

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:30 – 7:15 Sunrise Yoga Doreen S2	6:10-6:25 Abs S2 6:30 – 7:15 CYCLING Newell S1	6:00-6:45 Sunrise Cycle Karen S1	6:30- 7:15 CYCLING Newell S1	6:30-7:15 Sunrise Yoga Doreen S2		
9:30-10:30 Body Sculpt Clara S2	8:30- 9:30 Pilates Doreen S2	8:30-9:30 Yoga Doreen S2	8:30-9:30 CYCLING Barbara/Nancy S1	8:30-9:30 Yoga Brian S5	8:30- 9:15 CYCLING Clara S1	9:00-10:00 CYCLING Karen S1
9:15-10:15 Kettlebells Hope*	9:15- 10:15 Cardio Bootcamp Liz S2	9:30-10:30 Cycle Judy S1	8:30-9:30 Gentle Yoga Teodora S5	8:30- 9:15 CYCLING Nancy S1	9:00- 10:00 ZUMBA Katherine S2	9:00-10:00 Cardio Bootcamp Alisa S2
	9:30-10:30 CYCLING Nancy S1	9:30-10:30 ZUMBA Megan S2	9:30-10:30 Kettlebells Hope*	9:30- 10:30 CYCLING Donna S1		
9:30- 10:30 CYCLING Liz S1	9:45-10:45 Yoga Beth S5	10:30-11:30 Gentle Yoga Jenese S5	9:30- 10:30 Body Sculpt Barbara S2	9:30-10:30 Butt & Gut Barbara/ Nancy S2	9:30-10:15 CYCLING Judy/Sue S1 Begins 1/7	10:00-11:00 YOGA Flow Liza/Beth S2
9:30- 10:30 Yoga Brian S5			10:30- 11:00 Core Crunch Barbara S2	10:30-11:30 Yoga Flow Jenese S5	10:00-11:00 YOGA Flow Dave S2	
11:30-12:30 Forever Fit Nancy S2		11:30-12:30 Forever Fit Barbara S2		11:30-12:30 Forever Fit Nancy/Dave S2	Health Club Hours Monday – Thursday 5:00 am-9:30pm Friday 5:00 am-9:00 pm Saturday 7:00 am-6:00 pm Sunday 7:00 am-4:00pm Child Care Hours Monday – Friday 9:00 am - 12:00 pm & 4:00 pm - 8:00 pm Saturday 8:30 am - 12:30 pm Sunday 9:00 am-12:00 pm Questions? Email: Barbara Matchett Group Fitness Director bmatchett@sportsfitnessfun.com Visit us www.sportsfitnessfun.com Or call me 845-651-1000 ext. 25	
4:00-5:00 Pilates Stretch Hannah S2 New class begins 1/9!!		5:30- 7:00 Weight Watchers S2				
5:30-6:30 ZUMBA Anne S2 New class begins 1/9!!	5:30- 6:30 CYCLING Sue S1	5:30-6:30 CYCLING Alisa S1	5:30-6:30 CYCLING Karen S1	5:00-6:00 ZUMBA Brittany S2		
5:30-6:30 CYCLING Dave S1				New Instructor William takes over Zumba 1/13!!		
6:30- 7:30 Cardio Bootcamp Barbara S2	6:00-7:00 ZUMBA Jennifer S2	7:00-7:45 Step Express Katherine S2	6:00-7:00 ZUMBA Fusion Jennifer S2			
6:45-7:45 Yoga Dave S5			6:30-7:30 Yoga Liza S5			

GROUP FITNESS SCHEDULE 2012

S1– Spinning Studio/Mezz
 S2– Large Fitness Studio/Mezz
 S3– Tae Kwon Do/Mezz
 S4– Pilates Studio/Lobby
 S5– 1st Floor Studio



STEP EXPRESS—This step class is action packed!! 45 minutes of continuous cardio!! Can you handle it?? An awesome fat burner!!!

BUTT & GUT—Exercises targeting the mid-section, legs and booty. Isn't time to get that booty in shape? Suitable for all levels.

BODY SCULPTING—A powerful class involving strengthening & toning all the major muscle groups using weights, bands, bars and much more!! Suitable for all levels!!

CORE CRUNCH—Need to focus on that mid-section more?? This class is strictly abdominal work.

ZUMBA FUSION—Zumba with a mix!! Get your heart pumping as we dance the hour away!! No experience necessary just enjoy the movement as you learn basic meringue, salsa, swing, afro-brazilian, belly dancing and fun dance moves.

Cardio Bootcamp—This may be the push you need. Get your heart rate up while increasing your endurance. Be prepared to work military style!! Suitable for all levels.

ZUMBA—Come and get your groove on to some Latin Rhythms and easy to follow dance moves!! This is one big dance party so come out and join us!! Suitable for all levels!!

CYCLING—New Keiser Bikes are here!! Get into the saddle, put your feet in the clips and join us as we guide you on a complete mind/body journey over imaginary terrain to music that will stimulate you for a ride of your life!! Polar Heart rate monitors are highly recommended for all cycling classes.

YOGA—This ancient form of movement promotes flexibility & balance with deep relaxation through various postures and breathing techniques. Each instructors' style may vary.

YOGA FLOW—Many different yoga styles are incorporated into this class creating a wonderful balance that will surely keep you feeling refreshed and revitalized.

SUNRISE YOGA—What better way to start your day. This class will leave you ready to face the world!

GENTLE YOGA—This class is perfect for the person wishing to go at a slower pace or someone recovering from an injury.

PILATES—Exercises improving your flexibility & strength to build a strong and stable core resulting in a long lean body. Learn perfect posture and move with the grace of a dancer. Private lessons are also available for mat or in our studio using equipment.

PILATES STRETCH— All the moves of a regular pilates class with more emphasis on deep stretching. Perfect for all levels.

FOREVER FIT*— Calling all seniors!!! This class is especially designed for you. This low impact class will definitely improve your overall health. Firming, toning and some cardiovascular training mixes this class up at a pace just for you!!

***all classes and instructors are subject to change due to unexpected circumstances.

Questions: Email Barbara ~ bmatchett@sportsfitnessfun.com

*indicates special program—Kettlebell classes are \$10 members \$15 non-members.
Classes are located in the back Studio.

KETTLEBELL CLASSES — Kettlebell group training is a safe environment where both beginner and advanced trainee will be challenged to a high degree. Instruction is provided with guidance and corrections for proper body mechanics throughout the 60-minute session. Trainees benefit from a very versatile training system where the whole body is fully engaged at all times, leading to effective results in cardio improvement, muscle toning and weight loss. The bell provides the optimum dosage of resistance training while the instructor provides numerous variations, progressions and combinations to keep your body stimulated and burning calories. The main goal is to teach you how to handle and utilize the bell in the safest and most efficient way.