

# Group Fitness at Stone Creek

Effective Tuesday May 30, 2017

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
8:30	Intermediate Reformer (45)	*R	Kim
9:30	Pilates Mat	III	Virginia
9:30	Intermediate Reformer (45)	*R	Kim
9:30	Kickboxing	I	Erica
9:30	Aqua Fitness	P	Alyson
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	Themed Ride	II	Jeff
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	Outdoor Flow Yoga	O	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 Zumba	P	Jennifer K.
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	Diane K.
6:00	Spinning (45)	II	Shannon
6:30	Pilates Mat	III	Kim
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	Extreme Reformer (45)	*R	Kim
9:30	Gentle Yoga	III	Virginia
9:30	Aqua Fitness	P	Cackey
12:00	Spinning (45)	II	Karynne
4:30	BodyFlow™	III	Susan
5:30	Swim Fit	P	Alix
5:30	30-30	I	Erica
5:30	Yoga for Men	III	Nahdi
5:30	Spinning (45)	II	Anne
6:35	BodyPump™	I	Melissa

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

Thursday			
Time	Class	Studio	Instructor
5:15	BodyPump™	I	Tara
6:15	Swim Fit	P	Cackey
8:30	Pilates Mat	III	Kim
8:30	Spinning	II	Kara
8:30	Powerstrike Impact	I	Courtney
9:30	Aqua Fitness	P	Jennifer K.
9:30	Flow Yoga	III	Kara
9:30	Club Step	I	Courtney
10:30	Intermediate Reformer (45)	*R	Kim
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	Karynne/Maddy
6:30	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	Intermediate Reformer (45)	*R	Kim
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
4:00	Parent & Child Yoga (45)	III	Nahdi
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	Nahdi

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!

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

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

*R-Reformer Studio-Additional Charge	
Club Hours:	Pebble Creek
M-Th 4:45am-10pm	M-Th 8am-8pm
Fri 4:45am-10pm	Fri 8am-8pm
Saturday 7am-7pm	Saturday 8am-3pm
Sunday 8am-7pm	Sunday 9am-2pm

Group Fitness Feedback and Questions? Contact Fitness Director, Erica Alexander-Leeling at [Ericaa@stonecreekclubandspa.com](mailto: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.

**Aqua Zumba:** This is a pool party you should not miss! This low-impact, high energy aquatic exercise blends the Zumba® philosophy with water resistance to help challenge and tone your muscles.

**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.

**Club Step:** Come get your groove on and get a great cardio workout! Choreography is easy and you'll feel like it's Friday night!

**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.

**1<sup>st</sup> Monday of the month: Tread-n-Train 2<sup>nd</sup>: Total Body Conditioning 3<sup>rd</sup>: Bodypump Interval 4<sup>th</sup>: Bodypump If 5<sup>th</sup>, Tread-n-Train.**

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

**1<sup>st</sup> Sunday of month: CX WORX™ Blend 2<sup>nd</sup>: Powerstrike Impact 3<sup>rd</sup>: Interval Boot Camp 4<sup>th</sup>: Bodycombat If 5<sup>th</sup>, 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.

**Themed Ride:** Let the music take you on a journey! This Spinning class will have a musical theme each week- and we will let you know what to expect ahead of time. Sign up in one of our studios for the weekly GF email and we will send you the theme for the following week!

**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.

**\*\*Please contact Maureen Jeansson to schedule the following TRX classes. [maureenj@stonecreekclubandspa.com](mailto:maureenj@stonecreekclubandspa.com)**

**If scheduling on the app, deadline to book is 4 hours prior to class start time.**

**1-Intermediate Reformer:** A reformer class for people with some experience. Designed to increase strength and flexibility using principals of Joseph Pilates.

**2-Extreme Reformer:** This is a full body workout using the Reformer with 1 minute intervals. Once the class begins, there is no stopping! Work your muscles to fatigue from beginning to end.

**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.

**\*\*Parent-Child Yoga:** This class is for parents who would like to either practice or introduce their kids to exercise in the health club environment. Parent and child take the class together! Suggested ages 8-13.

**\*\*Outdoor Flow Yoga:** A continuation of the Outdoor Fall Flow...a fun vinyasa class held outside during our beautiful fall weather.

**Class may be moved into Studio 3 due to inclement weather.** All levels welcome.

**\*\*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.