



Group Fitness Classes

787 7th Ave, NY, NY 10019

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Schedule Effective 6-3-2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		7:00-7:45 Power Yoga	St 1 Ash					7:00-7:45 SPIN*	St 2 Erik	10:30-11:30 Water Workout	Pool Bill
		7:00-7:45 Endurance SPIN*	St 2 Erik			7:00-7:45 Core Pilates Fusion/Allyson	St 1			11:30-11:45 Ab Blast	St 1 Ron
11:30-12:15 Pilates	St 1 Francesco	7:45-8:20 Core Strength	St 1 Ron	11:30-12:15 Sculpt on Fire	St 1 Rika	11:30-12:15 Pilates Mat	St 1 Allyson			11:45-12:45 Muscle Definition	St 1 Ron
12:15-1:00 Detox Monday SPIN* / Lennie	St 2	11:30-12:15 BodyWeight Sculpt	St 1 Linda	12:15-12:50 SPIN Express*	St 2 Ron	12:30-1:05 Express Cardio Sculpt	St 1 Lennie	12:15-12:50 Express SPIN*	St 2 Lennie	12:30-1:30 SPIN*	St 2 Cliff
12:15-1:00 Zumba	St 1 Francesco	12:15-1:00 Boot Camp	St 1 Francesco	12:15-1:00 Strong Zumba	St 1 Shannon	12:15-1:00 SPIN*	St 2 Rika	12:15-1:00 Barre	St 1 Sarah	VIRTUAL SUNDAY	
1:00-1:15 Ab Blast	St 1 Francesco	12:30-1:15 SPIN*	St 2 Vinny	1:00-1:15 Ab Blast	St 1 Shannon	1:05-1:15 Abs	St 1 Lennie	12:30-1:15 Water Workout	Pool Linda	9:30-10:15 Aim True Yoga	St 1 Kathyren Budig
1:15-2:00 Stretch	St 1 Linda	1:00-1:15 Ab Blast	St 1 Francesco	1:15-2:30 Hatha Yoga	St 1 Karen	1:15-2:00 MELT	St 1 Linda	1:00-1:30 Core & Abs	St 1 Sarah	10:30-10:50 Boxhiit15 Upper	St 1 Louis Rennocks
		1:15-2:00 Muscle Definition	St 1 Ron					1:30-2:30 Yoga Power Hour	St 1 Orly	10:50-11:16 Abs & Booty Burn	St 1 Bret Hoebel
5:30-6:15 Sculpt & Burn	St 1 Jen	2:00-2:15 Stretch	St 1 Ron	5:30-6:25 Yoga	St 1 Vinny	5:30-6:15 Boot Camp	St 1 Jen	6:15-7:30 Yoga Basics	St 1 Cliff	11:30-11:55 Sport 1 Core Ex	St 1 Billy Boynton
6:00-6:45 SPIN*	St 2 Cliff			6:00-7:00 SPIN*	St 2 Erik					12:00-12:22 Post Work Stretch	St 1 Bridgette Kristen
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					12:45-1:11 Meditation Yoga	St 1 Gypsy
6:15-7:00 Pilates Mat	St 1 Sarah	5:45-6:30 Boot Camp	St 1 Alex			6:30-7:30 Karate	St 1 Joe				
7:00-8:00 Vinyasa Yoga	St 1 Orly	6:30-7:30 Karate	St 1 Joe			7:30-8:00 Karate Review	St 1 Joe	<p>* Indicates reservations are required at the Member Service Desk, 15 minutes prior to start of class. No phone reservations.</p> <p>• This schedule & class instructors are subject to change without notice.</p>			
		7:30-8:00 Karate Review	St 1 Joe								

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.

BodyWeight Sculpt - Intermediate

Uses only the body's weight as resistance. Coordinated upper-body strength development. Non-rhythmic moves involve muscular control.

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