

## Greenwich Water Club

## Fitness Schedule

Effective November 1, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga			6:00 Warm Vinyasa Jason		6:00 Warm Vinyasa Helena		
	8:15 Hot Vinyasa Peggy		8:15 Hot Vinyasa Peggy		8:15 Hot Vinyasa Peggy	9:00 Warm Vinyasa Trina	9:00 Yin Yang Lindsay
	9:45 Vinyasa Melissa	9:45 Vinyasa Jennifer	9:45 Gentle Flow Martha	9:45 Vinyasa Melissa	9:45 Smart Yoga Justin	10:15 Fundamentals Trina	10:15 Warm Vinyasa Lindsay
				11:15 Warm Yogalates** M Gisele			
	12:00 Yin Stretch Lindsay	12:00 Smart Yoga Charles	12:00 Yin Stretch Carla	12:00 Smart Yoga Melissa	12:00 Yin Stretch Carla		4:00 Hot Core Yoga* Peggy
	6:00 Vinyasa Gisele	6:00 Flow & Stretch Helena	7:00 Meditation M Carla	6:15 Vinyasa Tara			4:00 Spa Yoga Helena
Mixed Fitness, Strength & Cardio Classes	6:00 Lift** FF Pam	6:00 Ride ** CS Pam	6:00 Circuit Burn** FF Bobby	6:00 Ride ** CS Neville	8:15 Basic Fitness** RS Ambrose	8:00 Ride ** CS Neville	8:30 Ride ** CS Verity
	8:15 Basic Fitness ** RS Ambrose	6:15 Boxing ** RS Wilner	8:15 Basic Fitness** RS Neville	8:45 Ride ** CS Verity	9:00 Zumba MR Pablo	8:00 Boxing ** RS Wilner	11:00 Barre RS Thelma
	9:00 Zumba MR Pablo	9:00 Lift *** FF Pam	9:00 Zumba MR Pablo	9:00 Lift *** FF Pam	9:15 Cardio Burn ** RS Bobby	9:00 Zumba MR Pamela	
	9:15 Cardio Burn ** RS Bobby	9:30 Ride ** CS Verity	9:15 Boxing ** RS Bobby	9:30 Pilates Mat RS Shelley	9:30 Ride ** CS Wendy	9:00 HIIT ** RS Ambrose	
	10:15 Barre RS Thelma	10:30 Barre RS Peggy	9:30 Ride ** CS Pam	10:30 Barre RS Maura	10:15 Barre RS MJ	10:15 Barre RS Peggy	
			10:15 Barre RS Sonia				
							12:30 Boxing** FF Bobby
	6:30 Lift FF Ambrose		6:30 Lift FF Ambrose	6:30 Barre RS Thelma	6:00 Lift FF Ambrose		

Classes are one hour except: \*classes are 75 minutes, \*\*classes are 45 minutes, \*\*\*classes are 90 minutes. Please reserve in advance when possible 203-661-4033.

CS: Cycle Studio

FF: Fitness Floor

MR: Mianus Room

RS: Riverside Studio

M: Meditation Studio

RP: Recreational Pool

Yoga classes are held in the main building, with the exception of 6am classes and the 4pm spa yoga.

## Class Descriptions

Yoga

**Vinyasa:** This class is for yoga practitioners who have some experience with yoga flow. You will link breathe and movement in this traditional yoga class built on the idea of a moving meditation. The focus is moving from one asana (pose) to the next in a fluid movement incorporating pranayama (breathe) and yoga philosophy. The flow of this vinyasa class can be challenging for those new to yoga, and therefore not recommended for beginners. Hot: over 85° / Warm: under 85°

**Smart Yoga®:** Using precise alignment techniques, you will go deeply into postures in a safe way that leaves you feeling energized and empowered. Class focuses on strengthening the body, moving through poses with a perfect blend of holding and flowing, leading you on an exciting adventure through the body, and mind. It creates space in the body, opening up joints, and helps heal injuries. Perfect for students that are looking for understanding of their body and how to go deeper into their practice on all levels.

**Spa Yoga:** This class is for everyone who wants to relax, relieve stress and restore the body and mind. It's focus is in healing the body through Restorative Yoga using organic China Gel (this is what makes the muscles warm), massage, aromatherapy in a candlelit room. The room is comforting, with the temperature at 85 degrees, with candles and the delicious smell of lavender will whisk you away to place of comfort. Music is soothing and relaxing. Meditation is brought in at the end of class to keep the mind and body balanced and in a state of bliss. Loose clothes preferred, be comfortable. For all levels

**Yin Stretch & Flexibility Yoga:** Suitable for almost all levels of students, Yin Yoga is a perfect complement to the dynamic and muscular exercise of cycling, running, weight lifting, and other sports in general. The focus is on the lengthening the major muscles and generally targets the connective tissues of the hips, pelvis, spine, and shoulders. A healing and rejuvenating practice, the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice like Vinyasa, are stretched and lengthened. It creates flexibility and range of motion in the body and joints, and is a moving meditation to calm the mind.

**Yoga Fundamentals:** This class is perfect for the beginner or someone who wants to learn more about the alignment of the yoga asanas. (poses). It focuses on teaching the poses in a way that is easy to learn and practice. Learn important alignment principles of the poses, breathe (pranayama) and meditation. It prepares students to enter an open level yoga class.

**Core Yoga:** Core yoga is focused on strengthen your core and using it throughout class. As in all the disciplines, the core plays the main role in holding the asanas or poses and helps us to with posture and supporting our lower back. This class is an active class and fast paced. Not recommended for beginners!

Mixed Fitness, Strength & Cardio

**Barre:** Learn the benefits of utilizing a ballet barre to streamline body alignment and fortify form. Surrounded by mirrors, you'll see how this highly effective method creates long, lean muscles and increased vitality. For all fitness levels.

**Basic Fitness:** Learn basic movements using body weight and light weights. Strengthening core will be a big component to the foundation of the class.

**Boxing:** Circuit of boxing specific workouts, learning punch combinations, interval and strength training exercises as well as a fun and different way to get into fighting shape.

**Cardio Burn:** For an amazing cardio workout, challenge yourself with intervals/sprints on treadmills &/or cross trainers, to boxing moves with plyometrics. This is a great class to get motivated and get out of the rut. Burn a ton of calories and leave your stress on the floor with your puddle of sweat!

**Circuit Burn:** Its an intense all over work out with emphasis on core. Heart rate shoots up with boxing moves and then we move from exercise to exercise with no rest! Heat rate stays up through constant moving.

**HIIT:** Get shredded by burning fat and building muscle with this full-body workout that utilizes high intensity interval training.

**Lift:** High energy, strong paced interval training program designed to fatigue muscles and burn fat. Class is held upstairs and uses mixed equipment including machines, dumbbells, kettle bells and body weight exercises to ensure a great sweat, smile and exhaustion. For intermediate to advanced levels of fitness.

**Pilates Mat:** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength. For all fitness levels.

**RIDE:** Intervals for endurance, power, and speed that include flat roads, hills, and sprints paced to music for an exciting and unpredictable ride!