

## MON

- 8:30AM - Bounce**  
Dominique, Movement Zone - 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
- 10:15AM - Yoga Flow\***  
Ishia, Elevate - 60
- 10:15AM - Barre Sculpt\***  
Stine, Movement Zone - 60
- 10:15AM - Cycle**  
Kim, Cycle Studio - 45
- 11:00AM - Chair Yoga**  
Christina, Studio 1 - 60
- 12:15PM - 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**  
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 - 75
- 6:30PM - Zumba®**  
Marivell, Studio 1 - 60
- 7:00PM - H2O Body Blast**  
Fi, Indoor Pool - 60

## TUES

- 6:30AM - Strength HIIT**  
Sydney, Studio 1 - 45  
**\*NEW TIME**
- 8:30AM - Foam Roller Pilates\***  
Carol, Movement Zone - 60
- 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  
**\*NEW INSTRUCTOR**
- 9:15AM - Yoga Flow\***  
Christina, Elevate - 60
- 10:15AM - BodyCombat**  
Danai, Studio 1 - 45  
**\*NEW CLASS & INSTRUCTOR**
- 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

- 5:30PM - Strength HIIT**  
Sydney, Studio 1 - 45
- 5:30PM - Barre Fusion\***  
Christina, Movement Zone - 45
- 6:00PM - Yoga Wall with Props**  
Heather, Yoga Wall Room - 60
- 6:15PM - Beats Ride**  
Britt, Cycle Studio - 45
- 6:30PM - Zumba®**  
Andressa, Studio 1 - 60
- 6:30PM - Vinyasa Flow\***  
Christina, Elevate - 60

## WEDS

- 7:00AM - Mat Pilates**  
Ishia, Movement Zone - 60
- 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
- 1:15PM - Waterworks**  
Fi, Indoor Pool - 60
- 5:00PM - Cycle**  
Lauren, Cycle Studio - 45
- 5:00PM - Mobility Yoga\***  
Petra, Elevate - 60
- 5:00PM - Dance Fitness**  
Dena, Movement Zone - 45
- 5:30PM - BodyPump™**  
Marissa, Studio 1 - 50
- 6:00PM - Bounce Intervals**  
Lori, Movement Zone - 30
- 6:15PM - Yoga Flow\***  
Heather, Elevate - 60
- 6:30PM - Waterworks**  
Mary Therese, Indoor Pool - 40
- 6:45PM - HIIT Sculpt**  
Lori, Studio 1 - 30

## THUR

- 6:00AM - Cycle**  
Marissa, Cycle Studio - 45
- 9:15AM - Strength HIIT**  
Danai, Studio 1 - 45  
**\*NEW TIME & INSTRUCTOR**
- 9:00AM - Yoga Wall: Rest & Release\***  
Heather, Yoga Wall Room - 60
- 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 - Chair Yoga**  
Eli, Studio 1 - 60
- 11:30AM - Dance Cardio**  
Stine, Studio 1 - 45
- 11:45AM - Restorative Yoga\***  
Maryann, Elevate - 60
- 12:00PM - Waterworks**  
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
- 6:00PM - Yoga Wall: Rest and Release\***  
Heather, Yoga Wall Room - 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 - Hatha Yoga\***  
Cristina, Elevate - 60
- 8:30AM - Cycle Express**  
Britt, Cycle Studio - 30
- 9:15AM - BodyPump™**  
Pam, Studio 1 - 50
- 10:15AM - Zumba Gold®**  
Jennifer, Studio 1 - 45  
**\*NEW TIME & INSTRUCTOR**
- 9:30AM - Aqua Sculpt**  
Britt, Indoor Pool - 45
- 10:15AM - Yoga & Meditation Basics\***  
Julian, Elevate - 60
- 11:15AM - Active Aging Express**  
Dawn, Studio 1 - 30  
**\*NEW CLASS & INSTRUCTOR**
- 10:15AM - Cycle**  
Kim, Cycle Studio - 45
- 10:15AM - Mat Pilates**  
Tessa, Movement Zone - 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
- 6:30PM - Hatha Yoga**  
Tessa, Elevate - 60
- 6:30PM - Zumba®**  
Marivell, Studio 1 - 60

## SAT

- 8:15AM - Cycle**  
Mike/Lori, Cycle Studio - 45
- 8:30AM - Mixed Levels Yoga\***  
Anne, Elevate - 60
- 9:00AM - Barre Flow**  
Christina, Movement Zone - 45
- 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\***  
Danai, Movement Zone - 60  
**\*NEW INSTRUCTOR**
- 11:00AM - Brazilian Funk**  
Andressa, Studio 1 - 60

## SUN

- 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
- 11:00AM - Yoga for Strength & Flexibility\***  
Heather, Elevate - 60
- 3:00PM - Candle Lit Restorative Yoga**  
Eli, Elevate - 60

## Class Schedule

### SPRING 2025

#### Group Exercise Classes

**REGISTRATION REQUIRED** for all classes

- Call 845.896.5678 or visit the club to register
- Registration begins 49 hours before start of class
- Class times and instructors are subject to change
- Suggested to arrive 10 minutes prior to the start of class
- Class spots open to Waitlist 5 minutes prior to class
- Classes with 0 enrollment will be canceled

Interested in our ReForm Pilates classes?  
Check out the schedule on our website!

\*Indicates Yoga Mat Required

**ALLSPORT**  
health & fitness

Updated 4/4/25

## 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 BLAS

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.

## 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.

### ● 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 INTERMEDIATE

A step up from your Basic Bounce class with a quicker BPM, longer combinations and challenging balance sequences.

### ● BOUNCE INTERVALS

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.

### ● 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 & GLUTES

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!

### ● HIIT SCULPT

A fun-filled, functionally efficient workout with bursts of high-intensity cardio and strength exercises.

### ● 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.

## 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.

### ● CANDLE LIT RESTORATIVE YOGA

A soothing restorative yoga session, perfect for winding down. Using props and gentle postures, this class encourages deep relaxation and quiet introspection, allowing students to fully reset and recharge. \*This class is heavy on skilled, nurturing adjustments by Eli.

### ● 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.

### ● VINYASA FLOW

A fast paced vinyasa class that will challenge the breath, body, and mind. Each week, we will focus on asana alignment, practice with mental and physical intention, and flow through practice with connection to presence. Open to all levels of practice.

### ● 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 connect with the present. 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

### ● 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.