

## 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

**9:15AM - Mat Pilates**  
Stine, Movement Zone - 45

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

**10:00AM - Cycle**  
Tom, Cycle Studio - 45

\*NEW INSTRUCTOR

**10:15AM - All Levels Vinyasa 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**  
Martin, Studio 1- 50

**5:45PM - Bounce Basic**  
Danai, Movement Zone - 30

**6:00PM - Performance Driven Ride**  
Lori, Cycle Studio - 45

\*NEW CLASS

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

\*NEW CLASS

**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

**7:00AM - Beats Ride**  
Zack, Cycle Studio - 45

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

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

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

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

\*NEW INSTRUCTOR

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

**10:15AM - Sculpt Fusion**  
Danai, Movement Zone - 45

\*NEW CLASS

**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

**5:00PM - All Levels Yoga and Meditation**  
Julian, Elevate - 75

\*NEW CLASS

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

**5:30PM - Barre**  
Kelly, Movement Zone - 45

\*NEW INSTRUCTOR

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

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

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

**7:15PM - Cardio Kickboxing**  
Britt, Movement Zone - 45

\*NEW CLASS

## WEDS

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

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

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

**9:15AM - Beats Ride**  
Zack 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

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

## 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 - BodyCombat**  
Danai, Studio 1 - 45

**11:30AM - Mat Pilates**  
Stine, Movement Zone - 45

\*NEW CLASS

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

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

## FRI

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

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

**9:15AM - Sculpt Fusion**  
Danai, Movement Zone - 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**  
Seth, Cycle Studio - 45

\*NEW INSTRUCTOR

**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

## 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

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

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

**10:00AM - All Levels Vinyasa Flow**  
Kate, Elevate - 60

**10:15AM - Barre Fusion\***  
Christina, Movement Zone - 50

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

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

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

**8:30AM - Cycle**  
Lauren, Cycle Studio - 45

**9:15AM - Barre\***

Lori, Movement Zone- 60

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

**9:15AM - All Levels Yoga**  
Stacey, 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

### WINTER 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 1/9/26

## 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.

### MAT PILATES

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

### 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.

## 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.

### LES MILLS BODYCOMBAT™

A high-energy, non-contact martial arts workout inspired by karate, boxing, and MMA that builds strength, endurance, confidence, and burns serious calories.

## 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 VINYASA FLOW

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 AND FLOW

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 unbind tension and deeply relax. All Levels. .