

# MIDTOWN

ATHLETIC CLUB®

## CLASS SCHEDULE SUMMER 2011

Effective August 1, 2011

Group Exercise Director - Paula Kooperman  
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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-7:00 CYC Carol	<b>Cycle*</b>	5:30-6:30 CYC Harvey	<b>Power Ride*</b>	5:45-6:45 GE Nico	<b>Cardio Circuit</b>	5:30-6:30 CYC Carol	<b>Cycle</b>	5:30-6:45 GE Mary Jo	<b>Group Power™</b>	6:45-7:45 CYC Kathie G.	<b>Cycle*</b>	7:30-8:15 GE Bev	<b>Step &amp; Sculpt</b>
5:30-6:45 GE Laralee	<b>Group Power™</b>	6:00-7:00 GE Nico	<b>Strength Conditioning</b>	6:00-7:00 CYC Bill	<b>Cycle*</b>	8:00-9:00 GE Maria	<b>All Cardio Interval Training</b>	6:00-7:00 CYC Bill	<b>Cycle*</b>	8:00-9:00 CYC Harvey	<b>Cycle*</b>	7:30-8:45 PS Pauline	<b>Yoga*</b>
8:00-9:00 GE Helen	<b>Strength Conditioning</b>	8:00-9:00 CYC Paula	<b>Cycle*</b>	8:00-9:00 CYC Kathryn S./Susan E.	<b>Cycle*</b>	8:00-9:00 BBC Helen	<b>Strength Conditioning</b>	8:00-9:00 CYC Robyn	<b>Cycle*</b>	8:00-8:55 GE Kathie G.	<b>Step Plus</b>	7:30-8:30 CYC Paula	<b>Cycle*</b>
9:00-10:00 PL Kathryn S.	<b>Aqua Intervals</b>	8:00-8:50 GE Sue	<b>Hi/Lo</b>	8:00-9:00 GE Kathie G.	<b>Step Plus</b>	9:00-9:55 PL Sue B.	<b>Aqua Intervals</b>	8:00-8:55 GE Sue B.	<b>Basic Hi/Lo*</b>	9:00-10:00 PL Kathryn S.	<b>Aqua Intervals</b>	8:15-9:10 GE Bev	<b>Step Rotation</b>
9:15-10:15 BBC Laralee	<b>Pilates Mat*</b>	9:00-9:55 PL Sue	<b>Aqua Intervals</b>	9:00-10:00 PL Jackie	<b>Aqua Intervals</b>	9:10-10:20 GE Susie F.	<b>Aqua Intervals</b>	9:00-10:00 PL Jackie	<b>Aqua Intervals</b>	9:00-10:00 GE Sue B.	<b>Power Sculpt &amp; Conditioning*</b>	8:45-9:45 CYC Susan E.	<b>Cycle*</b>
9:15-10:25 GE Diane	<b>Step Intervals</b>	9:20-10:20 CYC Robyn	<b>Group Step™</b>	9:15-10:25 BBC Diane	<b>FIT*</b>	9:20-10:20 CYC Paula	<b>Cycle*</b>	9:00-9:25 GE Kathy G.	<b>Step Express</b>	9:15-10:15 CYC Carol/Paula	<b>Cycle*</b>	9:00-10:15 PS Nancy P.	<b>Yoga*</b>
9:20-10:20 CYC Kathie G.	<b>Cycle*</b>	10:00-11:00 PL Karen B.	<b>Aqua Zumba</b>	9:25-10:25 GE Marnie	<b>Kickboxing*</b>	10:00-11:00 PL Susie P.	<b>Deep Water</b>	9:15-10:25 BBC Marnie	<b>Interval Circuit*</b>	10:05-11:25 GE Beth	<b>Hi/Lo*</b>	9:00-10:00 PL Anne	<b>Deep Water</b>
10:30-11:30 CYC Laralee	<b>Cycle*</b>	10:15-11:10 GE Marnie	<b>Power Sculpt*</b>	9:45-10:45 CYC Susan/Michelle	<b>Cycle*</b>	10:30-11:30 CYC Bev	<b>Group Ride™*</b>	9:20-10:20 CYC Loralee	<b>Cycle*</b>	11:30-12:45 GE Kathy K.	<b>Yoga*</b>	9:15-10:30 GE Bev	<b>Group Power™</b>
10:30-11:25 GE Debbie W.	<b>Zumba*</b>	11:20-12:00 GE Pauline	<b>Yoga Express*</b>	10:30-11:35 GE Diane	<b>Group Power™</b>	10:30-11:25 GE Debbie W.	<b>Zumba*</b>	9:30-10:25 GE Kathie G.	<b>Group Power™</b>			10:00-11:00 CYC Robyn	<b>Cycle*</b>
11:30-12:00 GE Maria	<b>Abs &amp; Arms</b>			11:40-12:25 GE Diane	<b>Core Conditioning*</b>	11:30-12:35 GE Bev/Maria	<b>Group Power™</b>	10:00-11:00 PL Susie P.	<b>Deep Water</b>			10:30-11:25 GE Kathy/Maureen	<b>Pilates*</b>
								10:30-11:30 GE Marnie	<b>Power Sculpt*</b>			11:45-1:00 GE Ceily	<b>Yoga*</b>
12:00-12:25 GE Maria	<b>Legs &amp; Butt</b>	4:30-5:25 GE Debbie G.	<b>Ball &amp; Barre*</b>	12:45-2:00 GE Lauren	<b>Yoga*</b>	12:40-2:00 GE Beth	<b>Cardio Kickbox*</b>						
12:45-2:00 GE Nancy P.	<b>Yoga*</b>												
4:30-5:30 GE Paula	<b>Power Sculpt*</b>												
5:45-6:45 GE Nancy	<b>Boot Camp*</b>	5:30-6:30 GE Kris	<b>Step/Strength Interval</b>	4:30-5:25 GE Kokkay	<b>Strength Conditioning</b>	5:30-6:25 GE Nancy	<b>Boot Camp*</b>	4:30-5:30 GE Kokkay	<b>Pilates</b>	2:00-3:00 CYC Loralee/Michelle	<b>Cycle*</b>	2:00-3:00 CYC Carol/Terese	<b>Cycle*</b>
6:00-7:00 CYC Susan E.	<b>Cycle*</b>	6:30-7:30 CYC Carol	<b>Cycle</b>	5:30-6:45 GE Mary Jo	<b>Group Power™</b>	6:30-7:30 CYC Harvey	<b>Cycle*</b>			3:00-4:15 GE Loralee/Judi	<b>Group Power™</b>		
7:00-8:00 GE Kathryn I.	<b>Pilates*</b>	6:30-7:30 CYC Susan P.	<b>Deep Water</b>	6:00-7:00 CYC Paula	<b>Cycle*</b>	6:30-7:30 PL Kathryn S.	<b>Deep Water</b>						
		7:00-8:15 GE Susie F.	<b>Yoga*</b>			6:30-7:25 GE Karen	<b>Zumba*</b>						
						7:30-8:45 GE Pauline	<b>Yoga*</b>						

**Location Key:**  
 PL Pool  
 CYC Cycle Studio  
 GE Group Ex Studio  
 BBC Basketball Court  
 Cardio Cardio Fitness Room Upstairs  
 PS Pilates Studio

Class times, formats, and instructors are subject to change without notice. Please check studio door for updated changes. Classes with low attendance are subject to cancellation. Classes may be taken outside weather permitting.  
 \* Kid-friendly classes

**Abs & Arms-** 30 mins. Of core and upper body exercises

**Aqua Intervals-** Cardio and strength interval training in the water. Great challenging but lower impact workout.

**Aqua Zumba-** Experience the hot combination of Latin American music, dance and fitness movements in the water.

**Ball & Barre-** Use the stability ball and barre to emphasize core strength, posture and balance, while toning arms & legs.

**Basic Hi/Lo-** A mostly low impact floor aerobics class for the aerobics newcomer and those looking for a lower impact cardio workout.

**Boot Camp-** Back-to-basics workout to build stamina and strength. A combination of cardio and strength drills for a full-body workout.

**Cardio Circuit-** A continuous progression of strength and cardio exercises guaranteed to get your heart pumping.

**Cardio Kickbox-** A multi-level cardio class using martial arts and boxing movements.

**Core Conditioning-** A strength training class focusing on abs and back.

**Cycle-** An indoor cycling cardio workout for all fitness levels.

**Deep Water-** Dive into deep-water training for a challenging and invigorating workout.

**Drums Alive & Abs-** Combines the benefits of a traditional fitness program with the benefits of music and rhythm. You will burn fat, improve physical and mental fitness in a fun, motivating environment.

**Exerball Plus-** A strength and balance workout combining ball work, resistance training, light cardio and core. All levels.

**FITT-** Cardio and strength training elements combine to improve speed, agility and core strength. Level 2/3.

**Group Power™-** 60-minute barbell program that strengthens all major muscles with simple athletic moves.

**Group Ride™-** 60-minute indoor cycling program designed for all levels. Motivating music for calorie-burning and lower body strength!

**Group Step™-** A compelling 60-minute cardio program to strengthen and shape the lower body by utilizing the step in many positions and heights.

**Hi/Lo-** Multi-level cardio and strength class with more complex choreography and impact.

**Interval Circuit-** A dynamic, challenging workout incorporating intense cardio intervals with functional strength training. Level 2/3.

**Kickboxing-** A multi-level cardio class using martial arts and boxing movements. Also, may include boot camp fitness activities to increase strength and endurance.

**Pilates-** A mat based workout designed to improve your posture, core strength and flexibility. All levels.

**Pilates Mat-** Lengthen and strengthen the body using the core muscles of the abdominals and back.

**Power Ride-** A high-intensity Cycle workout for an outdoor ride experience. Recommended for Level 3 but open to all.

**Power Sculpt-** A great new tone and sculpt class utilizing the ballet barre and very light weights!

**Step & Sculpt-** Exercises which may incorporate some traditional Step choreography and/or utilize the Step for toning. Weights, balls, and/or Xertubes may be used to get an overall sculpting workout!

**Step Express-** A great freestyle Step workout packed into 30 mins. of heart-pumping fun!

**Step Intervals-** A multi-level class utilizing step, strength, hi/lo and/or sports conditioning.

**Step Plus-** A high-energy, intense cardio workout utilizing the step. Challenging choreography for the advanced stepper.

**Step Rotation-** Alternating weeks of Group Step and freestyle Step.

**Strength Conditioning-** Multi-level strength training class targeting each muscle group using a variety of equipment.

**Vinyasa Yoga-** Synchronize movement and breathing while linking poses together in a flow for increased flexibility, strength, balance and serenity.

**Yoga-** A mind, body and spirit experience that incorporates strength, breathing and meditative relaxation.

**Yoga Express-** A 40-min. Yoga class incorporating strength, breathing and meditative relaxation.

**Zumba-** Experience this hot combination of Latin and Caribbean music and dance movements. High-energy.

**Group Exercise General Information:**

- No additional fees for any class unless otherwise noted.
- Classes may require a sign-up, available at the front desk.
- Any class offered outdoors may be relocated or cancelled due to weather.
- Instructor substitutions may occur without notice.
- For more information, contact the Group Exercise Director.

**During class:**

- Pace yourself – choose classes appropriate to your fitness level.
- As a courtesy, please avoid wearing perfume and cologne in the studio.
- Please bring drinking water for your workout.
- If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls in the hallway.
- Please respect the group's workout, excessive talking during classes is not permitted.