# MON

**9:00AM - Flexibility***
Heather, 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**
Kim, Cycle Studio - 45

**10:15AM - All Levels Vinyasa Flow**
Heather, 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

**12:15PM - Senior Fusion**
Mary, Studio 1 - 45

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

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

**5:30PM - BodyPump**
Martin, Studio 1- 50

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

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

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

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

# TUES

**6:00AM - Strength Condition**
Sydney, Studio 1 - 45

**8:30AM - Bouce and Box**
Danai, Movement Zone - 40
*NEW CLASS

**8:30AM - Yin Flexibility***
Anne, Elevate Studio - 60

**9:00AM - Yoga Wall: All Levels**
Heather, Yoga Wall Room - 60

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

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

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

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

**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

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

**5:15PM - Barre**
Danai, Movement Zone - 45

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

**6:15PM - Tai Chi**
Felice, Movement Zone - 60
*STARTING 11/10

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

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

# WEDS

**7:15AM - Mat Pilates**
Danai, Movement Zone - 45

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

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

**9:15AM - Cycle**
Marissa, 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

**5:00PM - Dance Fitness**
Dena, Movement Zone - 45

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

**6:00PM - Barre**
Lori, Movement Zone - 45

**6:00PM - Yoga For Longevity**
Petra, Elevate - 60

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

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

**7:00PM - Mat Pilates**
Britt, Movement Zone - 45

# THUR

**9:00AM - Yoga Wall: All Levels**
Heather, Yoga Wall Room - 60

**9:15AM - Strength Condition**
Martin, 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 - Cardio Kickboxing**
Britt, Studio 1 - 45

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

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

**12:00PM - Aqua Zumba**
Steph, 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

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

**6:30PM - All Levels Yoga**
Stacey, Elevate - 60
*NEW INSTRUCTOR

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

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

# FRI

**6:00AM - Strength Condition**
Sydney, Studio 1 - 45
*NEW CLASS

**8:30AM - Cycle Express**
Danai, Cycle Studio - 30
*NEW INSTRUCTOR

**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**
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

**5:30PM - Mat Pilates**
Tessa, Movement Zone - 45

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

**6:30PM - Yoga Flow**
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

**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

# SUN

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

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

**9:15AM - All Levels Yoga**
Stacey, Elevate - 60

**9:15AM - Barre***
Lori, Movement Zone- 60

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

**9:30AM - Cycle**
Mike, Cycle Studio - 60

**10:15AM - Waterworks**
Mary Therese, Indoor Pool - 60

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

**10:30AM - Tai Chi**
Felice, Movement Zone- 60

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

# Class Schedule

## FALL 2026

## 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.

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

ALL SPORT health & fitness

Updated 11/2/26

## 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 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

**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.

**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.

**ENGINE ROOM**
Athletic conditioning combining strength, endurance, and functional training.

## 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.

**BEATS SCULPT CYCLE**
A beat-driven rhythm ride that blends high-energy cycling with targeted sculpting using resistance bands.

## 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.

**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.

**FLEXIBILITY AND FLOW**
Accessing yoga and dance techniques, as well as weights and props, explore ways to increase mobility. 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.

## YOGA

**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.

**YIN FLEXIBILITY**
Improve flexibility and release tension in this calming Yin Yoga class through long, supported holds that gently target the hips, spine, and shoulders. Perfect for all levels, this slow-paced practice promotes mobility, relaxation, and deep mind-body connection.

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

**YOGA FOR LONGEVITY**
A balanced blend of mindful yoga and subtle strength, designed to support healthy aging. Improve mobility, build muscle and bone strength, enhance balance, and move with confidence—so you can stay strong, steady, and energized for years to come.

## YOGA WALL

**YOGA WALL: ALL LEVELS**
Elevate your practice using the yoga wall and supportive props to enhance alignment, strength, and mobility. This intelligently designedclass blends traditional poses with wall-assisted support, allowing you to deepen stretches, build stability, and explore postures with confidence and control.

STRENGTH · CARDIO · CORE · RECOVERY · FIT-FUN · LOW-IMPACT · STRETCH