

Group Fitness at Stone Creek

Effective Monday January 8, 2018

| Monday | | | |
|-----------|--------------------------|------------|-----------------------|
| Time | Class | Studio | Instructor |
| 5:15 | Spinning | II | Jeff |
| 8:30 | Spin and Sculpt | II | Michelle |
| 8:30 | Mix-n-Match I | I | Rotation |
| 9:30 | Pilates Mat | III | Virginia |
| 9:30 | Kickboxing | I | Erica |
| 10:30 | Flow Yoga | III | Diane F. |
| 12:00 | Spinning (45) | II | Becca |
| 12:00 | The Barre Workout (45) | III | Kim |
| 5:30 | The Barre Workout | III | Maddy |
| 5:30 | TBC | I | Erica |
| 5:30 | Spinning | II | Lindsay |
| 6:30 | Gentle Yoga | III | Liz |
| 6:30 | BodyPump™ | I | Alecia |
| Tuesday | | | |
| Time | Class | Studio | Instructor |
| 5:15 | Flow Yoga | III | Kara |
| 6:15 | Swim Fit | P | Leon |
| 8:15 | Flow Yoga | III | Kara |
| 8:30 | BodyCombat™ | I | Maureen & Jonathan |
| 8:30 | Spinning | II | Karynne |
| 9:30 | BodyPump™ | I | Maureen |
| 9:30 | BodyFlow™ | III | Erica |
| 9:30 | Aqua Fitness | P | Cackey |
| 10:30 | Low Impact Cardio | I | Anne |
| 12:00 | BodyPump™Xpress (45) | I | Stephanie |
| 4:30 | Boot Camp 101 | I | Sarah |
| 5:30 | Powerstrike Impact | I | Erica |
| 5:30 | Beginner/Int Yoga | III | Rotation |
| 6:00 | Spinning (45) | II | Shannon |
| 6:30 | Pound® | I | Jennifer |
| Wednesday | | | |
| Time | Class | Studio | Instructor |
| 5:15 | Spinning | II | Judith |
| 8:30 | The Barre Workout | III | Berly |
| 8:30 | BodyPump™Xpress (30) | I | Rotation |
| 9:00 | CX WORX™(30) | I | Rotation |
| 9:30 | Interval Boot Camp | I | Becca |
| 9:30 | Gentle Yoga | III | Virginia |
| 12:00 | Spinning (45) | II | Karynne |
| 4:30 | BodyFlow™ | III | Susan |
| 5:00 | Swim Fit | P | Alix |
| 5:30 | 30-30 | I | Erica |
| 5:30 | Yoga for Men | III | Emily/Diane F. |
| 5:30 | Spinning (45) | II | Anne |
| 6:35 | BodyPump™ | I | Melissa |

| Thursday | | | |
|---------------------------------------|------------------------|------------------|------------------|
| Time | Class | Studio | Instructor |
| 5:15 | BodyPump™ | I | Tara |
| 6:15 | Swim Fit | P | Cackey |
| 8:30 | Pilates Mat | III | Maureen/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 |
| 9:30 | Flow Yoga | III | Kara |
| 12:00 | CX WORX™Blend (45) | I | Jonathan |
| 12:00 | BodyFlow™ (45) | III | Maureen |
| 5:15 | BodyCombat™ | I | Erica & Jennifer |
| 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™Xpress (30) | I | Mindy |
| 8:30 | The Barre Workout (45) | III | Berly |
| 9:00 | CX WORX™(30) | I | Mindy |
| 9:20 | The Melt Method® | III | Karen |
| 9:30 | TBC | I | Erica |
| 10:30 | 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 | Flow Yoga (75) | III | Rotation |
| Sunday | | | |
| Time | Class | Studio | Instructor |
| 9:30 | Spinning | II | Rotation |
| 9:30 | Mix-n-Match II | I | Rotation |
| 10:30 | BodyFlow™ | III | Maureen/Anne |
| 3:00 | Flow Yoga | III | Diane F. |
| Change to the Group Fitness Schedule! | | | |
| Club Hours | | Pebble Creek | |
| M-Th 4:45am-10pm | | M-Th 8am-8pm | |
| Fri 4:45am-8pm | | Fri 8am-6pm | |
| Saturday 7am-6pm | | Saturday 8am-3pm | |
| Sunday 8am-6pm | | Sunday 9am-2pm | |

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

Studio I-Cardio/Strength Studio II-Spinning Studio III Mind/Body P-Pool

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

Group Fitness Feedback and Questions? Contact Fitness Director, Erica Alexander-Leeling at Ericaa@stonecreekclubandspa.com

GROUP FITNESS OFFERINGS

30-30: This class combines 30 minutes of cardio with 30 minutes of BodyFlow. All levels.

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.

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. All levels welcome

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 I: Monday mornings: The format will change from week to week and the formats will repeat each month.

1st Monday of the month: Tread-n-Train 2nd: Bodypump 3rd: Cardio Sculpt 4th: Bodypump If 5th, Tread-n-Train.

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

1st Sunday of month: CX WORX™Blend 2nd: Powerstrike Impact 3rd: Interval Boot Camp 4th: Bodycombat If 5th, Total Body Conditioning.

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.

Pound®: A full body jam session that fuses cardio interval training, abdominals, and plyometrics with the excitement of drumming. Sticks will be provided.

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.

Spin and Sculpt: Join this 45 minute ride followed by an upper body workout using various equipment such as bands, dumbbells, etc.

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.

Low Impact Cardio: This class is a cardio workout without all of the impact! It may also include toning and abdominal work. All levels.

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.

The Melt Method®: A simple self-treatment technique that reduces chronic pain. Quickly rehydrates connective tissue and allows the body to release long-held tension and stress that leads to chronic pain. Changes in flexibility, energy, mood, and performance occur within only a few sessions. Easy to learn.. **Please bring water to class.** All levels welcome.

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.

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.

Tread-n-Train: A full body workout using weights and treadmills. Portions of cardio performed on the treadmill with strength work and plyometrics done in Studio 1.

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!

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.

****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.

****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.

****Yoga for Men:** And for women too! This class is designed to focus on the flexibility issues common in men and in athletes-tight lower back, hips and hamstrings. Poses will be held longer for greater increases in flexibility. All levels welcome.