

Group Fitness Schedule

May 1 – 31, 2022

KEY: STUDIO STUDIO 2 STUDIO STUDIO 4 LAP POOL POOL DECK 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	6:15-6:45am Core Strength Krista	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	6:50-7:35am Kettlebell Full Body Strength Krista	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	8:10-8:55am Boot Camp Krista		
	9:30-10:15am BODYPUMP 45 (V) Tilde	9:30-10:15am BODYPUMP® 45 Angie	9:15-10:15am BODYPUMP® (V) Tilde	9:30-10:15am Power Strength (V) Amy	9:00-9:45am TRX Strength Krista	8:45-9:45am Barre Rachel O.	8:30-9:30am BODYCOMBAT® (V) Tilde
	9:45-10:15am TRX Bootcamp (V) No class 5/2 - Amy	9:30-10:00am Full Body Blast No class 5/3 - Amy	10:15-10:45am Tabata 30 (V) Morgan	10:30-11:00am Core & Glutes (V) Amy	10:00-10:45am Zumba® (V) Sarah	10:00-11:00am BODYPUMP® Melissa	10:15-11:15am 20/20/20 (V) Morgan
	10:30-11:30am Stretch & Strength Micah	10:15-10:45am Triple Threat Core (V) No class 5/3 - Amy	10:30-11:30am Stretch & Strength Micah	10:30-11:30am LaBlast® Barre Fusion (V) Julie	10:30-11am Triple Threat Core (V) No class 5/6 - Amy		
	10:30-11:00am Core & Glutes (V) Amy	10:30-11:15am LaBlast® Maria			11:00-12:00pm BODYPUMP® (V) Amanda		
	11:00-11:30am Kettlebells & Mediballs (V) Amy			4:30-5:30pm BODYCOMBAT® (V) Tilde			
	12:00-12:45pm Power Strength (v) No class 5/2 - Amy	12:00-12:45pm Barre (V) Sarah		4:30-5:15pm TRX & Core (V) Morgan			
5:30-6:30pm BODYPUMP® Lesley	5:00-5:50pm Insanity® Micah	5:15-6:00pm Strength HIIT Maria	5:20-5:50pm Tabata 30 (V) Morgan	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.			

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:00am Cycle (V) Liza		9:15-10:00am Cycle Russ		9:30-10:15am Cycle & Strength (V) No class 5/6 - Amy	9:00-9:45am RPM® Heather	9:30-10:15am Cycle Melissa
		5:30-6:15pm RPM® 30 & Core Heather			4:30-5:15pm RPM® Melissa		

MIND & BODY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:15-10:15am Vinyasa (V) Karen	8:10-9:00am Mat Pilates (V) Alexis	9:15-10:15am Vinyasa (V) Karen	8:10-9:00am Mat Pilates (V) Alexis	*Pilates Reformer classes are an additional fee for members (see description).	
	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	10:30-11:30am Gentle Beginner Yoga (V) Ra	10:30-11:30am Multi Level Hatha Yoga (V) Ra	10:15-11:15am Pilates Reformer Beginner* Courtney	
	12:00pm-1:00pm Pilates Reformer Beginner* Courtney		3:00-4:00pm Gentle Beginner Yoga (V) Ra		12:00-1:00pm Pilates Reformer Beginner* Heidi	11:30am-12:30pm Pilates Reformer Intermediate* Courtney	
	5:45-6:45pm Integral Yoga Matt		12:00-1:00pm Pilates Reformer Intermediate* Courtney		1:15pm-2:15pm Pilates Reformer Intermediate* Heidi		

AQUATICS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:10-8:55am Aqua Aerobics Hallie	8:10-8:55am Aqua Aerobics Hallie		8:10-8:55am Aqua Aerobics Hallie	8:10-8:55am Aqua Aerobics Hallie		
		9:00-9:55am Aqua Conditioning Cara	9:10-9:55am Aqua Latin Dance Julie			9:00-9:45am Aqua Aerobics Hallie	

Boar's Head Resort
at
THE SPORTS CLUB

MAY 1—31, 2022

Schedule Group Fitness

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*

Stretch is geared for improving flexibility for all muscle groups through various stretching techniques *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*

Kettlebell Full Body Strength is a class that uses the resistance of kettlebells to challenge your muscles through a combination of moves within circuits. *Intermediate - 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*

20/20/20 is 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core all in one workout! Using a variety of equipment, this class will increase endurance, strength, and core stability. *Beginner - 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*

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

Core Strength is a 30-min core workout that focuses on functional movements in order to build stability in your abdomen. *Intermediate - Advanced*

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

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

BODYCOMBAT® is an exercise class that lets you punch and kick your way towards your fitness goals. It's also superb for burning fat, releasing stress and improving your coordination. *Beginner - Advanced*

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

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*

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

Tabata 30 is a high-intensity training class that consists of a fast-paced intervals followed by a brief rest. *Beginner - Advanced*

TRX Strength is a 45 minute full body suspension strength workout on the TRX straps. *Beginner - Advanced*

TRX Bootcamp is a full body strength & cardio workout using TRX straps, mediballs, kettlebells RIP trainers, and more. *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*

Aqua Latin Dance is a 45 minute class that builds core and endurance strength through Latin movements and music! *Beginner - Advanced*

MIND & BODY

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*

Mat Pilates class incorporates biomechanical body awareness and focuses on strengthening the abdominals and back. *Please bring a mat and meet on pool deck. *Beginner - Advanced*

Vinyasa Yoga flows from one posture to the next while breath keeps rhythm. Focus in 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. *classes are an additional \$35 fee for members.*