



# GROUP EXERCISE SCHEDULE

## EFFECTIVE APRIL 16<sup>TH</sup>

M	T	W	TH	F	SAT	SUN
BARRE* (45) ERIN 7:00AM Y	SPIN* (45) HEATHER 6:30AM SP	BARRE* (45) ERIN 6:30AM Y	SPIN* (45) L.R. 7:00AM SP	SPIN* (45) KATE C. 7:00AM SP	SPIN* (45) MONIKA 9:00AM SP	BARRE* (45) ERIN 9:00AM Y
BOXING BASICS* (45) JACKIE 7:00AM B	INTENSE MET-CON (45) DECLAN 7:00AM BB	SPIN* (45) <b>MONIKA</b> 7:00AM SP	INTENSE MET-CON (45) DECLAN 7:00AM BB	VINYASA YOGA (60) JADE 7:00AM Y	BARRE* (45) DANIELLE 9:00AM Y	SPIN* (45) SHAYNE 9:00AM SP
PILATES (45) KAREN 9:30AM M	TREADSWEAT* (45) LISA 9:30AM F	TOTAL BODY COND. (45) KAREN 9:30AM M	BARRE BOOTCAMP* (45) JESSICA 12:15PM Y	PILATES (45) DANIELLE 9:30AM Y	SPIN* (60) CARLOS 10:00AM SP	SPIN* (45) MONIKA 10:00AM SP
BODY & BOXING (45) JACKIE 12:15PM M	SPORTS CONDITIONING (45) SEAN 12:15PM M	SPIN* (45) CARLOS 12:15PM SP	VINYASA YOGA (60) APRIL E 1:00PM Y	INTENSE MET-CON (45) DECLAN 12:15PM BB	BOXING BASICS* (45) JACKIE 10:00AM M	VINYASA YOGA (75) DANIELLE S. 10:00AM Y
HARDCORE (30) SHAYNE 6:00PM M	VINYASA YOGA (60) JADE 1:00PM Y	PILATES (45) KAREN 1:15PM Y	PILATES (45) TAYLOR 6:30PM Y	VINYASA YOGA (60) KATE 6:30PM Y	VINYASA YOGA (75) JUAN 10:00AM Y	<b>TOTAL BODY COND.</b> (45) SHAYNE 10:15AM M
DANCE! (45) SHAYNE 6:30PM M	ABS, BUTT & THIGHS (30) <b>TOM</b> 6:00PM M	HARDCORE (30) TOM 6:30PM M	AXLE FULL BODY* (50) <b>KIMBERLY</b> 6:30PM M		POWER SCULPT (45) FABIAN 11:15AM M	PILATES (60) AMY 11:15AM Y
SPIN* (45) CARLOS 6:30PM SP	BARRE BOOTCAMP* (45) JESSICA 6:15PM Y	POWER SCULPT (45) TOM 7:00PM M	SPIN* (45) SHAYNE 7:00PM SP		PILATES (60) DANIELLE 11:15AM Y	VINYASA YOGA (60) APRIL E 6:00PM Y
BARRE* (45) DANIELLE 6:30PM Y	ROPE BURN* (30) KWAME "Q" 6:30PM M	SPIN* (45) LISA 7:00PM SP	BARRE* (45) AMY 7:15PM Y		BOXING* (45) JACKIE 12:00PM B	
STRENGTH CIRCUIT (45) SHAYNE 7:15PM M	SPIN* (45) MONIKA 6:30PM SP	VINYASA YOGA (60) SHAYNE 7:00PM Y	AXLE CORE* (30) KIMBERLY 7:30PM M		TRX* (45) FABIAN 12:15PM BB	
PILATES (60) DANIELLE 7:15PM Y	TRX* (45) <b>TOM</b> 6:45PM BB	ADVANCED BOXING* (45) GERRY 7:30PM B	BOXING* (45) KWAME "Q" 7:30PM B		ZUMBA (60) JOSIP 12:15PM M	
SPIN* (45) CARLOS 7:30PM SP	BOXING BASICS* (45) KWAME "Q" 7:15PM B	<b>CARDIO SCULPT</b> (45) ADAM 8:00PM M	CARDIO DANCE (60) JOSIP 8:00PM M		YOGA FUNDAMENTALS (60) AMRIT 12:15PM Y	
MUAY THAI* (60) GERRY 8:00PM M	<b>HIIT</b> (45) JESSICA 7:15PM M	PILATES (60) TAYLOR 8:00PM Y	STRETCH & RELAX (45) AMY 8:00PM Y			
VINYASA YOGA (60) JADE 8:15PM Y	VINYASA YOGA (75) AMRIT 7:00PM Y					
	SPIN* (45) MONIKA 7:30PM SP					
	ZUMBA (60) JOSIP 8:00PM M					
	BOXING* (45) KWAME "Q" 8:00PM B					

### LEGEND

SP: SPIN STUDIO

Y: YOGA STUDIO

M: MOVEMENT STUDIO

B: BOXING STUDIO

BB: BASKETBALL COURT

F: FITNESS FLOOR

**BOLD RED**: DENOTES NEW/CHANGE

\*: SIGNUP REQUIRED

(X): CLASS DURATION

MEMBERS CAN REGISTER FOR CLASSES ONLINE,  
OR BY CALLING THE HOSPITALITY DESK @ (212) 265-1111

### CLUB HOURS

MONDAY	5:30AM - 11:00PM
TUESDAY	5:30AM - 11:00PM
WEDNESDAY	5:30AM - 11:00PM
THURSDAY	5:30AM - 11:00PM
FRIDAY	5:30AM - 10:00PM
SATURDAY	7:00AM - 9:00PM
SUNDAY	8:00AM - 9:00PM

**HIIT**

GET THE MOST OUT OF YOUR 45-MINUTE WORKOUT WITH HIIT (HIGH INTENSITY INTERVAL TRAINING) AND LEARN TO WORK OUTSIDE OF YOUR COMFORT ZONE, ALTERNATING BETWEEN HIGH-INTENSITY INTERVALS AND RECOVERY PERIODS.

**CARDIO SCULPT**

GET READY TO SWEAT IN THIS TOTAL BODY WORKOUT COMBINING LIGHT WEIGHTS, HIGH REPS, AND CONTINUOUS RHYTHMIC MOVEMENT. IMPROVE YOUR MUSCULAR AND CARDIO ENDURANCE, CORE STABILITY AND FLEXIBILITY.

**ABS, BUTT & THIGHS**

THIS 30-MINUTE WORKOUT FOCUSES ON TARGETING YOUR ABS, BUTT AND THIGHS WITH A UNIQUE SELECTION OF EFFECTIVE EXERCISES THAT WILL STRENGTHEN, TONE AND DEFINE.

**ADVANCED BOXING\***

TAKE YOUR BOXING WORKOUT TO ANOTHER LEVEL WITH ADVANCED BOXING. THIS CLASS IS SPECIFICALLY DESIGNED FOR THOSE LOOKING TO FINE TUNE THEIR SKILLS. THIS INTENSE, ADVANCED WORKOUT WILL MAKE A DIFFERENCE IN YOUR BOXING PERFORMANCE BY FOCUSING ON STRATEGY, DEFENSE AND SITUATIONAL DRILLS. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**AXLE CORE\***

A PILATES-BASED WORKOUT FEATURING THE ULTRALIGHT (10LB) AXLE BAR THAT EMPHASIZES DEEP CORE ENGAGEMENT, FLEXIBILITY AND ALIGNMENT AS WELL AS MULTIPLANAR STRENGTH. SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**AXLE FULL BODY\***

A FULL-BODY WORKOUT THAT TARGETS FLEXIBILITY, STRENGTH AND METABOLIC TRAINING THROUGH DYNAMIC MOVEMENTS THAT SEAMLESSLY 'FLOW' FROM LOWER BODY TO UPPER BODY TO CORE. SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**BARRE\***

THIS FULL BODY WORKOUT FOCUSES ON DEFINING THE ARMS, ABS, GLUTES AND THIGHS. COMMIT TO BARRE AND CREATE LONG, LEAN MUSCLES AS YOU TONE, DEFINE AND LIFT.

**BARRE BOOTCAMP\***

TAUGHT TO UPBEAT, MOTIVATING MUSIC THIS BARRE-BASED WORKOUT WILL STRENGTHEN, LENGTHEN AND TONE YOUR TOTAL BODY. THIS UNIQUE CLASS IS DESIGNED TO GIVE YOU A SLEEK PHYSIQUE.

**BODY AND BOXING\***

TEST YOUR ENDURANCE IN THIS TOTAL BODY WORKOUT THAT COMBINES INTERVALS OF STRENGTH EXERCISES WITH BOXING MOVES.

**BOXING\***

UNLEASH YOUR POWER IN THIS CHALLENGING WORKOUT THAT WILL TEACH YOU ADVANCED BOXING TECHNIQUES AND COMBINATIONS. FOCUS ON SPEED, AGILITY, STRENGTH AND FLEXIBILITY AS YOU SWEAT YOUR WAY THROUGH THIS INTENSE BOXING SESSION. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**BOXING BASICS\***

DESIGNED FOR THE BEGINNER BOXER AND FOR THOSE INTERESTED IN REVIEWING PROPER FORM AND TECHNIQUE, THIS CLASS WILL TEACH YOU HOW TO SAFELY EXECUTE BASIC PUNCH COMBINATIONS AND FOOTWORK. WITH THE USE OF HEAVY BAGS AND MITTS, YOU WILL WORK ON COORDINATION AND STRENGTH. BOXING BASICS IS A GREAT INTRODUCTION TO OUR BOXING CLASS. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**CARDIO DANCE**

NONSTOP CHOREOGRAPHY BUILDS INTO A FUN AND EXCITING DANCE ROUTINE IN EVERY CLASS.

**DANCE!**

THIS 45-MINUTE CHOREOGRAPHED DANCE CLASS IS PACKED WITH SLICK CHOREOGRAPHY. HIP HOP AND MODERN MOVEMENTS ARE ARRANGED INTO A SHORT ROUTINE. THIS ROUTINE IS CAREFULLY BROKEN DOWN AND TAUGHT AS YOU PROGRESS THROUGH CLASS. BY THE END OF CLASS YOU WILL BE DANCING LIKE A STAR!

**HARD CORE**

THIS 30 MINUTE EXTREME CORE WORKOUT TARGETS YOUR ABDOMINAL AND BACK MUSCLES. A STRONG CORE WILL ENHANCE YOUR ATHLETIC PERFORMANCE AND IMPROVE YOUR ABILITY TO PERFORM DAILY TASKS AND MINIMIZE THE RISK OF INJURY.

**INTENSE MET-CON**

OBSTACLE COURSES, KETTLEBELLS, PLYOMETRICS, RESISTANCE TRAINING - IT IS DIFFERENT EVERY TIME. AN INNOVATIVE WORKOUT THAT WILL BUILD YOUR OVERALL STRENGTH AND ENDURANCE.

**MUAY THAI\***

MUAY THAI, REFERRED TO AS "THE ART OF THE EIGHT LIMBS" (HANDS, SHINS, ELBOWS AND KNEES), COMBINES A VARIETY OF EXERCISES THAT DEVELOP STRENGTH, CONDITIONING AND AGILITY. LEARN TO PROTECT AND DEFEND WITH YOUR NATURAL WEAPONS AS YOU STRIKE, PUNCH AND KICK IN THIS CHALLENGING TOTAL BODY WORKOUT. SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**PILATES**

BASED ON THE TEACHINGS OF JOSEPH PILATES, THIS CLASS WILL INCREASE YOUR CORE STRENGTH AND FLEXIBILITY, IMPROVE YOUR POSTURE AND GIVE YOU A LONG LEAN SILHOUETTE.

**POWER SCULPT**

AN INTENSE TOTAL BODY WORKOUT DESIGNED TO INCREASE YOUR MUSCULAR STRENGTH. LIFT, SQUAT, LUNGE AND SWEAT!

**ROPE BURN\***

THIS 30-MINUTE JUMP ROPE WORKOUT WILL INCINERATE CALORIES AND HELP BURN OFF BODY FAT. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**SPIN\***

TORCH CALORIES AND STRENGTHEN YOUR LOWER BODY IN THIS INDOOR CYCLING WORKOUT. INSTRUCTORS WILL GUIDE YOU THROUGH CHALLENGING INTERVALS OF FLATS AND HILLS TO MOTIVATING, HEART PUMPING MUSIC. FOR A POWERFUL CYCLING EXPERIENCE AND A MORE EFFICIENT PEDAL STROKE, CYCLING SHOES ARE HIGHLY RECOMMENDED. OUR BIKES ARE SPD COMPATIBLE. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS. PLEASE ARRIVE TO CLASS EARLY TO CLAIM YOUR BIKE. EMPTY BIKES ARE GIVEN AWAY TO MEMBERS ON THE WAIT LIST 5 MINUTES PRIOR TO START TIME.

**SPORTS CONDITIONING**

THIS ATHLETIC AND CHALLENGING INTERVAL WORKOUT COMBINES AGILITY, ENDURANCE, STRENGTH AND CARDIO. INCREASE YOUR POWER AND ENDURANCE IN THIS HIGHLY EFFECTIVE CALORIE BURNING WORKOUT. NO FRILLS, JUST DRILLS.

**STRENGTH CIRCUIT**

SWITCH UP YOUR WORKOUT AND IMPROVE YOUR STRENGTH, AGILITY AND CARDIO ENDURANCE. THIS CLASS INCLUDES A VARIETY OF EXERCISES IN A CIRCUIT FORMAT THAT IS CHALLENGING AND FUN.

**STRETCH & RELAX**

IMPROVE YOUR ATHLETIC PERFORMANCE, RELIEVE STRESS AND ENHANCE YOUR DAILY LIFE WITH STRETCH & RELAX. INCREASED FLEXIBILITY, IMPROVED RANGE OF MOTION, BETTER POSTURE AND ENHANCED MUSCULAR COORDINATION WILL REDUCE YOUR RISK OF INJURY AND GIVE YOU A GREATER SENSE OF WELL-BEING.

**TOTAL BODY CONDITIONING**

THIS FAST PACED SCULPTING CLASS WILL KEEP YOU MOVING AND YOUR HEART PUMPING AS YOU IMPROVE YOUR STRENGTH AND ENDURANCE.

**TREADSWEAT\***

WALK OR RUN THROUGH THIS INTERVAL TREADMILL WORKOUT. BURN CALORIES AND IMPROVE YOUR STRENGTH AND ENDURANCE AS YOU NAVIGATE THROUGH CHALLENGING FLATS AND HILLS. GET READY TO SWEAT! ALL LEVELS WELCOME.

**TRX\***

TRX IS A POPULAR AND EFFECTIVE SUSPENSION TRAINING SYSTEM THAT LEVERAGES GRAVITY AND YOUR BODY WEIGHT TO DEVELOP STRENGTH, BALANCE AND CORE STABILITY. THE UNIQUE VARIETY OF EXERCISES PLACES CONSTANT DEMAND ON THE MUSCLES AND WILL WORK YOUR CORE THROUGH THE ENTIRE CLASS. ONLINE SIGN UP BEGINS 24 HOURS PRIOR TO CLASS.

**YOGA FUNDAMENTALS**

THIS YOGA CLASS IS DESIGNED FOR THOSE NEW TO YOGA AND FOR EXPERIENCED YOGIS INTERESTED IN REVIEWING FORM AND TECHNIQUE.

**VINYASA YOGA (OPEN LEVELS)**

EXPERIENCE BOTH THE MENTAL AND PHYSICAL BENEFITS OF YOGA AS YOU SYNCHRONIZE YOUR BREATH WITH FLOWING MOVEMENT. RE-ENERGIZE AND RELAX.

**ZUMBA**

THIS ENERGETIC ZUMBA WORKOUT IS A DANCE PARTY YOU DO NOT WANT TO MISS. ALL LEVELS WELCOME. NO DANCE EXPERIENCE REQUIRED.

**\*REQUIRES ONLINE SIGNUP 24 HOURS PRIOR TO CLASS. PLEASE ARRIVE TO CLASS EARLY TO CLAIM YOUR SPOT. EMPTY SPOTS ARE GIVEN AWAY TO MEMBERS ON THE WAITLIST AT START TIME. SPIN BIKES WILL BE GIVEN AWAY 5 MINUTES PRIOR TO START TIME.**