Class Schedule

FALL 2026

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 - 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

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

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

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

WEDS

6:30AM - Cycle
Diana, Cycle Studio - 45

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
*NEW INSTRUCTOR

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

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

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

THUR

7:00AM - Sculpt Fusion
Diana, Movement Zone - 45

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
Amy, Elevate - 60

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

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

FRI

7:00AM - Strength Condition
Seth, Studio 1 - 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
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 - 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

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

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 10/15/26

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