

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 - 6:30am <b>Kickbox!</b> Debbie		5:30 - 6:30am <b>H.I.I.T</b> Debbie	5:30 - 6:30am <b>Athletic Step</b> Tanya	5:30 - 6:30am <b>TBC</b> Tanya		
8:15 - 8:55am <b>Dynamic Strength</b> Joan	8:15 - 9:10am <b>ZUMBA@! *</b> Yeye	8:15 - 9:10am <b>Dynamic Interval</b> Sadari	8:15 - 9:10am <b>Pilates Mat</b> Allyse	8:15 - 9:10am <b>ZUMBA@! *</b> Yeye	8:00 - 8:55am <b>ZUMBA@! *</b> Yeye	7:45 - 8:45am <b>Jillian Michaels Body Shred</b> Tanya
9:30 - 10:25am <b>Athletic Step</b> Tanya	9:30 - 10:25am <b>Step Combo</b> Donna	9:30 - 10:25am <b>Cardio Core Strength</b> Troy	9:15 - 10:10am <b>ZUMBA@! *</b> Yeye	9:30 - 10:25am <b>Cardio Fusion*</b> Cecilia	9:15 - 10:10am <b>Booty Barre Blast*</b> Cecilia	9:00 - 9:55am <b>TBC</b> Tanya
9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	9:30-10:15am <b>Run For It*</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	10:15 - 11:10am <b>Streamline Sculpt</b> Robin	10:15 - 11:30am <b>Yoga All Levels</b> Judy
11:00 - 11:55am <b>ZUMBA@! *</b> Yeye	11:00 - 11:55am <b>ZUMBA@!</b> Angelica	10:30 - 11:45am <b>Gentle Yoga</b> Artem	10:20-11:00am <b>Core Sculpt</b> Melanie	10:30 - 11:45am <b>Yoga</b> Dee	11:30 - 12:25pm <b>TBC*</b> Cecilia	
12:00 - 1:00pm <b>Balance &amp; Strength</b> Jan	1:30 - 2:25pm <b>Yoga All Levels</b> Judy	1:00 - 1:55pm <b>Low Impact Basic</b> Karen	12:15 - 1:10pm <b>TBC Basic</b> Donna	12:00 - 12:55pm <b>ZUMBA Gold@!</b> Yeye	12:30-1:25pm <b>Gentle Yoga</b> Artem	
4:30 - 5:30pm <b>YogaSculpt</b> Tasia	4:30 - 5:25pm <b>TBC</b> Joan	4:30 - 5:25pm <b>3-2-1 Fit!</b> Randy	4:30 - 5:25pm <b>Interval Fitness</b> Randy	4:30 - 5:25pm <b>Pilates Mat</b> Mary Ellen	4:00 - 4:55pm <b>Total Body Pilates</b> Jan	4:00 - 4:55pm <b>Pilates Mat</b> Dorothy
6:00 - 6:55pm <b>TBC*</b> Troy	5:30 - 6:25pm <b>Latin Fusion</b> Cecilia	5:30 - 6:25pm <b>Yoga</b> Jamie	5:30 - 6:25pm <b>Streamline Sculpt</b> Robin	5:30 - 6:25pm <b>TBC</b> Troy		5:00 - 6:00pm <b>ZUMBA@!</b> Gustavo
7:00 - 7:40pm <b>Pilates Mat</b> Jan	7:00 - 7:55pm <b>Total Body Pilates</b> Laura	6:30 - 7:25pm <b>Kickbox!</b> Jes	6:30 - 7:45pm <b>Yoga</b> Artem			
7:45 - 8:40pm <b>ZUMBA@! *</b> Yeye	8:00 - 8:45pm <b>Interval Express</b> Randy	7:45 - 8:40pm <b>ZUMBA@! *</b> Angelica	7:45 - 8:45pm <b>TBC Core Strength</b> Randy			
8:00 - 8:45pm <b>Run For It!*</b> Rosa		8:45 - 9:30pm <b>ZUMBA Toning@!</b> Angelica				

\*Reservation required

Shaded classes are off peak

1000 East Boston Post Road  
Mamaroneck, NY 10543  
914.670.0600 • healthyfit.com  
Mon - Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm



# CLASS DESCRIPTIONS

## 3-2-1 Fit!

A high intensity class comprised of focused intervals grouped as follows: 3 one-minute intervals of strength training, 2 one-minute intervals of core work and one minute of cardio. Repeat until firm to the touch! Get fit in 3...2...1!

## Athletic Step

Not your average step class! Challenge your body with the step, weights and high-intensity drills to bring out your inner athlete!

## Balance & Strength

A Pilates based class designed to improve posture and balance by focusing on alignment and strength.

## Booty Barre Blast

A lower body workout combining toning exercises with weights and bands, as well as barre style exercises to tone the glutes and thighs. Get ready to change your bottom line!

## Cardio Core Strength

Cardio conditioning with lots of energy combined with deliberate bodyweight movements and weight work add up to a fantastic total body conditioning workout! It's a must-try!

## Cardio Fusion

Cardio interval training that combines a little bit of hi/lo impact aerobics, basic kickboxing and total body conditioning. Get ready to SWEAT!

## Core Sculpt

Create a strong core, test your balance, and build lean muscle with a variety of equipment in this core-focused class.

## Dynamic Interval

Get strong here with power moves and heavier weights! Mixed with cardio intervals, there's no better formula for torching fat! You better work!

## Dynamic Strength

More power please! Studies show lifting heavy is the best way to change the shape of your body for the better! Take it up a notch - heavy weights are your friends!

## Ellip-t-core

A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

## Gentle Yoga

Appropriate for anyone wanting a gentler approach to yoga, with a focus on basic and modified poses as well as breath work and relaxation.

## H.I.I.T.

High Intensity Interval Training is all the rage in fitness right now because nothing changes your body faster! Put in your maximum effort for maximum results!

## Interval Express

This class is the perfect 45 minute fat blaster! Intervals of cardio and strength training get the job done quick – a good sweat is guaranteed!

## Interval Fitness

High intensity intervals, circuit training, and creative exercises combine in this ever-changing and ever-challenging class. Cardio and strength training together will improve your fitness level fast!

## Jillian Michaels Body Shred

A high intensity endurance based workout utilizing Jillian Michaels' 3-2-1 Interval System: 3 minutes of strength training, 2 minutes of cardio and 1 minute of abs. Get results!!

## Kickbox!

Kickboxing is fun! Come get your sweat on with kicks, punches and total body strengthening exercises. Change how you look and feel with this high-energy cardio conditioning class!

## Latin Fusion

Shake your hips and dance to the Latin beats with this one of a kind class! Work your core and sculpt lean, chiseled muscles with this amazing total body cardio workout! Wepa!!!!

## Low Impact Basic

Designed to get you moving with low impact movements. A modified pace makes this class perfect for beginners and those needing a gentler approach to fitness.

## Pilates Mat

Increase your flexibility and strength with precision exercises that focus on the core. Create longer and stronger muscles with the format chosen by ballet dancers worldwide!

## Run For It!

A 45 minute cardio interval workout on the treadmill with varying levels of intensity. You'll be motivated in a group while you walk, jog and run up and down hills.

## Step Combo

Get your heart pumping with the upbeat music and fun choreographed moves of Step Combo! Add a few weight intervals to the mix and you're in for a good time and a great workout!

## Streamline Sculpt

This conditioning class combines barre, pilates and ballet movements to lengthen, strengthen and tone! Using a variety of weights and different types of resistance, you will feel stronger, taller and sleeker in no time!

## TBC Basic

A total body conditioning class for strengthening all major muscle groups in a safe and modifiable way.

## Total Body Conditioning (TBC)

A class designed to target all major muscle groups using a variety of equipment such as weights, bands and bars for total body strength and conditioning.

## TBC Core Strength

This is your Total Body Conditioning class with extra focus on the area we all love to work – the core! In addition to a complete, head-to-toe workout, your abs and lower back will get the extra attention they need!

## Total Body Pilates

Sculpt your whole body beautiful with the method that dancers love best - Pilates! With a strong emphasis on core strength and full body muscle toning, this is an excellent, modifiable workout for everyone!

## Yoga

Increase your strength and flexibility with yoga! A hatha style class involving a combination of vinyasa flow and holding poses. Focus on the breath is encouraged, as is listening to your body and modifying as needed.

## Yoga All Levels

This yoga class caters to all ability levels. Precise form is taught and adjustments are made to encourage proper technique. More advanced students will have the opportunity to take poses to a more challenging level.

## Yoga Sculpt

This class combines the peaceful discipline of Yoga with light weights, longer hold times and small pulses for burning muscles! Get leaner, stronger and more balanced with Yoga Sculpt!

## ZUMBA!®

Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

## ZUMBA Gold!®

Lively Latin and world music is featured in this fun, motivating, dance-based beginner level class with minimal impact on the joints. No former dance background needed.

## ZUMBA Toning!®

Sculpting and toning moves are added to the lively music and dance of Zumba! giving you an amazing full body workout.

Studio classes can hold a maximum of 27 participants. Some will have smaller maximum participants due to space required or equipment used.

There is a 2-minute forfeiture policy for all classes requiring reservation. If you are not present 2 minutes before class start time, your spot is forfeited. We will fill the open spot on a "first come first served" basis with priority given to members on the waitlist.

Reservations can be made as early as 5:00am 2 days in advance at the front desk. **Check in is required.** No-shows will be charged \$25.

## For Safety:

- members may not enter a class 5 minutes after the class has begun
- members may not enter the studio or spin room until the previous class is over

Class instructor is subject to change without notice. Classes averaging fewer than 10 participants may be dropped in future months.