

6:45 - 7:30 PM

NOVEMBER GROUP SCHEDULE



SCAN ME

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY EXPRESS CYCLE CARDIO BAR FUSION EXPRESS CYCLE CIRCUIT TRAINING WEIGHT TRAINING POWER PILATES / Melanie Brooksie Melanie Melanie No class 11/28 Amy **RESISTANCE** 9:30 - 10:30 AM 5:00 - 5:30 AM 5:00 - 6:00 AM 5:00 - 5:30 AM **TRAINING** 5:00-5:45 AM Brooksie **EXPRESS WEIGHTS** YOGA ALL LEVELS 5:00 - 6:00 AM **EXPRESS WEIGHTS** CYCLING **EXPRESS WEIGHTS** Carol Bailey No class 11/28 Melanie Connie F Melanie 11:00 - 12:00 PM **ZUMBA** 7:15-7:45 AM 5:30 - 6:00 AM 7:30 - 8:30 AM 5:30 - 6:00 AM Brian **HOLIDAY HOURS ZUMBA** 8:00-8:45 AM **FLOOR WORK** Wednesday, Nov. 26 Brian STRONG CORE **FLOOR WORK** Daina (18, 25, TBD) Fitness **CYCLING** 8:00-8:45 AM Daina Daina (19, 26, TBD) 4:30am-4:00pm 8:00 - 8:45 AM Brai 3, 17 8:00 - 8:45 AM 8:30 - 9:15 AM Group X **CYCLING** Connie 10,24 7:30-11:30 am **STRETCH & CORE** Katherine-7, 28 8:30 - 9:30 AM CYCLE FUSION **WEIGHT TRAINING** Daina (Carol 18, 25) Brai-14, 21 Daina (26, Brai) Thursday, Nov 27 Daina (20, Bailey) **WEIGHT TRAINING** 9:00 - 9:30 AM 8:30 - 9:30 AM Closed (19, TBD) 9:00 - 9:45 AM Daina (24, TBD) 9:30 - 10:15 AM **CARDIO TENNIS** (3, Melanie) **HIIT & HUSTLE SUNDAY** Tennis Courts 9:00-10:00 AM **CORE FUSION** Bailey 8:30 - 9:30 AM DANCE PARTY Mary Ellen 9:45 - 10:30 AM YOGA ALL LEVELS **STRETCH & CORE** Dawn 10:30 - 11:30 AM Kathv **STRETCH & CORE** Daina (24, TBD) 9:30 - 10:15 AM 3:00 - 4:00 PM **GENTLE YOGA** Daina (Mary Ellen 21) 10:15 - 11:00 AM Kat Dore 11.25 YOGA (28, TBD) Kathy 4, 18 YOGA **PILATES MAT** Katelyn 9:00 - 9:55 AM 10:45 - 11:35 am Katelyn (5,12 Carol) (6, TBD) (13, Penn) Frances **HIIT & HUSTLE** 10:30 - 11:30 AM 12:00 - 1:00 PM 12:00-1:00 PM **CHAIR FIT** Bailev 9:45 - 10:30 AM **WEIGHT TRAINING** Bailey ZOOM with us! **TWEEN FIT PILATES MAT** 12:00 - 12:45 PM Melanie ID: 577-391-8357 Tina (ages 7-12) Frances **BARRE FUSION** 4:30-5:15 PM Password: 1234 12:00-1:00 PM 4:15 - 5:00 PM Katherine 7, 28 **TOTAL BODY HIIT** Mary Ellen 21 **CYCLING** Brai CYCLING + CORE Mary Beth 14 Tina 5:30-6:15 PM WEIGHT TRAINING Tina 10:15 - 11:15 AM 5:30-6:15 PM Amy **CARDIO TENNIS** 5:30 - 6:30 PM No Class 11/26 **CHAIR FIT GENTLE YOGA** 6:00 - 7:00 PM (Camellia Crossina) Bailey Kathv **PILATES RESISTANCE** 4:30 - 5:15 PM 11:30 - 12:15 PM

Brooksie (6, TBD)

5:30-6:30 PM

FITNESS CLASS DESCRIPTIONS

Aqua Fitness: A full body toning and conditioning class in our stunning City Club pool.

Barre Toning: A fun, safe, low-impact barre style class based on Yoga, Pilates and Ballet techniques to tone areas women struggle with: arms, abdominals, seat, hips and thighs. The class is designed for all ages and body types, beginners and advanced alike. Aims to increase flexibility, muscle definition and improve posture.

Barre Fusion: An effective fusion of traditional Barre exercises, standing balance work, and mat Pilates. Appropriate for all ages and fitness levels.

Cardio Bar Fusion: An intense power pump circuit class implementing cardio, weights, and stretching.

Circuit Training: High-energy, total body class alternating b/w cardiovascular & resistance training exercises that delivers high caloric burn in less time.

Cardio Tennis: A complimentary group tennis class set to music. Meet at the tennis courts.

Chair Fit - Chair Fit focuses on strengthening muscles and increasing range of motion for daily life activities. Using the chair for seated exercises and supported standing work, participants can expect a combination of strength-based exercises and low impact cardio work in this 45 minute class.

Cycling: A scientifically based indoor cycling program with an emphasis on improving cardio-respiratory endurance through utilizing bikes with magnetic resistance in a user-friendly environment that proves enjoyable to a wide variety of exercisers.

Cycle Fusion: A scientifically based indoor cycling program with an emphasis on improving cardio-respiratory endurance through utilizing bikes with magnetic resistance followed by a standing muscular endurance workout using weights and bands.

Dance Party - A combination and dance and fitness moves performed to a variety of upbeat rhythms.

Floor Work: Resistance training with emphasis on thighs, glutes, & fine-tuning of often overlooked muscle groups. Exercises performed on your mat.

Core Fusion: Core work w/light weights, bands, & stability balls that infuse gentle postures. Extra emphasis on abs, glutes, & stretching for all levels.

HIIT and Hustle: Get your morning started right with a variety of high intensity interval training, martial art movements, and core work

HIIT: Functional circuit training class combining cardio & weight training intervals to tone your entire body. Class held in the strength room.

Pilates Mat Work: A series of controlled movements engaging your mind and body toward the goal of overall fitness through core muscle strengthening. Pilates promotes physical harmony and balance for people of all ages. A towel or mat is needed.

Power Pilates & Resistance Training: A mostly vertical Pilates fusion class utilizing resistance balls, bands, and other props.

Restorative Yoga: A gentle, slow, still style of yoga that involves long, passive holds to achieve a state of total relaxation and release.

Stretch & Core: It's time for a great ease, comfort & capability in daily life. Feeling tight, stiff, stressed or anxious then this is the class for you!

Strong Core: A fun and challenging core strengthening class that is accessible for all levels. (formally Hard Core)

Tai Chi: A slow & gentle practice used to build balance, strength, and relaxation. We recommend participants wear comfortable clothing. No mat needed.

Weight Training: Gain strength, condition your muscles & tone your body.

Yoga All Levels: Utilizes many different yoga styles to achieve balance, strength and flexibility

Tween Fit - a fun-filled, dynamic, skill building sports class designed for tweens to help develop coordination, cardiovascular conditioning, and all over strength. Ages 7-12

Zumba: Fusion of Latin and International music/dance - dynamic, exciting and effective fitness workout.

YOUTH FITNESS

KIDZPOWER

A unique children's fitness program conducted in the Kid's Club gym at the City Club for children. It is taught by dynamic instructors with age appropriate equipment, music and motivation/education every step of the way! Cardio, strength training, yoga, Pilates, obstacle course and lots of fun!

Ages 7-12 | Kids Club Tuesday 5:15 - 7:00 PM OPEN CLASS Thursday 5:15 - 7:00 PM

FITKIDS

Incorporates fun-filled fitness experiences using props & music.

Ages 4-6 | Kids Club Tuesday & Thursday 4:30 - 5:15 PM

SATURDAY OPEN CLASS

Ages 4-12 | Kids Club 9:00 - 10:00 AM & 10:00-11:00 AM

The Kids Club will have extended hours during Thanksgiving Break from 8:30-11:00 am on the below dates:

- November 24, 25, 26 & 28

Classes are free with your child's membership. \$15 guest fee if not on your membership.