

# Group Fitness Schedule

July 1 – 31, 2022

KEY: STUDIO 1 STUDIO 2 STUDIO 3 STUDIO 4 LAP POOL POOL DECK SHALLOW POOL PILATES STUDIO GYMNASIUM OUTDOOR  
See class description

CARDIO & STRENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:15-7:00am BODYPUMP® 45 Melissa		6:15-7:00am BODYPUMP® 45 Melissa		6:15-7:00am Boot Camp (V) David		
		7:15-8:15am Total Body Fitness Lite (V) Lisa	8:00-9:00am Running Club Natalie		7:15-8:15am Total Body Fitness Lite (V) Lisa		
	8:30-9:15am Barre Whitney	8:30-9:15am BODYSTEP® 45 Rima	8:10-8:55am Total Body Fitness Lite (V) Hallie	8:30-9:15am Step and Core Whitney			
	9:30-10:15am BODYPUMP® (V) Amy /Tilde	9:30-10:15am BODYPUMP® 45 Angie	9:15-10:15am BODYPUMP® (V) No class 7/6 Tilde	9:30-10:15am Power Strength (V) Amy			
		9:30-10:00am Full Body Blast Amy	9:45-10:15am TRX Bootcamp (V) Amy	10:30-11:00am Core & Glutes (V) Amy		8:45-9:45am Barre Rachel O.	
						10:00-11:00am BODYPUMP® Melissa	10:45-11:45am EPOC & Core Heather
	10:30-11:30am Stretch & Strength (V) Micah	10:15-10:45am Triple Threat Core (V) Amy	10:30-11:30am Stretch & Strength (V) Micah	10:30-11:30am LaBlast® Barre Fusion (V) Julie	10:30-11:00am Triple Threat Core (V) Amy		
	10:30-11:00am Core & Glutes (V) Amy	10:30-11:15am LaBlast® Lisa L.	10:15-10:45am Glute Hip Ham (V) Amy		11:00-12:00pm BODYPUMP® (V) Amanda		
	11:00-11:30am Kettlebells & Mediballs (V) Amy	12:00-12:45pm Barre Rachel O.			12:00-12:45pm TRX Russ	<div>ALL CLASSES REQUIRE RESERVATION. CLASSES LABELED AS (V) ARE FOR VACCINATED MEMBERS AND GUESTS ONLY. PROOF OF VACCINATION IS REQUIRED THROUGH THE SPORTS CLUB FRONT DESK.</div>	
	4:00-5:00pm Body Burn Nikkita		4:00-5:00pm TRX Nikkita				
	5:15-6:00pm Cardio Barre Rachel O.	5:00-5:50pm Insanity® (V) Micah	5:15-6:15pm Strength HIIT Nikkita	5:30-6:30pm EPOC & Core Heather	4:30-5:30pm Full Body Fitness Nikkita		

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:00am Cycle (V) Liza		9:15-10:00am Cycle Russ	12:00-12:45pm RPM® Rima	9:30-10:15am Cycle & Strength (V) Amy	9:00-9:45am RPM® Heather	9:30-10:15am Cycle Melissa
		5:30-6:15pm RPM® Heather	5:30-6:15pm Cycle Isabel/Noel		4:30-5:15pm RPM® Melissa		

MIND & BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30-11:30am Multi Level Hatha Yoga (V) Ra	9:15-10:15am Vinyasa (V) Karen		9:15-10:15am Vinyasa (V) Karen		10:00-10:30am BODYBALANCE Rachel O.	
		10:30-11:30am Gentle Beginner Yoga (V) Ra	10:30-11:30am Multi Level Hatha Yoga (V) Ra	10:30-11:30am Gentle Beginner Yoga (V) Ra	10:30-11:30am Multi Level Hatha Yoga (V) Ra		
	5:30-6:30pm Pilates Reformer ALL LEVELS* Courtney			10:30-11:30am Pilates Reformer Intermediate* Courtney	12:00-1:00pm Pilates Reformer Intermediate* Heidi		
	5:45-6:45pm Integral Yoga Matt			11:45am-12:30pm Pilates Reformer INTRO Courtney	1:00-2:00pm Yoga Vinyasa Flow No class 7/1 Tara		
				5:45-6:45pm Multi Level Hatha Yoga (V) Ra	1:15-2:00pm Pilates Reformer INTRO Heidi	*Pilates Reformer classes are an additional fee for members (see description).	

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:10-8:55am Aqua Aerobics Hallie	8:10-8:55am Aqua Conditioning Cara	8:10-8:55am LaSplash® Julie	8:10-8:55am Aqua Aerobics Hallie	8:10-8:55am Aqua Aerobics Hallie	9:00-9:45am Aqua Aerobics Hallie/Noel	

Boar's Head Resort

at

# THE SPORTS CLUB

JULY 1 – 31, 2022

## Group Fitness Schedule

### CARDIO & STRENGTH

**BODYPUMP®** uses light to moderate weights with lots of repetitions, and gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music. *Beginner - Advanced*

**Total Body Fitness Lite** includes low impact cardio, upper and lower body strength exercises, balance training, core stabilization, and functional movement. *Beginner - Intermediate*

**Zumba®** is a high-energy cardiovascular class that combines easy to follow dance and body sculpting movements set to a blend of Latin and pop inspired music. *Beginner - Advanced*

**BODYSTEP®** is a cardio workout with a lower body focus choreographed to the beat of the music. *Beginner - Advanced*

**Triple Threat Core®** is a 30 minute core focused workout using Bosu Balls, mediballs, and TRX. *Beginner - Advanced*

**Step & Core** begins with choreographed cardio movements on a step and ends with core strength training. *Beginner - Advanced*

**Strength HIIT** Strength HIIT is a 45 minute workout that will get your heart rate up with Cardio HIIT mixed into the class. *Beginner - Advanced*

**Core & Glutes** is a workout combining both core and glute training. *Beginner - Advanced*

**Full Body Blast** combines strength, agility & HIIT! *Beginner - Advanced*

**Power Strength** is a challenging barbell-based class that builds muscular endurance and gives you a total body workout to upbeat music. *Beginner - Advanced*

**LaBlast & Barre Fusion** is a 30 minute cardio LaBlast dance and 30 minutes cardio Barre. *Beginner - Advanced*

**EPOC & Core** is a HIIT workout, featuring short, intense bursts of effort followed by periods of recovery designed to improve strength, cardiovascular fitness, and build lean muscle. This workout often uses a step, barbell, weight plate and bodyweight exercises. *Intermediate - Advanced*

**Boot Camp** is a high energy, high impact, total body workout either in the studio or outside that challenges your strength and cardiovascular system. *Intermediate - Advanced*

**Insanity** is a high-intensity, high-impact, interval based cardio workout. Don't be shy to modify as you challenge yourself through each move. *Intermediate - Advanced*

**Glute, Hip, & Ham** is a 30 minute workout that focuses on the lower body. This class uses a variety of equipment such as kettlebells, TRX, BOSU balls, and more! *Beginner - Advanced*

**Kettlebells & Mediballs** is a full body, 30 min, strength and cardio class using kettlebells and mediballs for functional fitness training. *Beginner - Advanced*

**Barre** is designed to sculpt and tone your body using moves inspired by Pilates, ballet, and yoga. *Beginner - Advanced*

**Cardio Barre** is a upbeat, high energy barre class that combines traditional barre exercises with non-stop, heart pumping, metabolic training. *Beginner - Advanced*

**TRX & Core** develops full body strength, balance, flexibility and core stability simultaneously utilizing TRX. *Beginner - Advanced*

**Stretch & Strength** is a low impact class with light cardio, functional strength movements, stretching, and balance work. *Beginner - Intermediate*

**TRX Bootcamp** Full body strength & cardio workout using TRX straps, mediballs, kettlebells, RIP trainers, and more. *Beginner - Advanced*

**Running Club** will meet Wednesday mornings for a 5K run. The group will meet outside the Squash entrance, rain or shine. We will start running at Boar's Head Trails and then develop different locations each week. *Beginner - Advanced*

**LaBlast®** is an energizing dance fitness class blending the true skill of ballroom dance with the calorie blasting properties of interval fitness. *Beginner - Advanced*

### CYCLE

**Cycle** is a no impact cardio athletic training class that uses a stationary bike and a variety of music to get you pumped. Simulates a road bike experience. *Beginner - Advanced*

**RPM 30® & Core** is a 30 minute indoor cycle combined with 15 minutes of core work. The core workout will consist of a combination of bands, bosu balls, and weights. *Beginner - Advanced*

**Cycle & Strength** weights combined with cycling for a full body work out. *Beginner - Advanced*

**RPM®** is a 45 minute indoor cycle workout to the beat of the music. *Beginner - Advanced*

### AQUATICS

**Aqua Conditioning** is a full body workout using water as your resistance combined with barbells, and movement combos. *Beginner - Advanced*

**Aqua Aerobics** will keep you moving with a variety of aqua drills and strength exercises. Use water barbells to gain strength and pool noodles for movement exercises. *Beginner - Advanced*

**LaSplash®** is a 50 minute cardio and strength class that focuses on the dances seen on Dancing With The Stars. This is a great core and leg workout with a fun playlist. Learn actual ballroom dance moves while getting a workout. *Beginner - Advanced*

### MIND & BODY

**BODYBALANCE®** is a yoga-based class that also includes exercises from Pilates and tai chi. Body Balance aims to strengthen the core, promote flexibility and focus the mind. *Beginner - Advanced*

**Multi Level Hatha Yoga** is suitable for all yoga practitioners. We combine different levels of asanas (poses) by building each pose from the basics up to the full expression of the asana. *Beginner - Advanced*

**Gentle Beginner Yoga** is a 60 minute, slow and steady yoga class designed for those seeking an introduction to yoga or those getting back into their practice. *Beginner - Advanced*

**Vinyasa** Yoga flows from one posture to the next while breath keeps rhythm. Focus on maintaining alignment, balance, strength, and achieving mind body connection. *Beginner - Advanced*

**Integral Yoga** is a seamless blend of the spiritual and physical as each class moves through asana sequences essential for full-body health, and concludes with relaxation, breath work, and meditation. *Beginner - Advanced*

**Pilates Reformer** is a one hour class where you'll gain strength, flexibility and control as you work with spring resistance. Here you will learn the foundations and essence of Pilates movements while getting a full body workout. *There are beginner and intermediate classes. The all levels classes are based on participant ability \*classes are an additional \$35 fee for members*

**Yoga Vinyasa Flow** is a class focusing on breath work to help students cultivate presence on their mat as well as help them focus on alignment and integrity of the poses. *Beginner - Advanced*