



# GroupEx Schedule

Effective October 8, 2018

[www.glenpointespaandfitness.com](http://www.glenpointespaandfitness.com) 201.836.5400



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 – 6:30 am HIIT Sue	6:00 – 6:50 am Studio Cycling Stacey	8:30-9:00am Butts & Guts Liz	545am- Sue <b>INSANITY</b> LIVE!	5:45am- 6:30am Studio Cycling Isabel		
9:15 – 10:05 am Studio Cycling Rita	9:15 – 10:10 am Power Sculpt Bronwyn	9:15 – 10:20am Gentle Yoga Martin	7:45 – 8:50 am Yoga D.K.	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	9:00 – 9:55 am Hard Core Cut Trey	9:15 – 10:05 am Studio Cycling Bronwyn	8:30 – 9:20 am Studio Cycling Bronwyn, Maryann, Rita, Isabel	8:30 – 9:20 am Studio Cycling MaryAnn / Bronwyn
10:30- 11:25am Uhrsula 		10:30– 11:25 am Buff and Balanced Karen	10:00- 10:55 Pilates Lateefah	10:30– 11:30am Cardio Dance Liz	9:15 – 10:15am Tyne 	9:15 – 10:00 am Aqua – Bootcamp Christina
10:30– 11:15 am Aquacise Polina	10:30 – 11:15 am Aqua Zumba® Yvonne	10:30– 11:15 am Aquacise Polina	10:30–11:15am Aquacise Barry	10:30–11:15 am Aqua Fit Yvonne	9:15 – 10:00 am AQUACISE Mona	9:15 – 10:10 am Travis 
11:30 – 12:25 pm Max Strength Rita	11:45–12:45 pm Gentle Muscular Strength Rita	11:30 – 12:25pm Cardio Jam Karen	11:00 – 12:00 pm Gentle Muscular Strength Rita		10:30 – 11:25 am Anthony 	10:20 – 11:20 am Body Sculpt Grace
	1:00 - 1:30pm Cycle Express Rita	12:45pm-1:45pm Tai Chi Barry	12:15 – 1pm POWER 45 Rita		11:30-12:30 Donna 	1:00pm- 1:55pm Tyne 
5:30pm- 6:25pm Pilates Deborah		5:30 -6:25pm Jane 				
6:00 – 6:50 pm Aquacise Charmaine		6:00 – 6:50 pm Aquacise Charmine	6:00 – 6:50pm Aqua Zumba® Yvonne		<b>COLOR KEY FOR CLASSES</b>	
6:00 – 6:50pm Studio Cycling Cara	6:00 - 6:55pm TBC Karen	6:00 – 6:50 pm Studio Cycling Anthony/Dan	6:00 – 6:55 pm PiYo Trey	6:00 – 6:45 pm Studio Cycling Sandy	<b>AQUA</b>	<b>DANCE/ZUMBA</b>
6:30 – 7:25pm Dance Fusion Katonya	7:00 – 7:55pm Cardio Jam Karen	6:30-7:25 Cross Conditioning Bootcamp Amy	7:00 – 7:55 pm Cardio Jam Karen	6:30 - 7:30pm Saloney 	<b>PILATES/PIYO</b>	<b>STUDIO CYCLING</b>
7:30 – 8:25 pm TBC Barry/Katonya	8:00 – 9:00pm Restorative Yoga DK	7:30 – 8:45 pm Yoga Strength Tom	Slow Flow Yoga 8:00 – 9:00 pm Ilene		<b>STRENGTH/ SCULPT/ CONDITIONING</b>	<b>YOGA/STRETCH</b>



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## 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. (B,I,A)

## Aqua Power / Aqua - Boot camp

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

## Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, Aqua Zumba® blends the Zumba® dance fitness philosophy with water resistance (B,I,A)

## 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 /On The Ball

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

## Butts & Guts

30 minute express class using free weights, body weight and short bursts of cardio to sculpt and tone your abs, legs and glutes! (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)

## Cross Conditioning Bootcamp

This class is a dynamic mix of cardio and strength training taught in an interval style to challenge and improve your stamina, fat burning, and strength. The instructor uses a variety of exercises and equipment. You'll leave feeling strong and powerful! (B,I,A)

## Dance Fusion

Get your heart pumping with this cardio dance class that fuses elements of African, Jazz, Hip-Hop and Latin dance moves to lift your spirits and rock your body! (B,I,A)

## 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)

## INSANITY Live

This challenging interval workout mixes in cardio and plyometric drills with periods of strength, power, resistance, and core training. The moves are easy but the workout will challenge you, change you, and get you in great shape! (I,A)

## 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)

## LaBlast®

This energizing dance fitness class blends the true skill of ballroom dance with the calorie blasting properties of interval fitness. Stay engaged, entertained and get in shape all while learning the quickstep, tango, cha cha and more! (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)

## 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)

## 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 (I,A)

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

## 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)

## 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) **Total Body Express** – 30 minutes of a full body strength workout.

## 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)

**Restorative Yoga** incorporates a limited number of poses using props such as blankets to allow you to completely relax and rest. (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 – 10:30pm**

**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)

**Bronwyn Tobin**

**Group Exercise Manager**

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**Spa Phone (201) 836-5400**

## **Class Fitness Level**

**Beginner (B)**

**Immediate (I)**

**Advanced (A)**