

Group Fitness at Stone Creek

Effective Monday January 7, 2019

Monday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Jeff
8:30	Music Video Spin	II	Larry
8:30	TBC	I	Tara
9:30	Pilates Mat	III	Virginia
9:30	Kickboxing	I	Erica
10:30	Flow Yoga	III	Diane
12:00	Spinning (45)	II	Berly
12:00	The Barre Workout (45)	III	Kim/Susan
5:30	The Barre Workout	III	Maddy
5:30	TBC	I	Erica
5:30	Spinning	II	Lindsay
6:30	Gentle Yoga	III	Rachael
6:30	BodyPump™	I	Alecia

Tuesday			
Time	Class	Studio	Instructor
5:15	Hot Flow Yoga	III	Kara
6:15	Swim Fit	P	Leon
8:15	Hot Flow Yoga	III	Kara
8:30	BodyCombat™	I	Maureen & Jonathan
8:30	Spinning	II	Karynne
9:30	BodyPump™	I	Maureen
9:30	Hot BodyFlow™	III	Erica
9:30	Aqua Fitness	P	Cackey
12:00	BodyPump™Xpress (45)	I	Stephanie
4:30	Boot Camp 101	I	Jennifer K.
5:30	Powerstrike Impact	I	Erica
5:30	Hot Flow Yoga	III	Erica H.
6:00	Spinning (45)	II	Shannon

Wednesday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Judith
8:30	The Barre Workout	III	Berly
8:30	BodyPump™	I	Maureen
9:30	Interval Boot Camp	I	Tyler
9:30	Gentle Yoga	III	Virginia
12:00	Spinning (45)	II	Karynne
4:30	Warm BodyFlow™	III	Susan
5:00	Swim Fit	P	Alix
5:30	TBC	I	Erica
5:30	Hot Flow Power Yoga	III	Erica H./Diane
5:30	Spinning (45)	II	Addie
6:35	BodyPump™	I	Stephen

Studio I-Cardio/Strength Studio II-Spinning

Studio III Mind/Body P-Pool

Club Hours	Pebble Creek
M-Th 4:45am-10pm	M-Th 8am-8pm
Fri 4:45am-8pm	Friday 8am-6pm
Saturday 7am-6pm	Saturday 8am-3pm
Sunday 8am-6pm	Sunday 9am-2pm

Thursday			
Time	Class	Studio	Instructor
5:15	BodyPump™	I	Tara
5:15	Hot Flow Yoga	III	Erica H.
6:15	Swim Fit	P	Cackey
8:30	Pilates Mat	III	Berly
8:30	Spinning	II	Kara
8:30	Cardio Sculpt (55)	I	Karynne
9:30	Powerstrike Impact	I	Courtney
9:30	Aqua Fitness	P	Alyson
9:45	Warm Flow Yoga	III	Kara
12:00	TBC	I	Jonathan
12:00	BodyFlow™ (45)	III	Maureen
5:15	BodyCombat™	I	Erica
5:45	The Barre Workout	III	Maddy
6:00	Music Video Spin (45)	II	Larry

Friday			
Time	Class	Studio	Instructor
5:15	Spinning	II	Judith
8:30	BodyPump™	I	Maureen
8:30	The Barre Workout (45)	III	Berly
9:20	Warm Flow Yoga	III	Emily W.
9:30	Aqua Fitness	P	Alyson
9:30	TBC	I	Erica
10:30	Hot Total Body Fusion	III	Berly
12:00	Music Video Spin (45)	II	Larry
4:30	BodyPump™	I	Susan

Saturday			
Time	Class	Studio	Instructor
8:00	Pilates Mat	III	Berly/Maddy
9:00	BodyCombat™	I	Erica & Melissa
9:00	The Barre Workout	III	Berly/Maddy
9:00	Spinning	II	Tara
9:00	Swim Fit	P	Cathy
9:30	Interval Boot Camp	BB	Bonnie
10:05	BodyPump™	I	Tara
10:15	Warm Flow Yoga (75)	III	Erica H.

Sunday			
Time	Class	Studio	Instructor
9:30	Spinning	II	Rotation
9:30	Mix-n-Match	I	Rotation
10:30	BodyFlow™	III	Rotation
3:00	Hot Flow Yoga	III	Diane

*Change to schedule
Heated Yoga Program-Infrared Heat
Hot Classes will be between 95-105 degrees
Warm Classes will be between 83-93 degrees

For your safety, do not enter a class after the warm up has been completed

All classes are 50-55 minutes unless otherwise noted on schedule

Group fitness feedback and questions? Contact Fitness Director

Erica Alexander-Leeling at Ericaa@stonecreekclubandspa.com

GROUP FITNESS DESCRIPTIONS

Aqua Fitness: Improve your strength and cardiovascular endurance with this great workout that puts no stress on your joints.

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.

BODYFLOW™: An athletic blend of yoga, Pilates and Tai chi. This workout builds strength and flexibility and leaves you calm and centered.

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.

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.

Cardio Sculpt: Cardio intervals combined with strength training segments. Variety of equipment used for a total body, high energy workout.

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.

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

Mix-n-Match: Sunday mornings: The format will change from week to week and the formats will repeat each month.

1st Sunday of the month: Cardio Sculpt 2nd: Powerstrike Impact 3rd: Interval Boot camp 4th: CX WORX Blend 5th, Powerstrike Impact

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!! Men love it as much as women.

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. 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.

Interval 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. All levels.

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

Music Video Spin: For those of you who want visuals while you cycle! This ride will have music videos as well as scenic views on the big screen!

Heated Yoga Program—Infrared Heat

Unlike traditional heating methods that heat studio air, infrared heaters safely warm the body from the inside-out, similar to the soft warmth felt on a sunny day. The result is a comfortable and therapeutic heat that increases flexibility, circulation, stamina and detoxification.

You MUST bring your own mat to all heated classes.

Please make sure you hydrate before, during, and after class!

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

****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.

****Hot Flow Yoga:** This practice is a more vigorous flowing sequence of postures coordinated with breath. The addition of infrared heat will provide increased calorie burn, increased stamina and detoxification. Class temperature will be between 95-105 degrees.

****Hot Flow Power Yoga:** A fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

****Warm Bodyflow:** An athletic blend of yoga, Pilates, and Tai Chi focused on building strength and flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation, calorie burn, and muscle elasticity.

****Warm Flow Yoga:** This practice of flowing posture sequences coordinated with breath will be set to a class temperature of 83-93 degrees. The gentle heat will allow for increased flexibility and circulation in a warm and relaxing environment.

****Warm Total Body Fusion:** Combined elements of calisthenics, yoga, and Pilates will strengthen and tone all areas of the body while increasing flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation, calorie burn, and elasticity.