



REVISED GROUP EXERCISE SCHEDULE

EFFECTIVE FEBRUARY 10TH

M	T	W	TH	F	SAT	SUN
BARRE* (45) ERIN 7:00AM Y	CYCLE* (45) HEATHER 6:45AM C	BARRE* (45) ERIN 7:00AM Y	CYCLE* (45) L.R. 7:00AM C	CYCLE* (45) TRACY 7:00AM C	BARRE* (45) ERIN 9:00AM Y	BARRE* (45) DANIELLE S. 9:15AM Y
BOXING BASICS* (45) JACKIE 7:00AM B	INTENSE MET-CON (45) DECLAN 7:00AM BB	CYCLE* (45) DANIELLE L. 7:00AM C	INTENSE MET-CON (45) DECLAN 7:00AM BB	VINYASA YOGA (60) LESLEY 7:00AM Y	BOXING* (45) JACKIE 9:00AM B	CYCLE* (45) SHAYNE 9:15AM C
PILATES (45) ERIN 9:30AM Y	TREADSWEAT* (45) LISA 9:30AM F	TOTAL BODY COND. (45) JAY D. 9:30AM M	BARRE BOOTCAMP* (45) JESSICA 12:15PM Y	PILATES (45) TAYLOR 9:30AM Y	CYCLE* (60) FELICIA 10:00AM C	BOXING* (45) JUSTIN 10:00AM B
BODY & BOXING (45) JACKIE 12:15PM M	BOOT CAMP (45) SEAN 12:15PM M	CYCLE* (45) JAY D. 12:15PM C	VINYASA YOGA (60) APRIL E 1:00PM Y	INTENSE MET-CON (45) DECLAN 12:15PM BB	BOXING BASICS* (45) JACKIE 10:00AM B	VINYASA YOGA (60) DANIELLE S. 10:15AM Y
YOGA STUDIO RESERVED (60) 4:00PM Y	VINYASA YOGA (60) JADE 1:00PM Y	PILATES (45) BLAYNE 1:15PM Y	BUTT & THIGHS (30) KIMBER 6:00PM M	YOGA STUDIO RESERVED (60) 4:00PM Y	YOGIC STRETCH (45) JUAN 10:00AM Y	TOTAL BODY COND. (45) SHAYNE 10:15AM M
HARDCORE (30) SHAYNE 6:00PM M	BARRE BOOTCAMP* (45) JESSICA 6:15PM Y	YOGA STUDIO RESERVED (60) 4:00PM Y	HARDCORE (30) KIMBER 6:30PM M	VINYASA YOGA (60) KATE 6:30PM Y	TOTAL BODY COND. (45) KIMBER 10:00AM M	PILATES (60) AMY 11:15AM Y
DANCE! (45) SHAYNE 6:30PM M	ROPE BURN* (30) KWAME "Q" 6:30PM M	HARDCORE (30) TOM 6:30PM M	PILATES (45) AMY 6:30PM Y		MEDITATION (30) JUAN 10:45AM Y	HIIT (45) JESSICA 11:15AM M
CYCLE* (45) JAY D 6:30PM C	CYCLE* (45) TOM 6:30PM C	MAX STRENGTH (50) TOM 7:00PM M	CYCLE* (45) SHAYNE 7:00PM C		INTER. BOXING* (45) JACKIE 11:00AM B	ARMS AND ABS IN 30! (30) JESSICA 12:00PM M
BARRE* (45) TAYLOR 6:30PM Y	VINYASA YOGA (60) AMRIT 7:00PM Y	CYCLE* (45) LISA 7:00PM C	BARRE BOOTCAMP* (45) JESSICA 7:15PM Y		POWER SCULPT (45) FELICIA 11:15AM M	STRETCH & RELAX (45) AMY 12:15PM Y
HIIT (45) SHAYNE 7:15PM M	BOXING BASICS* (45) KWAME "Q" 7:15PM B	VINYASA YOGA (60) SHAYNE 7:00PM Y	TRX* (45) KIMBER 7:15PM BB		PILATES (60) ERIN 11:15AM Y	YOGA STUDIO RESERVED (60) 3:00PM Y
PILATES (60) TAYLOR 7:15PM Y	HIIT (45) JESSICA 7:15PM M	BOXING* (45) GERRY 7:30PM B	BOXING* (45) KWAME "Q" 7:30PM M		YOGA FUNDAMENTALS (60) AMRIT 12:15PM Y	VINYASA YOGA (60) APRIL E. 6:00PM Y
CYCLE* (45) JAY D 7:30PM C	CYCLE* (45) TOM 7:30PM C	PILATES (60) TAYLOR 8:00PM Y	STRETCH & RELAX (45) AMY 8:00PM Y		YOGA STUDIO RESERVED (60) 3:00PM Y	
MUAY THAI* (60) GERRY 8:00PM M	ZUMBA (60) JOSIP 8:00PM M	MELT (45) BLAYNE 8:00PM M				
VINYASA YOGA (60) OLGU 8:15PM Y	BOXING* (45) KWAME "Q" 8:00PM B					
				CLUB HOURS		LEGEND
				MONDAY	5:30AM - 11:00PM	SP: SPIN STUDIO
				TUESDAY	5:30AM - 11:00PM	Y: YOGA STUDIO
				WEDNESDAY	5:30AM - 11:00PM	M: MOVEMENT STUDIO
				THURSDAY	5:30AM - 11:00PM	B: BOXING STUDIO
				FRIDAY	5:30AM - 10:00PM	BB: BASKETBALL COURT
				SATURDAY	7:00AM - 9:00PM	F: FITNESS FLOOR
				SUNDAY	8:00AM - 9:00PM	BOLD RED: DENOTES NEW/CHANGE
						*: SIGNUP REQUIRED

FOR COMMENTS & SUGGESTIONS REGARDING GROUP EXERCISE
PLEASE CONTACT LISA GAUSEPOHL: LISAG@THEMERCEDESCLUB.COM
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MEMBERS CAN REGISTER FOR
CLASSES ONLINE OR BY CALLING
THE HOSPITALITY DESK @ (212)265-1111

ARMS AND ABS IN 30!

THIS 30-MINUTE WORKOUT WILL FOCUS ON STRENGTHENING AND DEFINING YOUR ARMS AND ABS!

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 EDURANCE IN THIS TOTAL BODY WORKOUT THAT COMBINES INTERVALS OF STRENGTH EXERCISES WITH BOXING MOVES.

BOOT CAMP

GET BACK TO BASICS WITH BOOT CAMP. PACKED WITH FUNCTIONAL MOVEMENTS LIKE PUSH-UPS, SQUATS, SPRINTS, AND SIT-UPS, THIS INTENSE TOTAL BODY WORKOUT WILL MAKE YOU SWEAT. BE PREPARED FOR A CHALLENGE. YOU ARE STRONGER THAN YOU THINK.

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.

BUTT AND THIGHS

THIS 30-MINUTE WORKOUT TARGETS YOUR LOWER BODY WITH EFFECTIVE EXERCISES DESIGNED TO LIFT, TONE AND STRENGTHEN.

CYCLE*

RAISE THE BAR ON YOUR CYCLE WORKOUT AND INCREASE YOUR FITNESS LEVEL ON OUR NEW STAGES BIKES. TRACK YOUR POWER, MILEAGE, HEART RATE AND CALORIE BURN WITH THE ASSISTANCE OF THE STAGES POWER METER. ALL OF OUR BIKES ARE LOOK DELTA AND SPD COMPATIBLE. GET READY TO RIDE LIKE NEVER BEFORE! **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.**

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.

HIIT

GET THE MOST OUT OF YOUR 45-MINUTE WORKOUT WITH HIIT! LEARN TO WORK OUTSIDE YOUR COMFORT ZONE BY ALTERNATING BETWEEN INTERVALS OF HIGH-INTENSITY AND PERIODS OF RECOVERY.

INTERMEDIATE BOXING*

DESIGNED FOR THOSE WITH BOXING EXPERIENCE, THIS CLASS WILL FINE-TUNE YOUR SKILLS AND TAKE YOUR BOXING PERFORMANCE TO ANOTHER LEVEL.

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.

MAX STRENGTH

MAXIMIZE YOUR MUSCULAR STRENGTH AND WEIGHT LIFTING ABILITY IN THIS ULTIMATE FULL-BODY WORKOUT. CHISEL YOUR WAY TO A STRONGER, LEANER BODY BY CHALLENGING YOURSELF TO LIFT MORE THAN BEFORE

***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 (+)PLEASE NOTE THAT MEMBERS ARE NOT PERMITTED TO SIGN UP FOR MORE THAN ONE BOXING CLASS PER DAY**

MEDITATION

REACH A HEIGHTENED LEVEL OF SPIRITUAL AWARENESS AND CALM YOUR MIND IN THIS 30- MINUTE MEDITATION CLASS.

MELT

DO YOU FEEL ACHY OR STIFF? HAVE CHRONIC PAIN IN YOUR NECK OR LOWER BACK? HELP IS HERE! LEARN TO ERASE AND PREVENT PAIN/TENSION THROUGHOUT YOUR ENTIRE BODY BROUGHT ON BY STRESS, OVERUSE, AND AGE. THE MELTMETHOD USES SPECIAL FOAM ROLLERS TO REHYDRATE YOUR CONNECTIVE TISSUE AND HELPS REBALANCE THE NERVOUS SYSTEM WHILE RELEASING STUCK STRESS FROM THE BODY.

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 WITH RESISTANCE TRAINING AND EXPLOSIVE CARDIO MOVES.

ROPE BURN*

THIS 30-MINUTE WORKOUT WILL INCREASE YOUR CARDIO CAPACITY, BURN FAT AND IMPROVE YOUR COORDINATION BY COMBINING INTERVALS OF JUMP ROPE AND BATTLE ROPE TRAINING.

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.

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.

YOGA FUNDAMENTALS

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

YOGIC STRETCH

INCREASE YOUR FLEXIBILITY AND RELEASE STRESS IN THIS 45-MINUTE YOGA-BASED STRETCH CLASS.

ZUMBA

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