

Advance reservations are required for all classes, no walk-ins. Masks are mandatory throughout the facility.

GWC Fitness Class Schedule 9.14.20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga			6:00 Warm Vinyasa MR Jason				
	8:15 Hot Vinyasa CPD Peggy		8:15 Hot Vinyasa CPD Peggy		8:15 Hot Vinyasa CPD Peggy	8:15 Hot 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			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					

Mixed Fitness, Strength & Cardio Classes		8:15 Aqua Aerobics RP Ambrose		8:15 Aqua Aerobics RP Ambrose			8:45 Aqua Aerobics RP Ambrose
	9:00 Ride ** PL Melanie	9:00 Ride ** PL Neville	9:00 Ride ** PL Pam	9:00 Ride ** PL Christine	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	9:15 Pilates Mat Shelley	9:00 Zumba KP/MR Pablo	9:00 Zumba KP/MR Pamela	9:30 HIIT ** BD/RS Bobby
	9:15 Cardio Core ** BD/RS Bobby	9:15 Body Sculpting ** RS Pam	9:15 Cardio Core ** BD/RS Neville	9:15 Body Sculpting** RS Pam	9:15 Cardio Core ** BD/RS Bobby	9:00 HIIT ** BD/RS Ambrose	
	10:00 Erg ** PL Darren		10:00 Erg ** PL Darren		10:00 Erg ** PL Darren		
		10:30 Barre BRP Peggy		10:30 Barre BRP Maura	10:15 Barre BRP MJ	10:15 Barre BRP Peggy	
			3:30 Barre Peggy				
	6:30 HIIT ** BD/RS Ambrose		6:30 HIIT ** BD/RS Ambrose				

Class Location Key:     Outside (weather permitting)     Zoom Class     Inside Facility     Inside & Zoom

Note: Ride, Barre and Erg outside classes will be cancelled if inclement weather. Others will move indoor to secondary room noted.

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

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

Classes are one hour except: \*classes are 75 minutes, \*\*classes are 45 minutes. Yoga classes held in main building, except for 6am class.

## 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.

**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!

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

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

### 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.

**Cardio Core:** 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!

**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.

**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!