, Indoor Pool - 45

4:30PM - Sculpt Fusion
Stine, Movement Zone - 60

5:00PM - All Levels Yoga*
Anne, Elevate - 60

5:30PM - BodyPump
Danai, Studio 1- 50

5:45PM - Bounce Basic
Stine, Movement Zone - 30

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

6:15PM - Yoga & Meditation Basics*
Julian, Elevate - 75

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

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

TUES

6:00AM - Strength HIIT
Sydney, Studio 1 - 45

8:30AM - Bounce Pilates Core
Danai, Movement Zone - 30
***NEW CLASS**

9:00AM - Yoga Wall with Props
Heather, Yoga Wall Room - 60

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

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

9:15AM - Yoga Flow*
Christina, Elevate - 60

10:15AM - BodyCombat
Danai, Studio 1 - 45

10:15AM - Cycle-Beginner
Pam, Cycle Studio - 30

10:30AM - Sculpt Fusion
Christina, Movement Zone - 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

5:15PM - Flexibility
Heather, Elevate - 60
***NEW CLASS**

5:30PM - Strength HIIT
Sydney, Studio 1 - 45

5:30PM - Barre Strength
Dominique, Movement Zone - 45
***NEW CLASS**

6:15PM - Beats Ride
Britt, Cycle Studio - 45

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

6:30PM - Power Flow Yoga
Stacey, Elevate - 60
***NEW CLASS**

WEDS

7:00AM - Mat Pilates
Ishia, Movement Zone - 45
***NEW CLASS**

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
Jennifer, Cycle Studio - 45

10:15AM - Abs & Glutes
Dawn, 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 - 60

12:00PM - Intentional Flow*
Jody, Elevate - 60
***NEW CLASS**

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

5:00PM - Dance Fusion
Dena, Movement Zone - 45

5:00PM - Mobility Yoga*
Petra, Elevate - 60

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

6:15PM - Yoga Flow*
Heather, Elevate - 60

6:30PM - Cycle
Martin, Cycle Studio - 45

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

6:30PM - Step Remix
Steph, Studio One - 45

THUR

6:00AM - Cycle
Marissa, Cycle Studio - 45

9:00AM - Yoga Wall: Rest & Release*
Heather, Yoga Wall Room - 60

9:15AM - Strength HIIT
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

10:15AM - Steady Strides
Danai, Studio 1 - 45
***NEW CLASS**

11:30AM - Dance Cardio
Stine, Studio 1 - 45

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

12:00PM - Aqua Zumba
Jennifer, Indoor Pool - 60

5:00PM - Barre Fusion*
Sydney, Movement Zone - 45

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

6:15PM - Sculpt Fusion
Stine, Movement Zone - 60

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

7:00PM - Zumba®
Andressa, Studio 1 - 60

FRI

7:00AM - Barre Boot Camp
Ishia, Movement Zone - 45

8:30AM - Cycle Express
Britt, Cycle Studio - 30

8:30AM - Barbell Blast
Danai, Studio One - 30
***NEW CLASS**

9:15AM - Hot Sculpt
Danai, Elevate - 45

9:15AM - BodyPump™
Pam, Studio 1 - 50

9:30AM - Aqua Sculpt
Britt, Indoor Pool - 45

10:15AM - Zumba Gold®
Jennifer, Studio 1 - 45

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

10:15AM - Mat Pilates
Tessa, Movement Zone - 45

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

11:15AM - Active Aging
Dawn, Studio 1 - 45

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

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

5:00PM - Happy Hour Cycle
Lauren, Cycle Studio - 45
***NEW CLASS**

5:30PM - Core and Restore Express
Tessa, Movement Zone - 45

6:00PM - Strength Condition
Martin, Studio One - 45
***NEW CLASS**

6:30PM - Hatha Yoga
Tessa, Elevate - 60

SAT

8:15AM - Cycle
Mike/Lori, Cycle Studio - 45

8:30AM - Mixed Levels Yoga*
Anne, Elevate - 60

9:15AM - Mat Pilates
Christina, Movement Zone - 45
***NEW CLASS**
9:15AM - BodyPump™
Dawn, Studio 1 - 50

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

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

10:15AM - Barre Fusion*
Christina, Movement Zone - 60
***NEW INSTRUCTOR**

11:15AM - Brazilian Funk
Andressa, Studio 1 - 60

SUN

8:15AM - BodyStep
Bridget, Studio One - 45
***NEW CLASS**

8:30AM - Bounce Basic
Lori, Movement Zone - 30

8:30AM - Beats Ride
Lauren, 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

10:30AM - Tai Chi
Davy, Movement Zone - 60

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

Class Schedule

FALL 2025

Group Exercise Classes

REGISTRATION REQUIRED for all classes.

- Register on the App, call 845-896-5678 or visit the club.
- Registration begins 49 hours before start of class.
- Class times and instructors are subject to change.
- Arrive 10 minutes prior to the start of class.
- Class spots open to Waitlist 5 minutes prior to class.
- Classes with 0 enrollment may be canceled.

NO SHOW PENALTY for all classes.

Starting Monday, June 30, a No Show Penalty policy for all Group Exercise classes takes effect. Any member who fails to attend a class they are registered for will incur a \$15 No Show Penalty fee. Members can un-enroll up to an hour before class starts to avoid this fee.

[Interested in our ReForm Pilates classes?](#)
[Check out our schedule online!](#)

**Indicates Yoga Mat Required*

ALLSPORT
health & fitness

Updated 9/8/25

AQUA

● AQUA MOVEMENT & MOBILITY

Yoga and Barre influenced movements performed in the water to help improve joint mobility and increase range of motion.

● 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!

● ZUMBA® & ZUMBA GOLD®

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

● DANCE CARDIO/FITNESS

Have fun dancing to fun choreography and upbeat music. Dumbbells may be added.

● STEP REMIX

Modern remix on a step class that blends high-energy step choreography with hip hop moves and strength training intervals.

BARRE, PILATES & BOUNCE

● BARRE BOOT CAMP

A Bootcamp style Barre class combining all of your favorite moves from a traditional Barre class, incorporating different props and movements.

● BARRE FUSION

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

● BARRE STRENGTH

A full-body workout that blends ballet-inspired movements with strength training to sculpt lean muscles, improve posture, and build stability—no dance experience required.

● BOUNCE

Choose from a Basic class, an interval class, or an intermediate class to experience Rebounding fitness on a mini trampoline, set to fun music and energizing choreography. All levels welcome.

● BOUNCE PILATES CORE

A dynamic fusion of low-impact cardio rebounding and Pilates-based core training. This class strengthens your abs, improves balance, and boosts endurance—all while keeping it fun and energizing on the trampoline

● CORE & RESTORE PILATES

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

● HOT SCULPT

Hot Sculpt is a total body workout that combines elements of Yoga, Pilates, and Barre, performed in a heated environment, with the addition of weights and resistance bands.

● SCULPT FUSION

A fusion of Barre, Pilates, and Strength Training designed to focus on the core and trunk, utilizing light and heavy dumbbells. The perfect low impact workout.

● MAT PILATES

A series of exercises performed on a mat on the floor that can help build strength, stability, and flexibility.

STUDIO

● ABS & GLUTE

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

● CARDIO KICKBOXING

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!

● STRENGTH CONDITIONING/HIIT

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

● ACTIVE AGING

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

● BARBELL BLAST

Barbell Cardio is a high-energy workout that combines strength training with heart-pumping cardio intervals.

● STEADY STRIDES

Build stability, boost energy, and stay active - all at your own pace in a supportive environment.

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.

YOGA

● ALL LEVELS YOGA

A gentle form of exercise that seeks to unite 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.

● 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

● FLEXIBILITY

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

● 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.

● INTENTIONAL FLOW

Move with purpose through a mindful flow that connects breath, strength, and stillness. This practice emphasizes alignment, awareness, and intention to leave you feeling grounded, centered, and renewed.

● POWER FLOW YOGA

A dynamic, energizing class that blends strength, flexibility, and breath in a fast-paced flow. Designed to build heat, endurance, and focus.

● YOGA FLOW

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

YOGA WALL

● YOGA WALL WITH PROPS

Cultivate alignment and build strength, flexibility, and a sense of fearlessness through practice that includes the yoga wall, ropes, and props.

● YOGA WALL REST AND RELEASE

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