



CSC

COMMONWEALTH SPORTS CLUB
Group Fitness Schedule | Effective February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Large Studio							
Cardio Cross Training 9:30 AM Krys	Classic Pilates Mat 9:30 AM Jacqui	BODYPUMP™ 6:00 AM Kim	BODYPUMP™ 9:30 AM Michelle	Body Burn 9:00 AM Brenna	Strictly Pilates 8:30 AM Tyla	Body Burn 10:00 AM Brenna	
Qigong/TaiChi 11:30 AM Rick	Vinyasa Yoga 10:30 AM Anna [75 mins]	Zumba 9:00 AM Paris	Pilates Bootcamp 1:00 PM Maria	Gentle Yoga 10:30 AM Anna	Zumba 9:30 AM Julie	Classic Pilates Mat 11:45 AM Amy [45 mins]	
Classic Pilates Mat Plus 5:30 PM Maria	BODYPUMP™ 1:00 PM Maria	Yoga Fusion 1:00 PM Jacqui	Body Sculpt 5:00 PM Amy J	Sweat & Sculpt 4:15 PM Brenna	Barre Blast 10:30 AM Julie	BODYPUMP™ 4:00 PM Kim	
TABATA 6:30 PM George	Sweat & Sculpt 5:00 PM Laura	Classic Pilates Mat Plus 5:30 PM Michelle	Zumba 6:00 PM Amy J	Core Meltdown 6:30 PM Laura [30mins]	BODYPUMP™ 11:30 AM Ryan	Iyengar Yoga 5:00 PM Lauren [90 mins]	
Barre Blast 7:30 PM Julie	BODYPUMP™ 6:00 PM Laura	J.C.K 6:30 PM Maria	BODYPUMP™ 7:00 PM Melissa		Kore Knockout 12:45PM Maria		
Power Zumba 8:30 PM Julie [45 mins]	Zumba 7:00 PM Rebecca	Power Yoga 7:30 PM Maria	Wellness Qigong TaiChi 7:15 PM Rick (Pilates Studio)	All participants for any BODYPUMP™ classes must sign-up at the Front Desk, starting 30 minutes prior to each class.			
	Hip Hop Pilates 8:00 PM Michelle	BODYPUMP™ Challenge 8:30 PM Michelle	Slow Vinyasa Yoga 8:00 PM Brenna [90mins]				
SPINNING® Studio							
Body Cycle 6:00 PM Laura	SPINNING® 6:00 AM Ryan	SPINNING® 6:00 PM Nicky	SPINNING® 6:00 AM Kim	SPINNING® 5:30 PM Laura	SPINNING® 9:30 AM Nicky	SPINNING® 11:00 AM Amy [45 mins]	
	SPINNING® 7:00 PM Melissa		SPINNING® 6:00 PM Melissa				
Salt-water Pool							
Aqua Fit 10:00 AM Karin	Aqua Fit 6:00 PM Sean	Aqua Strength 10:00 AM Sean	Aqua QigongTaiChi 10:30 AM Rick	Aqua Fit 9:30 AM Sean	Aqua Fit 10:00 AM Danielle	Aqua Fit 10:00 AM Sean	
		Aqua Fit 3:30 PM Sean	Aqua Fit 6:00 PM Sean				



Hours: Mon-Thur: 5:30am - 10:00pm | Fri: 5:30am - 9:00pm | Sat-Sun: 8:00am - 8:00pm

GROUP FITNESS SCHEDULE



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Class Descriptions

Aqua Fit - Low impact aerobic workout in the pool at a depth of four feet.

Rhythmic patterns of movement are conducted with the option of neutral and suspended positions. Exercises will increase strength and range of motion.

Aqua Qigong TaiChi- Flowing movements with corresponding breathing techniques. Awaken your mind/body in the water.

Barre Blast – a butt-tightening, thigh slimming, posture straightening, core sculpting barre and mat class.

Body Burn – Take your cardio and strength training to a new level. Combine cardio, strength and endurance based exercises to sculpt and change your body.

BODYPUMP - is the original barbell workout that STRENGTHENS YOUR ENTIRE BODY. This 60 minute program challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. All levels can benefit from this class.

BodyCycle- Cycle for crazy cardio, weight intervals for muscle strength.

Body Sculpt- Strength train your entire body with free weights, bands and other equipment.

Cardio Cross Training- A cardio based workout with intervals of light weight training exercises.

Core Meltdown- Energize and strengthen with abs and yoga

J.C.K. (Jab, Cross, Kick) Using gloves and bags, steadily learn the fundamentals of boxing and kickboxing.

Kore Knockout – Cardio kickboxing fused with standing yoga and pilates. (weighted gloves optional)

Spinning- Indoor stationary cycling workout designed to improve cardiovascular endurance and muscle strength.

TABATA- 100 % interval training, improving overall fitness.

Sweat & Sculpt – Cardio + weights = tighter & stronger

Zumba- Learn easy to follow steps and dances with this Latin inspired cardio workout. Trim your body and boost your endurance. A combination of high energy and motivating music will keep this class fun and lively.

Mind Body Classes

Yoga Fusion- Hatha Yoga asanas (poses) and pilates mat are linked with the breath creating a dynamic workout and stretch. A few simple position changes can modify/intensify the class for beginners or experts (All levels)

Iyengar Yoga- Emphasis is on precision of movement, alignment and form as taught by B.K.S Iyengar. Asana is taught with modification, corrections, assists and use of props. (All levels)

Power Yoga- Vinyasa style yoga with options for power transitions, gain flexibility and strength while connecting the mind and body.

Classic Pilates Mat- Pilates develops the deepest core muscles using a series of exercises that strengthen and tone. This mat class structured to achieve proper form and technique through tactile and verbal cueing. Experience in this class is helpful but not necessary.

Classic Pilates Mat Plus - A quicker more intense mat workout. Props may be used to increase body awareness, as well as build intensity. This class is advanced, prior experience is necessary.

Hip Hop Pilates – An intense classic mat pilates class taught to hip hop music.

Pilates Bootcamp – Classic mat pilates, resistance and balance exercises taught in a series that will quicken the heart rate, increase strength and stamina and lengthen and tone your muscles. (Intermediate to advanced)

Qigong TaiChi- De-stress through gentle, flowing movements with corresponding breathing techniques. Awaken your mind and spirit through breathing and feeling. (All levels)

Strictly Pilates – A classic and thorough mat class.

Vinyasa Yoga - A series of asanas are practiced in a slow flow with a deep breathing technique to promote flexibility, balance and relaxation. These easy to learn techniques have numerous health benefits. (All levels)

Slow Vinyasa Yoga – Structure and alignment emphasized through vinyasa, challenging, yet rewarding.

Rules and Regulations for Group Exercise Classes

- For your safety, please do NOT enter class after the warm up has ended
- For your safety, please do NOT leave a class before the cool down has ended with the exception of emergency situations
- Please be courteous of other members and your instructors by following the class format being taught
- If there are fewer than 3 members in attendance, the instructor may cancel class at his or her discretion
- All classes are subject to change at discretion of management.
- If you have any questions, comments or concerns, feel free to contact:

Group Fitness Coordinator ~ Maria Barry
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