



# Group Fitness Classes

787 7th Ave, NY, NY 10019

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Schedule Effective 5-11-2018



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:15-8:15 Power Yoga	St 1 Ash	7:00-7:45 Yoga	St 1 Ash			7:15-8:00 Pilates Mat	St 1 Allyson	7:00-7:45 SPIN*	St 2 Erik	10:30-11:30 Water Workout	Pool Bill
11:30-12:15 Pilates	St 1 Francesco	7:00-7:45 Endurance SPIN*	St 2 Jen	7:30-8:15 Cardio Sculpt	St 1 Linda			7:30-8:15 Core Strength	St 1 Tony	11:30-11:45 Ab Blast	St 1 Ron
12:15-1:00 Detox Monday SPIN* / Lennie	St 2	7:45-8:20 Core Strength	St 1 Jen	11:30-12:15 Sculpt on Fire	St 1 Rika	12:30-1:05 Express Cardio Sculpt	St 1 Lennie			11:45-12:45 Muscle Definition	St 1 Ron
12:15-1:00 Zumba	St 1 Francesco	11:30-12:15 Bodyweight Fusion	St 1 Katherine	12:15-12:50 SPIN Express*	St 2 Danielle	12:15-1:00 SPIN*	St 2 Rika	12:15-1:00 SPIN*	St 2 Heather	12:30-1:30 SPIN*	St 2 Cliff
1:00-1:15 Ab Blast	St 1 Francesco	12:15-1:00 Boot Camp	St 1 Francesco	12:15-1:00 Strong Zumba	St 1 Wilfredo	1:05-1:15 Abs	St 1 Lennie	12:15-1:00 Barre	St 1 Sarah		
1:15-2:00 Stretch	St 1 Linda	12:30-1:15 SPIN*	St 2 Vinny	1:00-1:15 Ab Blast	St 1 Wilfredo	1:15-2:00 MELT	St 1 Linda	12:30-1:15 Water Workout	Pool Iris		
		1:00-1:15 Ab Blast	St 1 Francesco	1:15-2:30 Hatha Yoga	St 1 Karen			1:00-1:30 Core & Abs	St 1 Sarah		
5:30-6:15 Muscle Definition	St 1 Ron	1:15-2:00 Muscle Definition	St 1 Ron			5:30-6:15 Boot Camp	St 1 Ryan	1:30-2:30 Yoga Power Hour	St 1 Orly		
6:00-6:45 SPIN*	St 2 Cliff	2:00-2:15 Stretch	St 1 Ron	5:30-6:25 Yoga	St 1 Vinny			6:15-7:30 Yoga Basics	St 1 Cliff		
6:15-6:30 Ab Blast	St 1 Ron			6:00-7:00 SPIN*	St 2 Erik	6:30-7:30 Karate	St 1 Jim & Gisela				
6:15-7:00 Water Workout	Pool Bill	5:30-5:45 Abs	St 1 Alex	6:30-7:15 Restorative Stretch	St 1 Vinny	7:30-8:00 Karate Review/Jim & Gisela	St 1				
6:30-7:15 Pilates Mat	St 1 Sarah	5:45-6:30 Boot Camp	St 1 Alex					<p>* Indicates reservations are required at the Member Service Desk, 15 minutes prior to start of class. No phone reservations.</p> <p>• This schedule &amp; class instructors are subject to change without notice.</p>			
7:15-8:30 Vinyasa Yoga	St 1 Orly	6:30-7:30 Karate	St 1 Jim & Gisela								
		7:30-8:00 Karate Review/Jim & Gisela	St 1								

# CLASS DESCRIPTIONS

## YOGA & FLEXIBILITY

### **Stretch - All Levels**

Bring back your flexibility by lengthening and elongating your tired tight muscles. Great class for active people who can't find the time to stretch.

### **M.E.L.T. Method**

A self-treatment technique that helps prevent pain, heal injury and erase the negative effects of aging and active living.

### **Restorative Stretch**

Relax tight muscles with basic stretches, breathing and the use of a soft foam roller.

### **Barre**

Combines elements of various disciplines to sculpt, slim and stretch your entire body.

### **Yoga Basics**

Designed for members who have an interest in yoga, but don't always have the chance to take other classes. We will go through the details of the yoga practice with lots of individual attention.

### **Flow Yoga - All Levels**

Designed to teach basic yoga postures (asanas), increase flexibility strength, balance and relaxation.

### **Hatha Yoga - All Levels**

A traditional class that builds the foundation for yoga practice. Combines postures (asanas) with steady breathing (pranayama) to promote strength, flexibility and relaxation.

### **Power Yoga - All Levels**

A vigorous class with an emphasis on flowing from one posture to the next. More emphasis on alignment and physical condition.

### **Pilates Mat - All Levels**

Developed by Joseph H. Pilates. Designed to strengthen torso and abdomen (the core) by developing abdominal control and stability.

### **Vinyasa Yoga - All Levels**

An invigorating style of yoga incorporating smooth movements running poses together.

## CARDIOVASCULAR TRAINING

### **Athletic Conditioning - All Levels**

A cardio conditioning class incorporating various plyometric, speed and agility drills to enhance strength, power and coordination needed in sports activities. Sign-up at the Member Service Desk.

### **Cardio Sculpt - Intermediate Level**

A blast of high cardio moves combined with resistance training.

### **Bodyweight Fusion - All Levels**

A combination of Pilates, Yoga and Bootcamp; designed to strengthen your entire body.

### **Sports Drills - All Levels**

A cardio conditioning class combining speed and agility drills with strength and power training.

### **Boot Camp - Intermediate**

An intense army work out employing basic calisthenics and weight training techniques. A great way to compliment and vary your weekly workouts.

### **Zumba - All Levels - Offered seasonally; check the schedule**

Join in the party! This is a fusion of Latin and International music that creates a dynamic, exciting workout using some of the most basic Latin dance moves.

### **Strong by Zumba**

High intensity interval training that uses more traditional fitness moves and synchronized music for a more athletic-conditioning style workout.

## MARTIAL ARTS

### **Karate - All Levels**

Seido Karate is a traditional martial art with a complete program in physical conditioning, developing aerobic fitness and muscular strength. The training is progressive.

### **Meditation - All Levels**

Seido Meditation is a time-proven method for developing a calm focused mind.

## STRENGTH

### **Ab Blast - All Levels**

A 15-minute class designed to strengthen and tone the core (abdominal/lower back muscles).

### **Ultimate Sculpt - All Levels**

A total body conditioning class that utilizes traditional and advance body shaping techniques.

### **Core Strength - All Levels**

A strength training class for the core muscles (abdominals, obliques, back) using the stability ball with weights. This class combines the techniques used in Pilates with muscle building and strengthening.

### **Muscle Definition - All Levels**

A total body conditioning class emphasizing heavier weights, slower repetitions.

### **Upper Body Blast - All Levels**

A 30 minute class that targets the muscles in the chest, back, shoulders, biceps and triceps.

## GROUP CYCLING

### **Spin - All Levels**

A 45 minute vigorous cardiovascular class that utilizes various indoor cycling techniques for an ideal aerobic workout.

### **Endurance Spin - All Levels**

A 60 minute cardiovascular class that utilizes various indoor cycling techniques.

### **Express Spin - All Levels**

An intense 35 minute spin class designed for anyone on a tight schedule

## AQUATICS

### **Water Workout - All Levels**

A low impact aerobic workout that utilizes every muscle group; while bringing a full range of motion to the joints.

### **Master Swim Clinic - All Levels**

Monthly clinic to improve competitive swimming strokes. Please inquire at the Member Service Desk for more information.



787 Seventh Avenue, Concourse Level, NY, NY 10019  
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## **CLUB HOURS**

Monday – Thursday 5:30am - 10:00pm  
Friday 5:30am - 9:00pm  
Saturday & Sunday 9:00am - 5:00pm

Class schedule available on the web  
[www.athleticswim.com](http://www.athleticswim.com)