



# Group Fitness Studio Winter

Armonk - Effective January 9, 2012

\* = Sign up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:15am</b> abSession Rhonda H. 1-2-3 <b>45 min</b>	<b>7:30am</b> Cardio/ Strength Mix Ellen P. 1-2-3	<b>7:30am</b> Boot Camp Claudio B. 2-3 <b>*Basketball Court*</b>	<b>7:30am</b> Core/Stretch Nancy E. 1-2-3	<b>7:30am</b> Cardio/Strength Mix Ellen P. 1-2-3	<b>7:30am</b> Pilates w/ Props Ellen P. 1-2-3	<b>8:30am</b> Body Sculpting Margaret C. 1-2-3
<b>7:30am</b> Body Sculpting Jen C. 1-2-3	<b>8:30am</b> Pilates w/ Props Mary T. 1-2-3 <b>*Yoga Studio*</b>	<b>7:30am</b> Body Sculpting Margaret C. 1-2-3	<b>8:30am</b> Barbell Strength Lisa G. 1-2-3	<b>8:30am</b> Boot Camp Claudio B. 2-3 <b>*Basketball Court*</b>	<b>8:30am</b> Boot Camp Patty P. 2-3	<b>9:30am</b> Cardio/Strength Mix Patty P. 1-2-3
<b>8:30am &amp; 9:30am</b> Core Method* Pam A. 1-2-3 <b>*Core Area*</b>	<b>8:30am</b> No Limits Strength Lisa G. 1-2-3	<b>8:30am</b> Trampoline Interval Patty P. 1-2-3	<b>9:30am</b> No Limits Cardio Lisa G. 2-3	<b>8:30am</b> Zumba Lailina N. 1-2-3	<b>9:30am</b> Sport Pump Rob F. 2-3	<b>10:00am</b> Core Method* Rhonda H. 1-2-3 <b>*Yoga Studio*</b>
<b>8:30am</b> Trampoline Interval* Lisa G. 1-2-3	<b>9:30am</b> Core Method Pam A. 1-2-3	<b>9:30am</b> Core Method* Pam A. 1-2-3 <b>*Core Area*</b>	<b>10:30am</b> Core Method Rhonda H. 1-2-3	<b>9:30am</b> Cardio KickBoxing Denise D. 2-3	<b>10:30am</b> Core Method Jennifer G. 1-2-3	<b>10:30am</b> Core/Stretch Patty P. 1-2-3 <b>30 Min</b>
<b>9:30am</b> Max Interval Patty P. 1-2-3	<b>10:30am</b> Gluteus Fabulous Jaena M. 1-2-3	<b>9:30am</b> Sport Pump Rob F. 2-3	<b>11:30am</b> The Pilates Class Merle K. 1-2-3	<b>10:30am</b> Trampoline Fusion Robin L. 1-2-3	<p><b>THE GYM, Armonk</b> 99 Business Park Drive Armonk NY, 10504 (914) 219-1601 <a href="http://www.GetToTheGym.com">www.GetToTheGym.com</a> <b>SUB HOTLINE (914) 219-1604</b> <b>Club Hours:</b> Monday - Thursday 5:00am - 10:00pm Friday: 5:00am - 9:00pm Saturday: 6:00am - 5:00pm Sunday: 7:00am - 4:00pm <b>Child Care Hours:</b> Sunday - Friday 8:00am - 1:30pm Saturday: 7:30am - 1:30pm Monday- Thursday-3:00pm - 7:30pm <b>Class Levels:</b> Level 1 = Beginner Level 2 = Intermediate Level 3 = Advanced</p>	
<b>10:30am</b> Bosu Body Blast Robin L. 1-2-3	<b>11:30am</b> All Ball Toning Merle K. 1-2-3	<b>10:30am</b> Zumba Marie R. 2-3		<b>10:30am</b> Cardio Blast Gus B. <b>*Basketball Court*</b>		
<b>11:30am</b> Zumba Maria R. 2-3	<b>11:45am</b> Cardio Blast Gus B. <b>*Basketball Court*</b>		<b>3:30pm</b> Teen Trampoline Jamie G. <b>Fee Based Age 11-16</b>			
<b>4:30pm</b> Cardio KickBoxing Cecilia Z. 1-2-3	<b>4:30pm</b> Full Body Toning Margaret C. 1-2-3		<b>4:30pm</b> Teen Cheer/Tumbling Jill P. <b>Fee Based Age 11-16</b>			
<b>5:30pm</b> The Pilates Class Danielle J. 1-2-3	<b>5:30pm</b> The Contender Workout Rob F. 2-3	<b>5:00pm</b> Core Method Rhonda H. 1-2-3	<b>5:30pm</b> Body Sculpting Debbie C. 1-2-3			
<b>6:30pm</b> Flawless Power Danielle J. 2-3	<b>6:30pm</b> Core Method Jennifer G. 1-2-3	<b>6:30pm</b> Barbell Strength Carol Anne P. 2-3	<b>6:30pm</b> Zumba Emily G. 2-3			

All classes marked with an asterisk (\*) require sign up the day of the indicated class, in person. \*Core Method is located on the right side of the basketball court.

# CLASS DESCRIPTIONS

## STRENGTH AT THE GYM

## CROSS TRAINING AT THE GYM

<p><b>All Ball Toning:</b> Using a 55 centimeter stability ball, participants learn to use their "core" or "stabilizing" muscles of the torso to improve functional strength and develop strong postural control. Hand weights, Pilates Magic Circle, small weighted balls, etc. may be used to sculpt and tone the body.</p>	<p><b>ABsession:</b> (obsessed with abs) standing oblique and core work w/bands and or light weights. Mixed with a bit of cardio twist to shred (kickboxing punches and knees to twist). Planks, side planks..... And finish with a long set of floor work and stretch.</p>
<p><b>Barbell Strength:</b> Join us as we raise the bar in this strength training class designed for all fitness levels. We will tackle "basic" resistance training exercises using traditional, strategic principles. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment.</p>	<p><b>Bootcamp:</b> Advanced level "gym class" taught in sections to improve and challenge your stamina, strength and mental toughness. Instructor may use Bosu Balls, Steps, weights etc.Or no equipment at all</p>
<p><b>Body Sculpting:</b> Join this class that's designed to move you through an extra hard sculpting workout and exhaust every part of your body to a new level. This experience will not disappoint you!</p>	<p><b>Bosu Body Blast:</b> Sculpt and tone with light weights and bands while challenging your core. Integrate balance with sculpting. Keep moving and burn lots of calories in this high-energy workout.</p>
<p><b>Core/Stretch:</b> Go way beyond just working your abs. Condition your core musculature, and feel great with a total body stretch.</p>	<p><b>Cardio/Strength Mix:</b> This dynamite mix of cardio and strength is taught in either segments or interval style. The instructor may incorporate any mix of exercises from multi-impact aerobics and athletic step, to jump ropes, weights, bands and body bars. Mix it up and get a great workout.</p>
<p><b>Core Method:</b> Takes your favorite Lotte Berk inspired method and Intergrate the fat burning format of interval training, muscle shaping techniques and Isometric movements. This class will be sure to burn your muscles from the inside out!!!</p>	<p><b>Max Interval:</b> Interval training at it's best. Perform bursts of intense cardio moves with very little rest and alternate it with some challenging strength training exercises to maximize your results.</p>
<p><b>Gluteus Fabulous:</b> Created by Jaena Mebane. A new and innovative class infused with pilates, focusing on the body's most important and neglected muscles such as the glutes, lower back and core. It incorporates functional movement in the form of balance exercises.</p>	<p><b>No Limits Cardio:</b> This athletic – based cardio class is sure to challenge you with non stop movement. Simple choreography, will give you the burn you will be thinking about for days. 2 pound weighted gloves or 2 pound dumbbells (optional).</p>
<p><b>Pilates w/ Props:</b> Utilizing a variety of Pilates' Props to gain strength &amp; flexibility: with a strong emphasis on the core connection of the body to gain mobility through stability. Using the entire body for a challenging yet rehabilitating session to achieve an exhilarated feeling; strong body and content frame of mind. This is a total body workout !!</p>	<p><b>No Limits Strength:</b> This class will alternate cardio with strength training exercises for a full body workout that will keep you coming back for more.z</p>
<p><b>Flawless Power:</b> A dynamic sculpting workout designed to strengthen and stretch the body. This method is a fusion dance techniques, martial arts focus and classic athletic training. No weights are used in this FLAWLESS CLASS.</p>	<p><b>Cardio KickBoxing:</b> Easy to follow kickboxing combinations will keep you moving with kicks punches and jabs. Guarenteed to make you sweat !!!!</p>
<p><b>Street Kamp:</b> Utilizing your body weight and the body weight of others as resistance, this dynamic military and urban inspired workout hits on every aspect of fitness..</p>	
<p><b>Trampoline Fusion:</b> Interval style cardio and sculpt mix. Using the trampoline for challenging cardio segments the instructor will incorporate light weights, bands and bars for an all over body toning- both on the trampoline and the floor. Cardio segments can also be done on the floor if needed.</p>	<p><b>Sport Pump:</b> Jump up, jump down, squat, lunge and punch. This super intense all cardio class is geared to pump you up. A strong pair of lungs and basic boxing skills is the foundation of this class.</p>
<p><b>The Pilates Class:</b> Matt class uses a series of fluid floor work exercises designed to develop a strong foundation and build strength.</p>	<p><b>The Contender Workout:</b> Combines fundamentals of boxing, cardio, strength and weight training. Although this workout is strenuous it is not complicated or difficult to follow. All movements are broken down into sets and rounds; repetition and high intensity are the key factors of the workout's success.</p>
<p><b>TEEN CLASSES ARE FEE BASED 15.00 PER CLASS / FOLLOW THE SCHOOL CALENDAR. PLEASE CALL THE HOTLINE FOR SCHEDULE CHANGES.</b></p>	<p><b>Trampoline Training:</b> Using the Jumpsport Fitness Trampoline you will challenge your cardiovascular system along with burning a ton of calories quickly. The trampoline enhances bone strength, improves balance and blood circulation, increases muscle tissue and is proven to be detoxifying. ( Heart Rate Monitor suggested ) Interval training will be used in this 55 min workout.* Sign-up required.</p>
	<p><b>Zumba:</b> Fusion of Latin &amp; international music-dance themes that create a dynamic, exciting and effective fitness system.</p>

**SUB HOTLINE: (914) 219-1604**