

REVISED FALL GROUP EXERCISE SCHEDULE--EFFECTIVE 10/22/17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:30am SPINNING	New Class! 9:00AM POUND*	5:45am SPINNING	
8:45am ZUMBA		9:00am SPINNING	9:25am BEGINNER YOGA	9:00am SPINNING	9:15am UPPER & LOWER BODY	9:00am SPINNING
9:00am SPINNING	9:30am STEP EXPRESS	9:30am ABS/LEGS	9:30am CARDIO-KICK & SCULPT	9:30am ABS/LEGS	9:45am ABS EXPRESS	9:30am CARDIO- BLAST
9:30am CARDIO-MIX**	10:00am WEIGHTS & ABS	10:00am WEIGHTS EXPRESS	10:15am ABS EXPRESS	10:00am WEIGHTS EXPRESS	10:00am CARDIO MIX**	10:30am ABS EXPRESS
10:15AM ABS EXPRESS	10:30am YOGA	10:00am YOGA	10:30am BARRE ABOVE	10:00am YOGA- LATES	10:30am YOGA	10:30am YOGA
10:30am BARRE ABOVE	10:30am ZUMBA	10:15am ZUMBA	11:15am ZUMBA GOLD	10:15am ZUMBA		10:45am UPPER & LOWER BODY
10:00am YOGA-LATES	4:45pm BODY SHAPING	11:00am SENIOR AEROBICS	New Class! 4:30PM POUND	11:00AM SENIOR AEROBICS	5:30pm WEIGHTS & ABS	11:15am ZUMBA
**Class format will vary from week to week	5:30pm STEP	4:45pm ZUMBA TONING	5:15pm BODY SHAPING	5:15pm BODY SHAPING	6:00pm FIT-BALL/ PILATES	*1st Thurs. of month, 9am class will be BOSU Balance & Core
	6:00pm ABS/6:15pm SCULPT PLUS	5:30PM WTS & ABS/6PM STEP	6:00pm BOOT CAMP	6:00pm ZUMBA	6:00pm YOGA	
	6:45PM BARRE ABOVE	6:15PM SPINNING	6:30pm VINYASA YOGA	6:45PM STEP & SHAPE	6:30Pm ZUMBA	
	6:45pm VINYASA YOGA	6:30PM CARDIO- KICK & SCULPT	6:45pm ZUMBA			
	7:30pm ZUMBA	New Class! 7:15PM POUND				

schedule
subject to
change

CLASS DESCRIPTIONS

SPINNING – 45 MIN: AN INDOOR, GROUP LED BIKE RIDE WHICH SIMULATES AN ACTUAL OUTDOOR ALL-TERRAIN RIDE. PARTICIPANTS CAN MODIFY THE INTENSITY OF THEIR RIDE TO MAKE IT AS CHALLENGING AS THEY LIKE.

YOGA – 60 OR 75 MIN: SCIENTIFICALLY DESIGNED POSTURES THAT INCREASE FLEXIBILITY, BUILD STRENGTH, REDUCE STRESS & IMPROVE OVERALL MENTAL AND PHYSICAL HEALTH.

VINYASA YOGA – 60 OR 75 MIN: PRIMARY SERIES-PROVIDES THE SAME BENEFITS AS YOGA WITH THE ADDITION OF VINYASAS TO ACHIEVE GREATER STRENGTH & FLEXIBILITY.

YOGA-LATES – 45 MIN: A UNIQUE INTEGRATION OF YOGA POSTURES WITH THE CORE STRENGTHENING & STABILIZATION OF *PILATES* (advanced abdominal training using techniques developed by Joseph Pilates)

STEP – 45 MIN: A HIGH-INTENSITY CARDIO WORKOUT USING THE STEP TO CHALLENGE ALL MAJOR MUSCLE GROUPS. “*STEP EXPRESS*”- 30 MIN VERSION OF STEP CLASS. “*DOUBLE STEP*”-INCORPORATES USE OF A 2ND STEP.

ABS EXPRESS – 15 MIN: AN INTENSE WORKOUT FOR TONING THE ENTIRE ABDOMINAL AREA. “*ABS ON THE BOSU*” USES THE *BOSU BALANCE TRAINER* FOR INCREASED INTENSITY & FLEXIBILITY.

CARDIO-KICK BOXING – 45 MIN: A MOTIVATING CARDIO CLASS, WHICH INCORPORATES MARTIAL ARTS TECHNIQUES TO ACHIEVE AN AEROBIC WORKOUT.

CARDIO-DANCE & KICK – 45 MIN: INCORPORATES CARDIO-KICK BOX CHOREOGRAPHY WITH FUN & EASY HI-LO AEROBIC & DANCE MOVES.

SENIOR AEROBICS – 45 MIN: MILD AEROBIC EXERCISE COMBINED WITH UPBEAT MUSIC & FUN CHOREOGRAPHY (30 MIN), FOLLOWED BY LIGHT WEIGHT TRAINING (15 MIN) AND A GENTLE STRETCHING SEGMENT. **SENIOR ZUMBA** – 45 MIN: SLOWER, LESS INTENSE VERSION OF ZUMBA.

WEIGHTS & ABS – 30 MIN: TONES, SCULPTS & STRENGTHENS THE MUSCLES OF THE UPPER BODY & ABDOMINALS. WILL INCLUDE THE USE OF FREE WEIGHTS, BODY BAR AND/OR BANDS. “*WEIGHTS EXPRESS*” -15 MIN: CLASS FOCUSING ON UPPER BODY.

UPPER & LOWER BODY – 30 MIN: CLASS WHICH USES HAND WEIGHTS, BARS AND/OR BANDS TO TONE & SCULPT THE UPPER & LOWER BODY.

ABS/LEGS – 30 MIN: CLASS WHICH FOCUSES ON STRENGTHENING & TONING THE LEGS, BUNS & ABS.

BODY SHAPING – 45 MIN: AN OVERALL UPPER & LOWER BODY WORKOUT (INCL. ABS) USING HAND WEIGHTS, BODY BARS AND/OR OTHER RESISTANCE EQUIPMENT TO ACHIEVE MAXIMUM RESULTS.

FIT-BALL – 30 OR 45 MIN: BODY SHAPING CLASS USING THE RESISTANCE BALL TO ACHIEVE ADDED STRENGTH, BALANCE & FLEXIBILITY.

CARDIO-BLAST – 60 MIN: ENERGY-PACKED WORKOUT! CLASS FORMAT WILL VARY BETWEEN *LATIN-CARDIO & STEP/SCULPT*, *CARDIO-KICK BOX & SCULPT*, *STEP & SCULPT*, *BOSU & STEP*, AND *JAMMIN' CARDIO* (A MIX OF HI-LO AEROBICS, CARDIO-KICK BOX & STEP).

ZUMBA – 45 MIN: HIGH ENERGY AEROBIC/DANCE CLASS INCORPORATING A FUSION OF LATIN & INTERNATIONAL MUSIC WITH FUN & EASY DANCE STEPS TO ACHIEVE AEROBIC FITNESS WHILE TONING THE ENTIRE BODY. (SAT CLASS WILL BE 60 MIN) **ZUMBA GOLD**- A SLOWER, LESS INTENSE VERSION OF ZUMBA.

LATIN CARDIO – 45 MIN: A HIGH ENERGY CARDIO CLASS, SET TO LATIN MUSIC, COMBINING DANCE MOVES WITH TRADITIONAL HI-LO AEROBICS.

BOOT CAMP – 45 MIN: AN INTENSE CARDIO & STRENGTH TRAINING CLASS, USING VARIOUS TECHNIQUES & EQUIPMENT TO ACHIEVE MAXIMUM BENEFITS. CARDIO & STRENGTH DRILLS ARE INTRODUCED IN A NON-CHOREOGRAPHED FORMAT. “*EXTREME BOOT CAMP*” A MORE INTENSE & ADVANCED VERSION OF BOOT CAMP. CLASS IS ONE DAY PER WEEK IN 6-WEEK SESSION FORMAT.

BOKWA FITNESS – 45 MIN: THE NEWEST TREND IN FITNESS! A HI-ENERGY CLASS COMBINING FITNESS & DANCE IN A UNIQUE FORMAT TO ACHIEVE MAXIMUM CARDIO CONDITIONING, MUSCULAR STRENGTH & FLEXIBILITY. GET READY TO SWEAT!

THANK YOU FOR LETTING NORTHEAST RACQUET CLUB & FITNESS CENTER HELP YOU REACH YOUR PERSONAL FITNESS GOALS. IF YOU HAVE ANY QUESTIONS, SUGGESTIONS, COMMENTS OR CONCERNS PLEASE CONTACT OUR GROUP EXERCISE DIRECTOR, DIANE BLUESTEIN, AT (215) 671-9969 OR 671-9200 (EXT. 131). OR DIANE@NORTHEASTRACQUET.COM.