

Effective February 8th, 2010



Studio A – Mind, Body & Wellness



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			Anusara Inspired Yoga 6:00 - 7:00am Brett		Anusara Inspired Yoga 6:00 - 7:00am Brett	
		Vinyasa Yoga 9:00 - 10:15am Maura		Anusara Inspired Yoga 9:00 - 10:15am Brett		Vinyasa Yoga 8:45 - 10:00am Maura
	Ashtanga Vinyasa Inspired 12:00 - 1:00pm Daragh	Vinyasa Yoga 12:00 - 1:00pm Maura	Ashtanga Vinyasa Inspired 12:00 - 1:00pm Daragh	NIA Dance 12:00 - 1:00pm Maggie	Vinyasa Yoga 12:00 - 1:00pm Maura	
	Pilates Mat 5:30-6:30pm Larina	Anusara Inspired Yoga 5:45-7:00pm Brett	Pilates Mat 5:30-6:30pm Tunde	Anusara Inspired Yoga 5:45-7:00pm Brett		
*extra fees for private small group classes. Sign up at the front desk!						Reminder – classes can change or be cancelled at any time due to lack of participation.



Studio B – Group Fitness & Cycling



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Cardio, Core & More 6:00 - 7:00am Darcy	Bootcamp 6:00 - 7:00am Francesca		Step & Sculpt 6:00 - 7:00am Francesca	Tri-Fusion 6:00-7:00am Megan H	
						Indoor Cycling 7:00-9:00 am Bob
	Cardio, Core & More 11:30 - 12:25pm Tunde	Step Up To The Bar 11:30 - 12:25pm Kim	Power Ball 11:30 - 12:25pm Tunde	Integrated Intervals 11:30 - 12:25pm Kim	Pilates Mat 11:30 - 12:25pm Tunde	
	Indoor Cycling 12:30 - 1:30pm Kim	Indoor Cycling 12:30 - 1:30pm Will	Indoor Cycling 12:30 - 1:30pm Bob	Indoor Cycling 12:30 - 1:30pm Pam	Indoor Cycling 12:30 - 1:30pm Kim	
	Step & Sculpt 5:30-6:30pm Kristen	Zumba 5:30-6:30pm Megan M.	Tri-Fusion 5:30 - 6:30pm Megan H.	Indoor Cycling 5:30-6:30pm Will	Bootcamp 5:30-6:30pm Francesca	
*extra fees for private small group classes. Sign up at the front desk!						Reminder – classes can change or be cancelled at any time due to lack of participation.

Bay Club's Group Fitness, Cycling and Mind, Body Class Descriptions

Nia - uses a barefoot, grounded approach to maximize body efficiency and teach you to consciously move in a gentler way. The result is a fusion of movement styles that are freer than any other dance-based exercise.

Cardio, Core & More - (hand weights & stability balls) After a dynamic warm-up this functional athletic movement class with cardio components fused with core and strength components will sharpen your endurance, agility, flexibility, balance and core. Informed by the latest findings in exercise science and functional training, focuses on fine tuning your movements to get the most out of the workout.

Indoor Cycling - (bike shorts are recommended, while bike shoes are not mandatory. Please bring a water bottle to all classes) You will be guided through an entire cycling adventure cueing form, intensity, and challenging you at every turn. Each class is based on Schwinn techniques, offering you clear instruction, modifications and empowerment. A great way to get ready for your outdoor cycling.

Integrated Intervals - (hand weights, bars, bands, step & gliding discs) Pure fun hi/low combos alternating with the use of fitness props. You will be guided through exercises that target every muscle grouping your body. This class will transform classic exercises into innovative fluid motions that challenge your total body.

Pilates Mat - (You need to bring your own yoga mat) A flowing, progressive workout that trains the body to move the way it was intended. This non-stop workout uses the versatility of your core, while taking you through all the body's planes of motion, enhancing your body's ability to improve its quality of movement, while enhancing overall strength, flexibility, and physical grace. * (Private intermediate-level instruction has an extra fee for this program)

Power Ball - Move your body through a fun and challenging combination of cardiovascular drills and resistance training accompanied by the stability ball to enhance abdominal definition and core stability. Includes elements of the Pilates system with a focus on precision and fluidity for a dynamic workout! This class is athletic, easy-to-follow, and appropriate for all fitness levels!

Step & Sculpt - (step & body bar or hand weights) Follow basic combos to warm you up and get your heart pumping. We then move into a challenging workout using the body bar. This workout allows you to get the most bang for your buck!

Step Up To The Bar! - (body bar & step) You will lengthen and strengthen at the same time using muscles that stay fully engaged through the full range of movement for each exercise pattern. This is truly a total body workout experience that is unique and fresh.

TNT (There's No Tomorrow) - It's all about a punch and a crunch, a romp and a stomp in this kickboxing style cardio/sculpting class. You'll sweat and work like there's no tomorrow!

Tri- Fusion - The Best of all worlds! Like a triathlon without the competition. Try this extreme interval training class. Instead of the swim, you will have 20 minutes of strength, conditioning and functional movements, followed by a 20 minute cycling interval format to 20 minutes of jump rope and polymeric drills mixed to create an intense and innovated workout. **Or, You can just ride for the hour and be instructed thru various workouts.**

Yoga - (Please bring your own yoga mat, we provide blocks, & stretch straps)

Anusara Yoga: Based on the teachings of John Friend. This class balances an opening to grace and the higher self with strong attention to alignment. The result is a strong synthesis between mind body and spirit. Taught in the Vinyasa style, Anusara Yoga is open to all levels.

Iyengar Yoga: This traditional Yoga system stresses precision, alignment and awareness of body mechanics in a variety of poses.

Vinyasa Yoga: Vinyasa means breathing systems. Vinyasa Yoga synchronizes movement with breath, linking the postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. All levels are welcome.

***(Small Group Training has an extra fee for this program)**