

MON

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

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

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
Marianna, 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 - 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

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 - All Levels Yoga Wall*
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
***NEW PROGRAM**

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

9:15AM - BodyPump™
Dawn, Studio 1 - 50

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

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

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

5:45PM - Bounce Intervals
Lori, Movement Zone - 45

6:00PM - Yoga Flow*
Heather, Elevate - 60

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
***NEW INSTRUCTOR**

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

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 - 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
***NEW CLASS**

6:30PM - Hatha Yoga
Tessa, Elevate - 60
***NEW CLASS**

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

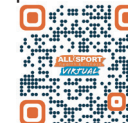
MARCH 2024

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 2/29/24

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. Strength 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.

● YOGA SCULPT

This 60-minute workout starts and finishes with power flow yoga sequences to warm and open you open, with strength, sculpt and cardio training in the middle.

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.