

Advance reservations are required for all classes, no walk-ins.

GWC Fitness Class Schedule 7.1.21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Yoga</b>			6:00 Warm Vinyasa MR Katy				
	8:15 Hot Vinyasa Peggy		8:15 Vinyasa CPD Peggy	8:30 Yoga Fundamentals Laurie	8:15 Hot Vinyasa Peggy	8:15 Vinyasa CPD Peggy	9:00 Yin Yang CPD Lindsay
	9:45 Vinyasa Gisele	9:45 Vinyasa Katherina	10:00 Gentle Flow Martha	9:45 Vinyasa Lindsay		9:45 Vinyasa Katy	10:15 Warm Vinyasa Lindsay
	12:00 Yin Stretch Lindsay	12:00 Slow Flow Gisele			12:00 Yin Stretch Megan		4:00 Hot Core Yoga Peggy
		6:15 Flow & Stretch Laurie					

<b>Mixed Fitness, Strength &amp; Cardio Classes</b>		8:15 Aqua Aerobics ** RP Ambrose		8:15 Aqua Aerobics ** RP Ambrose			8:30 Aqua Aerobics ** RP Ambrose
	9:00 Ride ** PL Melanie	8:30 HIIT* RS Pam	9:00 Ride ** PL Pam	8:30 HIIT* RS Pam	9:00 Ride ** PL Wendy	8:30 Ride ** PL Pam	9:00 Ride ** PL Wendy
	9:00 Zumba KP/MR Pablo		9:00 Zumba KP/MR Pablo	9:00 Ride ** PL Christine	9:00 Zumba KP/MR Pablo	9:00 Zumba KP/MR Pamela	9:30 HIIT ** RS Bobby
	9:15 HIIT** RS Bobby	9:15 Body Sculpting RS Pam	9:15 HIIT ** RS Neville	9:15 Body Sculpting RS Pam	9:15 HIIT ** RS Bobby	9:00 HIIT ** RS Ambrose	
	10:00 Erg ** PL Darren		10:00 Erg ** PL Darren	9:15 Pilates Mat Shelley	10:00 Erg ** PL Darren		
	10:15 Body Sculpting ** RS Pam	10:30 Barre BRP Peggy	10:15 Pilates Mat ** RS Christine	10:30 Barre RS Maura	10:15 Barre RS MJ	10:15 Barre BRP Peggy	
			5:00 Barre Peggy				
	6:30 HIIT ** RS Ambrose	7:00 Zumba MR Pamela	6:30 HIIT ** RS Ambrose				

**Class Location Key:**

Outside (weather permitting)
  Zoom Class
  Inside Facility
  Inside & Zoom
  Outside (will be cancelled due to inclement weather)

PL: Parking Lot      KP: Kiddie Pool Deck      BD: Back Deck behind fitness center      BRP: Behind Rec Pool      CPD: Competitive Pool Deck  
 CS: Cycle Studio      FF: Fitness Floor      MR: Mianus Room      RS: Riverside      RP: Recreational Pool

**What to bring: All classes:** Towel & Water Bottle **Yoga:** Mat & blocks **HIIT:** Mat & weights (optional) **Barre:** Mat, light weights, band & ball

Classes are one hour except: \*class is 30 minutes and \*\*class is 45 minutes. Inside yoga classes held in main building, except for 6am class.

All cancellations and moving of classes inside due to inclement weather will be posted on the GWC App and Member Website by 7:30 am.

## Class Descriptions

### Yoga

**Flow & Stretch:** Suitable for almost all levels, a perfect complement to the dynamic and muscular exercise of cycling, running and sports in general. It creates flexibility and range of motion in the body and joints, and is a moving meditation to calm the mind.

**Gentle Flow:** Move through yoga poses at a slow pace with longer holds to build strength.

**Hot 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!

**Slow Flow:** Be guided through yoga poses as major muscle groups are revitalized.

**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°

**Warm Yogalates:** Part Pilates, part Yoga, enjoy a vigorous flow in a warm room for 45 minutes.

**Yin Stretch:** The focus is on the lengthening the major muscles and generally targets the connective tissues of the hips, spine and shoulders.

**Yin Yang:** 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.

**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.

### 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.

**Body Sculpting:** Is a total body workout designed to strengthen and fatigue muscles.

**ERG:** In this new and exciting class you'll use the rowing machines (called Ergs) and bodyweight exercises for a full body workout like you've never had before. In a quick 45minutes you'll learn a stretching routine and perform steady state cardio with high intensity sprints mixed in for good fun. Try it, no experience necessary!

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

**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!

**Zumba:** Enjoy distinctive dance music in a party like atmosphere, while improving overall fitness, flexibility, and endurance.