

Group Fitness at Stone Creek

Effective February 5, 2014

Monday	Time	Class	Studio	Instructor
	5:15	Spinning	II	Kara
	8:15	Flow Yoga	III	Kara
	8:30	Spinning	II	Michelle
	8:30	TBC *	I	Tara
	9:30	Pilates Mat	III	Virginia
	9:30	Kickboxing	I	Erica
	12:00	Spinning (45)	II	Becca
	12:00	The Barre Workout (45)	III	Kim
	5:00	The Barre Workout	III	Kim
Tuesday	Time	Class	Studio	Instructor
	6:15	Swim Fit	P	Leon
	8:30	Interval Training (30)	I	Erica
	8:30	Spinning	II	Larry
	9:00	Absolution (15)	I	Erica
	9:30	Aqua Fitness	P	Alyson
	9:30	BodyPump®	I	Maureen
	9:30	Flow Yoga	III	Diane F.
	12:00	BodyPump®Xpress (45)	I	Stephanie
	4:30	Boot Camp 101	I	Sarah
Wednesday	Time	Class	Studio	Instructor
	5:15	Spinning	II	Judith
	8:30	The Barre Workout	III	Berly
	8:30	BodyPump®Xpress (30)	I	Kim
	9:00	CX WORX™(30)	I	Kim
	9:30	Gentle Yoga	III	Virginia
	9:30	Powerstrike Impact	I	Erica
	12:00	Spinning (45)	II	Larry
	12:00	Barre-Pilates Fusion(45)	III	Berly
	5:30	The Barre Workout	III	Carolyn
Thursday	Time	Class	Studio	Instructor
	5:15	BodyPump®	I	Maureen
	6:15	Swim Fit	P	Cackey
	8:30	BodyCombat®	I	Maureen & Jonathon
	8:30	Spinning	II	Kara
	9:30	Flow Yoga	III	Kara
	9:30	Body Sculpt	I	Tara
	9:30	Aqua Fitness	P	Alyson
	12:00	CX WORX™Blend (45)	I	Jonathon
	5:00	Powerstrike Impact	I	Erica
Friday	Time	Class	Studio	Instructor
	5:30	Spinning	II	Judith
	8:30	BodyPump®Xpress (30)	I	Mindy
	8:30	The Barre Workout (45)	III	Heather H.
	9:00	CX WORX™(30)	I	Mindy
	9:30	Flow Yoga	III	Heather H.
	9:30	TBC * (30)	I	Erica
	10:00	Choreographed Step (30)	I	Erica
	10:30	Total Body Fusion	III	Berly
	12:00	Spinning (45)	II	Karynne
Saturday	Time	Class	Studio	Instructor
	4:30	BodyPump®	I	Maureen/Kim/Tara
	9:00	BodyCombat®	I	Erica & Melissa
	9:00	Pilates Mat	III	Meghan
	9:00	Spinning	II	Molly
	9:00	Swim Fit	P	Cathy
	9:30	Tabata Boot Camp	BB	Bonnie
	10:05	BodyPump®	I	Tara
	10:15	Flow Yoga	III	Diane K.
Sunday	Time	Class	Studio	Instructor
	9:15	Spinning (45)	II	Larry
	10:15	Spinning	II	Judith
	3:00	Flow Yoga	III	Brandy

*TBC- Total Body Conditioning

Please do not enter a class after the warm up has been performed.

Group Fitness feedback and questions? Contact Fitness Director Erica Alexander-Leeling at ericaa@stonecreekclubandspa.com

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	5:15	BodyPump®	I	Maureen
	6:15	Swim Fit	P	Cackey
	8:30	BodyCombat®	I	Maureen & Jonathon
	8:30	Spinning	II	Kara
	9:30	Flow Yoga	III	Kara
	9:30	Body Sculpt	I	Tara
	9:30	Aqua Fitness	P	Alyson
	12:00	CX WORX™Blend (45)	I	Jonathon
	5:00	Powerstrike Impact	I	Erica
Tuesday	Time	Class	Studio	Instructor
	5:30	Spinning	II	Judith
	8:30	BodyPump®Xpress (30)	I	Mindy
	8:30	The Barre Workout (45)	III	Heather H.
	9:00	CX WORX™(30)	I	Mindy
	9:30	Flow Yoga	III	Heather H.
	9:30	TBC * (30)	I	Erica
	10:00	Choreographed Step (30)	I	Erica
	10:30	Total Body Fusion	III	Berly
	12:00	Spinning (45)	II	Karynne
Wednesday	Time	Class	Studio	Instructor
	4:30	BodyPump®	I	Maureen/Kim/Tara
	9:00	BodyCombat®	I	Erica & Melissa
	9:00	Pilates Mat	III	Meghan
	9:00	Spinning	II	Molly
	9:00	Swim Fit	P	Cathy
	9:30	Tabata Boot Camp	BB	Bonnie
	10:05	BodyPump®	I	Tara
	10:15	Flow Yoga	III	Diane K.
Thursday	Time	Class	Studio	Instructor
	9:15	Spinning (45)	II	Larry
	10:15	Spinning	II	Judith
	3:00	Flow Yoga	III	Brandy

All studio classes are 55 to 60 minutes unless otherwise noted.

Addition or Change	
CLUB HOURS:	
Mon-Th 4:45am-10pm	
Fri-4:45am-8pm	
Sat 7 am-6pm, Sun 9am-6pm	
PEBBLE CREEK HOURS:	
Mon-Th 8am-8pm, Fri 8am-6pm	
Sat 8am-3pm, Sun 9:45am-2pm	

Instructors are subject to change.

GROUP FITNESS OFFERINGS

Our classes are designed to be Safe, Effective and Fun!

Absolution: Meet in Studio 1 for a 15 minute focused workout devoted to strengthening your core.

Aqua Fitness: Improve your strength and cardiovascular endurance with this great workout that puts no stress on your joints. Take your workout to the water! All levels welcome.

Barre-Pilates Fusion: Shape your body with this ballet barre workout that will lengthen and strengthen! Pilates concepts and core work will round out this full body workout experience! All levels welcome.

BODYCOMBAT™: Become totally unleashed in this empowering cardio workout that is inspired by martial arts and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Tai. All levels welcome.

BODYPUMP™: Get "Real Results Real Fast"! Designed for participants of all ages and fitness levels, this resistance training class is guaranteed to give you maximum results in the shortest time. Build strength, burn fat and have fun.

BODYPUMP™Xpress: Take a BODYPUMP® class, shorten it to either 30 or 45 minutes, and still get great results from this workout! The 30 minute format includes tracks 1-4. The 45 minute format includes all tracks except track 7, the lunge track.

Body Sculpt: Increase your functional strength by using a variety of tools such as dumbbells, bars, tubing, and stability balls. This is purely strength training! All levels.

Boot Camp 101: Blast the fat and tone your muscles! There is no complicated choreography, and high intensity cardio and functional training is guaranteed to give you a total body workout. This class is for beginners as well as more experienced participants.

Choreographed Step: 30 minutes of dance based choreography taught on the step. Exercise your mind as well as your body!
Level: Int/advanced.

CXWORX™: This short, sharp workout will inspire you to the next level of fitness, while strengthening and toning your body. This 30 minute workout will focus on the muscles of the core with dynamic standing work as well as floor work and planks!! All levels.

CXWORX™ Blend: We have spiced up your CXWORX™ class by adding strength and/or cardio to the format to make it 45 minutes. All levels.

Interval Training: Various interval formats with rest and recovery in between. It is a quick workout with maximum calorie burn!

Kickboxing: Punch, jab and kick your way to fitness! Experience strength and cardiovascular conditioning in this class designed for all fitness levels.

Mind-Body Fusion: Experience the best of both worlds! This class merges Yoga and Pilates with a relaxing stretch at the end. All levels welcome.

Pilates Mat: Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.

Powerstrike Impact: Punches and kicks are thrown using a free standing heavy bag and set to great music. The class is simple to follow but it takes training to a whole new level! No experience necessary. This class accommodates novice to pro!! Both men and women welcome.

Spinning®: Take outdoor riding indoors in this group cycling class. It's a non-impact workout and an awesome calorie burner! First time riders, please arrive 10 minutes early to meet your instructor and learn proper bike setup. All levels welcome. Spinning cleats are SPD and LOOK compatible. All levels welcome.

Swim Fit: This workout oriented swim class focuses on enhancing your technique and endurance in the water. Join us to simply improve stroke efficiency or to train for an upcoming event. All levels welcome.

Tabata Boot Camp: Are you ready to push yourself outside your comfort zone? This workout consists of a warm-up, various rounds of high intensity intervals followed with short rest periods, abdominal work and cool down. A base level of fitness needed to perform properly.

The Barre Workout: Shape and condition your body with a combination of ballet, pilates, and weights to burn fat and tone muscles.

Total Body Conditioning: A full body workout that may use dumbbells, barbells, the bosu or step, tubing and/or a medicine ball. This complete workout is best suited for those with some prior work out experience.

Total Body Fusion: No shoes required for this high intensity, low impact workout. Combined elements of calisthenics, yoga, and pilates will strengthen and tone all areas of the body while increasing flexibility.

Yoga: Get in tune with your body, and feel a sense of well-being in this ancient form of movement. Strengthen tone and stretch your body while enhancing and inspiring relaxation. All levels welcome.

****Flow:** This practice is a flowing sequence of postures coordinated with the breath. It can be vigorous or meditative, depending on the group practicing. All levels welcome.

****Gentle:** Gentle yoga takes a more restorative approach and combines Iyengar with Yoga therapy to focus on anatomical precision and alignment along with breath work. This class is designed to release areas of chronic tension thereby reducing mental and physical stress for all levels of participants.

****Beginner Yoga:** Intimidated by all the people in yoga class who seem to have been doing it for years? This class and format is for anyone new to yoga or who would like a gentle practice. We will take you through poses and terms step by step so you can get the most from your time in the studio. All are welcome

Zumba®: Dance your way to a fitter you! Experience exciting and unique Latin moves and rhythms in this class that is taking the world by storm! No dance experience necessary.