




DECEMBER GROUP SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWER PILATES / RESISTANCE TRAINING Brooksie 5:00 - 6:00 AM	EXPRESS CYCLE Melanie 5:00 - 5:30 AM	CARDIO BAR FUSION Brooksie 5:00 - 6:00 AM	EXPRESS CYCLE Melanie 5:00 - 5:30 AM	CIRCUIT TRAINING Melanie 5:00-5:45 AM	WEIGHT TRAINING Amy 9:30 - 10:30 AM
ZUMBA Brian (19 Sarina, 22 TBD) 8:00-8:45 AM	EXPRESS WEIGHTS Melanie 5:30 - 6:00 AM	CYCLING Connie F 7:30 - 8:30 AM	EXPRESS WEIGHTS Melanie 5:30 - 6:00 AM	EXPRESS WEIGHTS Bailey 7:15-7:45 AM	YOGA ALL LEVELS Carol 11:00 - 12:00 PM
CYCLING Brair 8, 29 Connie 1, 15 8:30 - 9:30 AM	FLOOR WORK Daina 8:00 - 8:45 AM	STRONG CORE Daina 8:30 - 9:15 AM	FLOOR WORK Daina 8:00 - 8:45 AM	ZUMBA Brian Sarina, 19, no class 26) 8:00-8:45 AM	Christmas Eve Hours Fitness 7:00 AM - 2:00 PM No Group X New Year's Eve Hours Fitness 7:00 AM - 2:00 PM No Group X Closed Christmas Day and NY Day
WEIGHT TRAINING Daina 9:00-10:00 AM	STRETCH & CORE Daina 9:00 - 9:30 AM	CYCLE FUSION Daina 9:30 - 10:15 AM	WEIGHT TRAINING Daina 9:00 - 9:45 AM	CYCLING Katherine 12 Brair 5, 19 No class 26 8:30 - 9:30 AM	
STRETCH & CORE Daina 10:15 - 11:00 AM	HIIT & HUSTLE Bailey 9:45 - 10:30 AM	DANCE PARTY Dawn 9:30 - 10:15 AM	CORE FUSION Mary Ellen 10:30 - 11:30 AM	CARDIO TENNIS Tennis Courts 8:30 - 9:30 AM	
PILATES MAT Frances 12:00-1:00 PM	GENTLE YOGA Kat & Kathy 10:45 - 11:35 am	YOGA Katelyn 10:30 - 11:30 AM	YOGA Katelyn 12:00 - 1:00 PM	STRETCH & CORE Daina 9:00 - 9:55 AM	SUNDAY YOGA ALL LEVELS Kathy 3:00 - 4:00 PM ZOOM with us! ID: 577-391-8357 Password: 1234  
WEIGHT TRAINING Melanie 4:30-5:15 PM	CHAIR FIT Bailey 12:00 - 12:45 PM	PILATES MAT Frances 12:00-1:00 PM	TWEEN FIT Tina (ages 7-12) 4:15 - 5:00 PM	HIIT & HUSTLE Bailey 9:45 - 10:30 AM	
CYCLING Tina 5:30-6:15 PM	TOTAL BODY HIIT Tina 5:30-6:15 PM	WEIGHT TRAINING Amy 4:30 - 5:15 PM	CYCLING + CORE Tina 5:30 - 6:30 PM	BARRE FUSION 5, 12, Katherine 19, Penny no class 26 10:15 - 11:15 AM	
GENTLE YOGA Kathy 6:45 - 7:30 PM	CARDIO TENNIS 6:00 - 7:00 PM		PILATES RESISTANCE Brooksie 5:30-6:30 PM	CHAIR FIT Bailey 11:30 - 12:15 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 Christmas Break from 8:30-11:00 am on the below dates:

- Week of December 22
- Week of December 29
- Closed Dec 24 & January 1

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