GROUP FITNESS

SCHEDULE EFFECTIVE JANUARY 6, 2020

SCHEDULE IS SUBJECT TO CHANGE

MONDAY

5:45-6:30 AM	Cycling*	CS	Audrey
8:30-9:30 AM	BODYPUMP	1	Amy
8:30-9:00 AM	SPRINT **	CS	Mary
9:30-10:30 AM	BODYSTEP	1	Patty
9:30-10:30 AM	Cycling	CS	Emily
9:30-10:30 AM	Zumba	MB	Jenni
10:35-11:05 AM	CXWORX**	1	Patty
11:15 AM-12:15 PM	Yogabasics	MB	Jennifer
12:00-1:00 PM	BODYPUMP	1	LuAnn
12:15-1:00 PM	Fight Club* starts 1/13!	A	Shakeem NEW!
4:30-5:15 PM	FIT Boot Camp *	A	Kyle/Ashleigh
4:30-5:15 PM	BODYPUMP Exp.*	1	Nina
4:45-5:30 PM	Pilates*	MB	Susan
5:15-6:00 PM	BODYSTEP Exp.*	1	Tammy
5:30-6:30 PM	Cycling	CS	Carol
5:35-6:35 PM	Restore/Yin Yoga	MB	Beth NEW!
6:00-6:30 PM	CXWORX**	1	Jen/Joan
6:00-7:00 PM	Paddleboard Core FIT $	P	Sue
6:35-7:05 PM	SPRINT**	CS	Jen

TUESDAY

5:45-6:30 AM	Cycling*	CS	Aimee
8:30-9:30 AM	Step Works	1	Michele
8:30- 9:30 AM	Vinyasa Flow Yoga	MB	Rachel
8:30- 9:15 AM	Cycling	CS	Amy NEW TIME
9:00-10:00 AM	Fight Club starts 1/13!	F2	Shakeem NEW!
9:30-10:30 AM	BODYPUMP	1	Patty
9:35-10:35 AM	BODYFLOW	MB	LuAnn
9:40-10:10 AM	SPRINT**	CS	Emily/Mary
10:15-10:45 AM	MYZONE Turf HIIT**	T	Andre
10:40-11:20 AM	Pilates*	MB	Nina TIME CHANGE
11:00-11:45 AM	BODYATTACK Exp.*	1	Sarah
12:00-1:00 PM	BOSU Boot Camp	1	Allyson
4:30-5:00 PM	SPRINT**	CS	Ashleigh
4:30-5:30 PM	Step Works	1	Michele/LuAnn
5:30-6:15 PM	Cycling*	CS	Cindy/Steph
5:30-6:25 PM	Zumba	MB	Jenni
5:30-6:30 PM	BODYPUMP	1	Ginnie
5:45-6:30 PM	Athletic Barre $	WS	Chrystine/Jen
6:00-7:00 PM	Paddleboard Yoga $	P	Stephanie B
6:30-7:30 PM	BODYFLOW	MB	Kristin

WEDNESDAY

5:40-6:40 AM	BODYPUMP	1	Teresa
8:30-9:30 AM	BODYPUMP	1	Amy
8:45-9:30 AM	Power Yoga*	MB	Sara
9:30-10:15 AM	Athletic Barre $	WS	Julianne
9:30-10:30 AM	Cycling	CS	Mary
9:30-10:30 AM	Step Fusion	1	Patty
9:35- 10:35 AM	Zumba	MB	Nina
10:35-11:05 AM	CXWORX**	1	Patty
11:10 AM-12:10 PM	Asian Fusion	MB	Janet
12:00-12:30 PM	SPRINT**	CS	Emily
4:30-5:00 PM	BODYPUMP Exp. **	1	Ginnie
5:00-5:30 PM	CXWORX**	1	Ginnie
5:30-6:00 PM	BODYCOMBAT Exp.**	1	Ginnie
5:30-6:00 PM	SPRINT**	CS	Ashleigh
6:00-7:00 PM	BODYFLOW	MB	Taylor TIME CHANGE
6:05-6:50 PM	BODYATTACK Exp.*	1	Steph

THURSDAY

5:45-6:15 AM	SPRINT**	CS	Jen
6:15-6:35 AM	CXWORX Exp.**	1	Jen
8:30-9:15 AM	Cycling*	CS	Amy NEW!
8:30-9:15 AM	Boot Camp*	1	Melissa
9:30-10:30 AM	BODYPUMP	1	LuAnn
10:05-11:05 AM	Beginner Yoga	MB	Uma
12:00- 1:00 PM	BODYPUMP/CXWORX	1	Patty
12:00-1:00 PM	Vinyasa Flow Yoga	MB	Lily
4:30-5:30 PM	BODYSTEP	1	Tammy
4:30-5:30 PM	BODYFLOW	MB	Joan/Toni NEW!
4:45-5:30 PM	HIIT	A	Sarah/Andre
5:30-6:30 PM	BODYPUMP	1	Michele NEW!
5:30-6:15 PM	Cycling*	CS	Laura
5:45-6:30 PM	Athletic Barre $	WS	Tammy
5:45-6:30 PM	POUND	A	Jenni
5:45-6:45 PM	Yogabasics	MB	Lacey
6:45-7:45 PM	Fight Club starts 1/13!	A	Shakeem NEW!

FRIDAY

5:40-6:40 AM	BODYPUMP	1	Teresa
8:35-9:35 AM	BODYSTEP	1	Sarah
9:00-9:45 AM	Zumba*	MB	Chrystine
9:30-10:30 AM	Cycling	CS	Audrey/Cheryl
9:35-10:20 AM	BODYCOMBAT Exp.*	1	Melissa
9:45-10:45 AM	BODYFLOW	MB	Valerie
10:00-10:55 AM	Tai Chi/Qigong	A	Jan
10:35-11:05 AM	CXWORX**	1	Cheryl
11:15 AM-12:15 PM	Yogabasics	MB	Jennifer
12:00-12:30 PM	SPRINT**	CS	Nina
12:00-1:00 PM	Paddleboard Core FIT $	P	Sue
5:00-5:30 PM	SPRINT**	CS	Ashleigh/Bernadette

SATURDAY

7:30-8:30 AM	BODYATTACK	A	Jen
8:00-9:00 AM	BODYPUMP	1	Michele/LuAnn
8:00-8:55 AM	Zumba	MB	Jenn/Chrystine
8:30-9:00 AM	SPRINT**	CS	Sarah/Nina
9:00-10:00 AM	BODYFLOW	MB	Valerie
9:00-10:00 AM	HIIT	A	Corey
9:00-10:00 AM	Step Works	1	Michele/LuAnn
9:15-10:15 AM	Cycling	CS	Jenn
10:00-10:45 AM	BODYCOMBAT Exp.*	1	Linette/Dan
10:10-11:10 AM	Power Yoga	MB	Stephanie B.
10:15-11:15 AM	Corepole 'n Sculpt	A	Mary
11:30 AM-12:30 PM	Fight Club starts 1/13!	A	Shakeem

SUNDAY

8:00-8:45 AM	Cardio Boxing*	A	Dan
8:00-9:00 AM	Cycling	CS	Laura
8:00-9:00 AM	Step and Tone	1	Michele/LuAnn
9:00-10:00 AM	Zumba	MB	Chantel
9:00-10:00 AM	BODYCOMBAT	1	Ginnie/Kristin
10:00-11:00 AM	BODYPUMP	1	Jen B.
10:00-11:00 AM	Fight Club starts 1/13!	A	Shakeem
10:10-11:10 AM	BODYFLOW	MB	Ginnie

KEY:
1 - Studio 1 | CS - Cycle Studio | T-Turf
A - Agility Room | MB - Mind Body Studio | P - Pool
WS - Wellness Studio | F2 - Field #2 on Main Level | $ - Fee-Based Class
* 45-Minute Class | ** 30-Minute Class or Less

For the latest schedule:
bodyzonesports.com/groupfitness

BODY ZONE™
Sports and Wellness Complex

CLASS DESCRIPTIONS

MUSCLE CONDITIONING

MYZONE target ranges: blue and green heart rate zones

BODYPUMP™: Set to motivating music, BODYPUMP™ is a simple, athletic-based workout that uses barbells with adjustable weights to strengthen, tone and define every major muscle in the body. Ideal for the beginner through the experienced exerciser as you are in charge of how much weight you put on the bar.

Corepole'n Sculpt: This class uses resistance bands and a progression of single to multi-muscle movements. Emphasis is placed on form, technique and core awareness.

CXWORX™: A CXWORX™ workout consists of exercises that both isolate (like crunches and leg extensions) and integrate (like standing balance and hovers) the various muscle groups. PILATES: Strengthen and stretch your body while focusing on the muscles of the core. This class is for all levels.

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MIND & BODY

Asian Fusion: This priceless blend of Tai Chi, Qi Gong, Yoga and Acupressure Points Tapping incorporates continuous, gentle movements to purify and rejuvenate the whole body. This class is appropriate for all, from athletes to older adults.

Beginner Yoga: Caught between Chair Yoga and Yogabasics? This class is for you! It is perfect for those who are new to yoga and are looking for a slow paced, relaxing class. There will be a series of basic yoga poses, practiced with both sitting and standing positions. * Must be able to be on your knees and maneuver up and down, off the floor easily.

BODYFLOW™: BODYFLOW™ is a dynamic exercise-to-music program that leaves members feeling relaxed and renewed. BODYFLOW™ combines the best of eastern disciplines, like yoga and tai chi, with popular new methods like Pilates.

Power Yoga: This Vinyasa style, intermediate level yoga class will move you through the postures at a moderate pace with strong influence on breath awareness. Build all over body strength, flexibility, balance, muscular endurance and mental acuity. Must have prior yoga experience.

Restore/Yin Yoga: Yin and restorative styles of yoga use less movement and muscular effort than their yang yoga counterparts. The poses are passive, supported, and meditative, held for 3-5 minutes each. Both yin and restorative styles soften and revitalize our mind/body, allowing us to return to our regular activities in more articulate and wise ways.

Tai Chi/Qigong: This class merges Tai Chi and Qigong — with the goal of improving mind/body health. Physical benefits include improved posture, balance, coordination, endurance, and flexibility. Mental benefits include reduced stress and improved awareness and mental clarity. Continuous gentle movements combined with breathing create meditation in motion.

Vinyasa Flow Yoga: This is a moderately paced class with emphasis on good alignment and conscious movement with the breath. Build strength and muscular endurance in addition to flexibility, balance and focus. Prior experience with yoga recommended.

Yogabasics: Learn the basic poses of yoga in a class that will help you to build strength, increase flexibility and improve balance. Modifications are offered but participants must be able to get onto, and up from, the floor with ease. Whether flowing thru Sun Salutations or holding poses in stillness, you will be encouraged to develop mindful breathing, focused attention, body awareness and self-acceptance.

CARDIO

MYZONE target ranges: yellow and red heart rate zones

BODYATTACK™: A sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BODYCOMBAT™: Explosively popular in clubs around the world, this class combines kicks, jabs and strikes from a range of self-defense disciplines like karate, boxing and Tae Kwon Do into an hour-long energetic routine.

BODYSTEP™: Using a height-adjustable step and simple movements on, this class offer cardio blocks that push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Cycling: This 'freestyle' cycling class is the instructor's choice of music and motivation. Each class normally incorporates climbs and free spins to make the ride a super calorie burner and an extreme cardio workout. Be sure to mention it if it is your first time taking an indoor cycling class so the instructor can help you set up your bike for proper alignment and give you some riding tips.
Please pick up a number at the desk to reserve your bike!

POUND®: Rock your way to fitness with POUND®, a drumming-based cardio class that promises a high energy and super effective workout and jam session to your favorite tunes. Burn calories as you bang out close to 15,000 repetitions with neon green and light weighted drumsticks called Ripstix®. Drumming in rhythm helps lower stress and improve cognitive skills like focus and decision-making. All fitness levels are welcome.

SPRINT: This class is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. You'll combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.
Please pick up a number at the desk to reserve your bike!

Step Fusion: This class is an interval style, athletic workout on the step and will incorporate strength work with and without weights with a combination of athletic drills and plyometrics. Expect an intense workout at this class!

Step Works: 60 minutes of continuous cardio and step choreography fun!

Zumba®: A Latin-inspired, dance-fitness class that incorporates interna-tional music and dance movements, creating a dynamic exhilarating, and effective fitness system. This class combines fast and slow rhythms that tone and sculpt the body using an aerobics/fitness approach.

COMBINATION CLASSES

MYZONE target ranges: green, yellow and red heart rate zones

Boot Camp: This class will challenge you to push your training to the next level! High intensity cardio and muscle conditioning combined in this 45 minute, energetic and athletic class.

Bosu Boot Camp: Class is equal parts of cardio and toning and interval styled to provide a comprehensive, total body workout.

Cardio Boxing: This class is all about cardio and core conditioning while focusing on the bag. There will be a mix of martial arts, strength training and core exercises to challenge you in a fun way. This class is for anyone and will work with all levels of fitness! Please note: You must pick up a number at the desk to reserve your spot. Maximum of 12 spots available. Must bring your own boxing gloves to participate.

Fight Club: Train like a boxer with a professional boxer as your coach! Expect high energy and fun in this high intense cardio and strength class. Boxing technique and footwork will be a focus. Must bring your own gloves.

FIT Boot Camp: Functional High Intensity Training using the fundamentals of CrossFit. Timed "workouts of the day" designed by a BZ Trainer or certified Group Fitness Instructor, that will test cardio and total body strength and conditioning. Equipment utilized will be medicine balls, kettlebells, battle ropes, boxes, dumbbells, jump ropes , and more!

HIIT: High Intensity Interval Training is our focus! This class will be a series of intense timed circuits to increase your strength and cardio endurance. If you're looking to improve your fitness level, this class is for you!

MYZONE HIIT Turf: Participants must have a MYZONE heart rate belt in order to attend this class. Join a fun and fast-moving circuit style workout led by a Personal Trainer who will focus on MYZONE technology to train at specific heart rates to help increase metabolic function. If you do not have a MYZONE belt, please ask for a free sample from any of our personal training staff. Please pick up a number at the desk to reserve your spot! Space is limited!

Step and Tone: A fun mix of step choreography with a full body toning workout to finish things off. You will feel like you have accomplished it all after this class!

FEE-BASED SMALL GROUP TRAINING

Advance registration required for all classes. Walk-ins welcome but call 610-376-2100 first to see if class is running.

Athletic Barre: 45-minute class at the ballet barre that focuses on building strong legs, core and upper body using small and repetitive moves and fitness props like balls, tubing and light weights. More info: bodyzonesports.com/barre

Stand-Up Paddleboard Yoga: Class focuses on flexibility, balance and core while floating on water using series of yoga poses. Prior yoga experience suggested but not necessary. For ages 16+. More info: bodyzonesports.com/sup

Stand-Up Paddleboard Core FIT: An energetic and fast moving class that works on core and balance while toning and strengthening the entire body. Think: planks, squats, bicep band work and more! Modifications for all levels. Be prepared to get wet. For ages 16+. More info: bodyzonesports.com/sup