



# GroupEx Schedule

Effective March 1st, 2017

www.glenpointespaandfitness.com



| MONDAY                                    | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY                                       | SATURDAY   | SUNDAY   |
|---|---|---|---|--|--|--|
| 5:45 – 6:30 am<br>HIIT<br>Sue             | 6:00 – 6:50 am<br>Studio Cycling<br>Stacey              |   | 545am- Sue<br><b>INSANITY</b><br>LIVE!                  |  |  |  |
| 9:15 – 10:05 am<br>Studio Cycling<br>Rita | 9:15 – 10:05 am<br>Power Sculpt<br>Kit                  | 9:15 – 10:20am<br>Gentle Yoga<br>Martin         | 6:00am- 6:50am<br>Studio Cycling<br>Chad                | 9:15 – 10:10 am<br>On The Ball<br>Liz        | 8:00 – 9:05am<br>Sunrise Vinyasa<br>Alyson                           | 8:00 – 9:05am<br>Mix level Vinyasa<br>DK                 |
| 9:20 – 10:25am<br>Gentle Yoga<br>DK       | 10:15 – 11:25 am<br>Intermediate<br>Yoga<br>Colleen     | 9:15 – 10:05 am<br>Studio Cycling<br>Liz        | 7:45 – 8:50 am<br>Yoga<br>D.K.                          | 9:15 – 10:05 am<br>Studio Cycling<br>Bronwyn | 8:30 – 9:20 am<br>Spin Revolution *<br>RITA, Maryann,<br>ANTHONY,DAN | 8:30 – 9:20 am<br>Studio Cycling<br>Maryann /<br>Bronwyn |
| 10:30- 11:25am<br>Uhrsula<br>             | 10:30 – 11:15 am<br>Power Aqua<br>Karen                 | 10:30 – 11:25 am<br>Buff and Balanced<br>Rita   | 9:00 – 9:55 am<br>Hard Core Cut<br>Kit                  | 10:30 – 11:30am<br>Cardio Dance<br>Liz       | 9:15 – 10:15am<br>Lele<br>   | 9:15 – 10:00 am<br>Aqua – Bootcamp<br>Christina          |
| 10:30 – 11:15 am<br>Aquacise<br>Polina    | 11:45 – 12:45 pm<br>Gentle Muscular<br>Strength<br>Rita | 10:30 – 11:15 am<br>Aquacise<br>Polina          | 10:00- 10:30<br>Ab Buster<br>Kit                        | 10:30 – 11:15 am<br>Aqua Power<br>Karen      | 9:15 – 10:00 am<br>AQUACISE<br>Mona                                  | 9:15 – 10:10 am<br>Travis<br>                            |
| 11:30 – 12:25 pm<br>Max Strength<br>Rita  | 1:00 - 1:30pm<br>Cycle Express<br>Rita                  | 11:30 – 12:25pm<br>Cardio Jam<br>Karen          | 10:30 – 11:15 am<br>Aquacise<br>Barry                   |  | 10:30am-Anthony<br>  | 10:20 – 11:20 am<br>Body Sculpt<br>Grace                 |
| 12:30 -1:30pm<br>Step II<br>Liz           |   | 12:45pm-1:45pm<br>Tai Chi<br>Barry              | 11:00 – 12:00 pm<br>Gentle Muscular<br>Strength<br>Rita |  |  | 1:00pm-Tyne<br>  |
| 5:30pm- 6:25pm<br>Pilates<br>Deborah      |   | 5:30 -6:25pm<br>Jane<br>                        | 12:15 – 1pm<br>POWER 45<br>Rita                         |  |  |  |
| 6:00 – 6:50 pm<br>Aquacise<br>Charmaine   |   | 6:00 – 6:50 pm<br>Aquacise<br>Charmine          |   |  |  |  |
| 6:00 – 6:50pm<br>Studio Cycling<br>Cara   | 6:00 – 6:55 pm<br>Total Body<br>Conditioning<br>Karen   | 6:00 – 6:50 pm<br>Studio Cycling<br>Anthony/Dan | 6:00 – 6:55pm<br>Luis<br><b>INSANITY</b><br>LIVE!       | 6:00 – 6:45 pm<br>Studio Cycling<br>Sandy    |  |  |
| 6:30 – 7:25 pm<br>Dance Flow<br>Karen     | 7:00 – 7:55pm<br>JROD<br>                               | 6:30 – 7:25pm<br>HIIT<br>Alissa                 | 7:00 – 7:55 pm<br>Cardio Jam<br>Karen                   | 6:30pm – 7:30pm<br>*Saloney*<br>             |  |  |
| 7:30 – 8:25 pm<br>TBC<br>Barry/Katonya    |   | 7:30 – 8:45 pm<br>Yoga Strength<br>Tom          | Slow Flow Yoga<br>8:00 – 9:00 pm<br>Ilene               |  |  |  |



**Ab Buster** – Take your CORE workouts to the next level. This work out is more than just sit-ups.

**Aquacise, Aquafit**

A great low impact workout providing cardio conditioning, muscular strength and endurance through joint friendly water resistance. Aquafit classes use “dragging” the body and limbs through the water for added resistance.(All levels)

**Aqua Power / Aqua - Boot camp**

Get ready to add intensity and speed to your aqua workout! (I,A)

**Tai Chi**

Often described as “meditation in motion” This is a low impact exercise that puts minimal stress on muscles and joints. This gentle form of exercise can help maintain strength, flexibility, and balance. All fitness levels

**Body Sculpt, Power Sculpt**

A muscle conditioning workout using a variety of training tools to strengthen the whole body. (B,I,A)

**Buff & Balanced**

Resistance meets balance ! High intensity interval circuits challenge your whole body with the use of the Bosu, body weight and dumbbells (I,A)

**Cardio Bellydance Fusion**

A high energy, low impact class that takes bellydance to the next level. Fused African and Jazz influences for a fun, cardio driven dance workout. (B,I,A)

**Cardio Dance/Cardio Jam**

Shake things up with this high energy, dance inspired workout! Beginner to advanced, it will get your spirit and energy soaring! (B,I,A)

**Dance Flow**

Get your dance, sweat and groove on with this class that combines jazz, funk, cardio and hip-hop to create hot combinations that raises your heartbeat and spirits (BIA)

**Studio Cycling\***

Great non impact cardio workout where you control the difficulty. Sign up for class at the front desk, cycling shoes are highly recommended. Water bottle is a must! (B,I,A)\* **Sign up required for Saturdays Only 60 minutes prior to class**

**Gentle Muscular Strength**

Have fun with this low impact, beginner workout designed to increase muscular strength, range of movement and improve daily living. (B,I)

**Hard Core Cut**

A challenging full body workout using an advanced variety of cardio and strength exercises for total body transformation

**H.I.I.T**

High Intensity Interval Training with a focus on cardio and plyometric drills that can be modified for any fitness levels. Intervals of strength and core training will create a full body workout. Instructor may use a variety of equipment, or none at all! Be ready to SWEAT!(I,A)

**INSANITY® LIVE** is challenging, group-focused athletic **training**, cardio conditioning, and total-body strength drills, designed for people of all levels. The moves are easy to follow—but the **workout WILL** challenge you, change you, and get you in the best shape of your life

**PiYO**

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. Be ready to SWEAT!(B,I,A)

**Max Strength**

looking to build strength and muscle definition?, Challenge various muscle groups! Think of it as a group personal training session – with great music and a lot of personality! (I,A)

**Pilates**

Body – mind integration to increase full body strength and flexibility with a toning component to create long, lean muscle. Non-impact exercises with emphasis on abdominal and back strength. (B,I,A)

**Power 45**

Push your body to new limits with different levels of strength and cardio training intervals

**P90X® LIVE** is a group-focused total-body strength and cardio class that incorporates proven principles from personal training and functional strength coaching.

**Step II**

Great step workout using the STEP. Intervals, power movements, plyometrics & dance choreography are part of the exciting workout. (I,A)

**Total Body Conditioning – TBC**

Focus on toning and strengthening your muscles using various pieces of equipment (dumb bells, body bar, resistance bands, step, balls, and more!) This class is designed to teach you proper form and execution of many different exercises while putting emphasis on tone, strength and flexibility. All levels are welcome; modifications to exercises are always offered.(B,I,A)

**Yoga**

Yoga postures are used to develop strength, flexibility, breath, alignment and mental focus.

**Gentle yoga** works to free specific joints for pain relief, greater mobility and enhanced flexibility. Class includes breath work and meditation.(B,I,A)

**Yoga strength** places more emphasis on strength. (I,A)

**Vinyasa flow** is a vigorous flow through various poses emphasis on form. (B,I,A)

**Please do not enter more than 10 minutes after start of class.**

**Zumba™** - Zumba combines high energy, captivating music with latin inspired moves that will leave you asking for more.!

**\*Zumba\* Friday is a Seasonal Class**

**The pool is closed to lap swimming during Aquacise classes if there are at least 15 participants in class.**

**\*Please be on time for class. Members /guests may not enter a class 10 minutes after posted start time.**

**\*Please avoid wearing heavy perfume or cologne to class. Thank you**

**\*Please wear proper attire and footwear**

**Glenpointe Spa & Fitness reserves the right to change the class schedule, format or instructor at any time.**

**HOURS OF OPERATION**

**MON – THURS 5:00am – 10:00pm**

**FRIDAY – 5:00am – 9:00pm**

**SATURDAY 7:00am – 6:00pm**

**SUNDAY 7:00am – 6:00pm**

Schedule can also be found online at [www.glenpointespaandfitness.com](http://www.glenpointespaandfitness.com)

**Lateefah Fleming-Bender**

**Group Exercise Manager**

[lfleming@glenpointespaandfitness.com](mailto:lfleming@glenpointespaandfitness.com)

**Class Fitness Level**

**Beginner (B)**

**Immediate (I)**

**Advance (A)**