



GroupEx Schedule

Effective July 17, 2017

www.glenpointespaandfitness.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:30 am HIIT Sue	6:00 – 6:50 am Studio Cycling Stacey		545am- Sue INSANITY LIVE!			
9:15 – 10:05 am Studio Cycling Rita	9:15 – 10:05 am Power Sculpt Kit	9:15 – 10:20am Gentle Yoga Martin	6:00am- 6:50am Studio Cycling Isabel	9:15 – 10:10 am On The Ball Liz	8:00 – 9:05am Sunrise Vinyasa Alyson	8:00 – 9:05am Mix level Vinyasa DK
9:20 – 10:25am Gentle Yoga DK	10:15 – 11:25 am Intermediate Yoga Colleen	9:15 – 10:05 am Studio Cycling Liz	7:45 – 8:50 am Yoga D.K.	9:15 – 10:05 am Studio Cycling Bronwyn	8:30 – 9:20 am Spin Revolution * Cheri, Maryann, Rita, Anthony	8:30 – 9:20 am Studio Cycling Maryann / Bronwyn
10:30- 11:25am 1hrsula 	10:30 – 11:15 am Power Aqua Karen	10:30 – 11:25 am Buff and Balanced Rita	9:00 – 9:55 am Hard Core Cut Kit	10:30 – 11:30am Cardio Dance Liz	9:15 – 10:15am 	9:15 – 10:00 am Aqua – Bootcamp Christina
10:30 – 11:15 am Aquacise Polina	11:45 – 12:45 pm Gentle Muscular Strength Rita	10:30 – 11:15 am Aquacise Polina	10:00- 10:30 Ab Buster Kit	10:30 – 11:15 am Aqua Power Karen	9:15 – 10:00 am AQUACISE Mona	9:15 – 10:10 am Travis
11:30 – 12:25 pm Max Strength Rita	1:00 - 1:30pm Cycle Express Rita	11:30 – 12:25pm Cardio Jam Karen	10:30 – 11:15 am Aquacise Barry		10:30am-Anthony PSOX LIVE!	10:20 – 11:20 am Body Sculpt Grace
12:30 -1:30pm Step II Liz		12:45pm-1:45pm Tai Chi Barry	11:00 – 12:00 pm Gentle Muscular Strength Rita			1:00pm-Tyne
5:30pm- 6:25pm Pilates Deborah		5:30 -6:25pm Jane 	12:15 – 1pm POWER 45 Rita			
6:00 – 6:50 pm Aquacise Charmaine		6:00 – 6:50 pm Aquacise Charmaine				Spa Phone Number (201) 836-5400
6:00 – 6:50pm Studio Cycling Cara		6:00 – 6:50 pm Studio Cycling Anthony/Dan	**6:00 – 6:55 pm PiYo Trey NEW**	6:00 – 6:45 pm Studio Cycling Cheri		
6:30 – 7:25pm Afro Jazz Funk Sumer NEW	6:00 - 6:55pm TBC Karen	6:30 – 7:25pm Cardio Sculpt Alissa NEW**	7:00 – 7:55 pm Cardio Jam Karen			
7:30 – 8:25 pm TBC Barry/Katonya	7:00pm Cardio Jam Karen	7:30 – 8:45 pm Yoga Strength Tom	Slow Flow Yoga 8:00 – 9:00 pm DK, Bridget, Lisa			



GroupEx Schedule

Effective March 1st, 2017



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

Afro Jazz Funk - Get your heart pumping with this cardio dance class that fuses African and Jazz dance moves to lift your spirits and rock your body!

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 , Cardio Sculpt

A muscle conditioning workout using a variety of training tools to strengthen the whole body. **Cardio Sculpt** incorporates small sections of aerobic activity. (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 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)

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!) designed to teach you proper form and execution . (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.!

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

Lateefah Fleming-Bender

Group Exercise Manager

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Spa Phone (201) 836-5400

Class Fitness Level

Beginner (B)

Immediate (I)

Advance (A)