

Effective 9/10/18



FITNESS STUDIO SCHEDULE – FALL 2018

MONDAY

5:45-6:30am BootCamp
8:55-9:55am BODYPUMP
10:00-10:55am Tabata
11:15-12:00pm SilverSneakers
Circuit
5:30-6:15pm Pure Strength
6:15-7:10pm Yoga
7:15-8:00pm BootCamp

TUESDAY

8:30-9:00am Step & Sculpt
9:10-10:10am ZUMBA
10:15-11:00am Yoga
11:15-12:00pm SilverSneakers
Classic
5:30-6:15pm Pilates Mat
6:15-7:00pm Triple Threat
7:00-7:45pm ZUMBA

WEDNESDAY

5:45-6:30am Triple Threat
9:00-9:45am BootCamp
9:45-10:00am Ab/Stretch
10:00-11:00am BODYPUMP
11:15-12:00pm SilverSneakers
Yoga
5:30-6:25pm Barre Style
Body
6:30-7:30pm BODYPUMP

THURSDAY

9:00-9:45am ZUMBA
9:45-10:30am Pilates Mat
5:30-6:25pm Yoga
6:30-7:30pm ZUMBA

FRIDAY

8:00-8:55am Yoga
9:00-10:00am BODYPUMP
10:05-11:00am Triple Threat
11:15-12:00pm SilverSneakers
Classic

SATURDAY

8:15-9:15am BootCamp
9:35-10:30am Pilates Mat
10:30-11:30am ZUMBA

SUNDAY

9:45-10:45am BODYPUMP
11:00-12:00pm Yoga

For real-time information on our classes due to holidays and inclement weather call the club at 215-256-9998

GROUP FITNESS CLASS DESCRIPTIONS

Strength Training Classes:

BODYPUMP: The original barbell weight training class set to music which strengthens and tones your entire body. This class is a great substitute for a full body weight machine workout. Great workout and awesome instructors to motivate you! Please pick up a number at the front desk 15 minutes prior to class time to secure a spot.

Pure Strength: Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. You will use a variety of equipment each week (to mix up and challenge each muscle group) such as weights, stability balls, gliding discs, bosu weighted balls and resistance bands.

Barre Style Body: Barre is an energizing mix of Pilates, Yoga, dance and functional training elements. In each targeted workout, you will use, Bender Ball and small hand weights to sculpt, slim and stretch your entire body.

Cardiovascular Classes:

BootCamp: A non-stop full body workout. Each instructor provides their own unique mix of cardio, strength and core training. Be ready to work hard, have fun and get results!

Triple Threat: Three dynamic formats packed into one intense class! If you like variety, then you will love the spontaneity of this class. Every class covers cardio, strength and core with a different twist each week!

ZUMBA: Let go and feel the music! This dance class is easy to follow and offers a variety of styles including Salsa, Meringue, Reggae and Hip Hop. Join the party and get the fun vibe going!

TABATA: A dynamic workout of 20 second bouts of high intensity training followed by 10 seconds of rest. It will increase athletic performance and decrease body fat.

Step N' Sculpt: This class is the perfect combination of cardio & strength training. Using easy to follow step patterns combined with basic strength moves; you will burn calories and sculpt your muscles for a tight lean look.

Core, Yoga & Pilates Classes:

Ab/Stretch: A full body stretch and abdominal workout designed to strengthen your core, increase flexibility and range of motion.

Yoga: Designed to incorporate the fundamentals of yoga posture, alignment and breath while offering a diverse range of styles with each instructor drawing from a background of Yoga flow, strength based poses, weights (always optional) and weaving in some positive life philosophies.

Pilates Mat: This mat workout includes concentrated work on core strength, body alignment and muscle balance. Resistance bands, weights and Bender Ball may be used to add variety and challenge.

Active Older Adult Classes:

SilverSneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

SilverSneakers Yoga: Get ready to move through a complete series of seated and standing yoga poses. Increase your flexibility and balance while practicing restorative breathing exercises for stress reduction and mental clarity. Chair support is offered.

Classes are taught for all fitness levels, with the exception of Active Older Adult Classes which are taught at a basic fitness level.