

# GROUP CLASSES

NOVEMBER 2023

## MON

6:00A - 6:45A  
**\*STUDIO CYCLE**  
Caitlin

7:00A - 7:45A  
**\*TOTAL BODY S**  
Kate

8:00A - 8:45A  
**\*ZUMBA® H**  
Michelle

9:00A - 9:45A  
**\*STRENGTH S**  
Cecilia

9:30A - 10:15A  
**\*RUN FOR IT**  
Vanessa

10:00A - 10:45A  
**\*CARDIO FUSION H**  
Cecilia

12:15P - 1:00P  
**\*LOW IMPACT TOTAL BODY S**  
Donna

4:30P - 5:15P  
**\*POWER TOTAL BODY S**  
Vanessa

5:30P - 6:15P  
**\*CARDIO CORE H**  
Cecilia

5:30P - 6:00P  
**\*30 MIN SPIN**  
Vanessa

6:30P - 7:15P  
**\*BARRE H**  
Cecilia

7:15P - 8:00P  
**\*STUDIO CYCLE**  
Adrianna

7:30P - 8:15P  
**\*ZUMBA® H**  
Gustavo

## TUE

6:30A - 7:15A  
**\*HIIT H**  
Jessica

8:30A - 9:15A  
**\*SCULPT S**  
Jamie

9:30A - 10:15A  
**\*CARDIO BOX H**  
Cecilia

10:30A - 11:15A  
**\*BARRE STRENGTH H**  
Cecilia

11:30A - 12:15P  
**\*ZUMBA GOLD® H**  
Angelica

12:30P - 1:15P  
**\*BALANCE & STABILITY S**  
Jamie

5:15P - 5:45P  
**\*XPRESS S**  
Cecilia

6:00P - 6:45P  
**\*CARDIO CIRCUIT S**  
Cecilia

7:00P - 7:45P  
**\*POWER PILATES H**  
MJ

8:00P - 8:45P  
**\*ZUMBA® H**  
Angelica

## WED

6:30A - 7:15A  
**\*CARDIO FUSION H**  
Cecilia

8:15A - 9:00A  
**\*ZUMBA TONING H**  
Angelica

9:15A - 10:00A  
**\*BOOTCAMP S**  
Vanessa

10:15A - 11:00A  
**\*PILATES MAT H**  
Jamie

12:30P - 1:30P  
**\*BARRE H**  
Alison

4:30P - 5:15P  
**\*TOTAL BODY H**  
Jamie

5:30P - 6:15P  
**\*CARDIO BOX HIIT S**  
Cecilia

5:30P - 6:00P  
**\*30 MIN. SPIN**  
Vanessa

6:30P - 7:15P  
**\*BARBELL POWER H**  
Cecilia

7:30P - 8:15P  
**\*TOTAL BODY S**  
Robbie

## THU

6:00A - 6:45A  
**\*STRENGTH FUSION H**  
Jessica

7:00A - 7:45A  
**\*BARRE H**  
Alison

8:30A - 9:15A  
**\*HIIT S**  
Vanessa

9:30A - 10:15A  
**\*STRENGTH H**  
Cecilia

9:30A - 10:00A  
**\*30 MIN SPIN**  
Vanessa

10:30A - 11:00A  
**\*CORE XPRESS H**  
Cecilia

12:15P - 1:00P  
**\*LOW IMPACT RESISTANCE S**  
Donna

4:30P - 5:15P  
**\*POWER CIRCUIT S**  
Robbie

5:30P - 6:15P  
**\*STUDIO CYCLE**  
Cecilia

5:30P - 6:15P  
**\*MINDFUL VINYASA FLOW S**  
Liz

6:30P - 7:15P  
**\*POWER STRENGTH H**  
Cecilia

7:45P - 8:30P  
**\*ZUMBA® H**  
Gustavo

## FRI

6:00A - 6:45A  
**\*STUDIO CYCLE**  
Caitlin

7:00A - 7:45A  
**\*STRENGTH H**  
Jen

8:45A - 9:30A  
**\*CHISEL H**  
Cecilia

9:45A - 10:30A  
**\*CARDIO CIRCUIT H**  
Cecilia

11:30A - 12:15P  
**\*ZUMBA® GOLD H**  
Angelica

12:30P - 1:15P  
**\*BALANCE & STABILITY S**  
Jamie

5:30P - 6:15P  
**\*PILATES SCULPT H**  
Jamie

6:30P - 7:30P  
**\*GENTLE YOGA S**  
Liz

## SAT

7:45A - 8:30A  
**\*ZUMBA® H**  
Michelle

8:45A - 9:15A  
**\*XPRESS S**  
Cecilia

9:00A - 9:45A  
**\*STUDIO CYCLE**  
Caitlin

9:30A - 10:15A  
**\*FITBARRE H**  
Cecilia

10:30A - 11:15A  
**\*STUDIO CYCLE**  
Cecilia

11:30A - 12:15P  
**\*BARBELL POWER S**  
Cecilia

12:30P - 1:30P  
**\*YOGA FLOW WITH REIKI S**  
Liz

## SUN

8:00A - 8:45A  
**\*ZUMBA® H**  
Angelica

9:00A - 9:45A  
**\*STUDIO CYCLE**  
Tamicka

9:00A - 9:45A  
**\*YOGA H**  
Judy

10:00A - 10:45A  
**\*TOTAL BODY S**  
Tamicka

12:30P - 1:15P  
**\*STRETCH H**  
Jamie

**S** HF STUDIO

**(📺)** ZOOM LIVE

**H** HYBRID: Studio + Live

## CLUB HOURS

Monday - Friday: 5am-9pm | Saturday & Sunday: 7:30am-6pm

### \*HF STUDIO:

Reservation required through iclub online | non-members \$25/class. Bring your own mat, towel, water, mask, sanitizer. ALL social distance rules must be followed.

### ZOOM LIVE CLASSES:

If your membership is active, we'll send the ID/Password your way!

# CLASS DESCRIPTIONS



## BALANCE & STABILITY

A functional toning class designed to improve posture and balance by focusing on alignment and strength and also help prevent injuries.

## BARBELL POWER

A challenging strength training and muscle endurance class using the barbell to work the muscles of the upper and lower body. Take weight lifting to the next level with this great class!

## BARRE

Experience the transformative power of this barre inspired class! Light weights and small movements may look easy, but you will feel the fire! Great for tightening and toning!

## BARRE STRENGTH

Experience the transformative power of this barre inspired class! Medium weights and small movements that will give you that burn you want and strength you need! Great for tightening, toning, plus gaining strength! Don't let the small movements fool you!

## BOOTCAMP

Total body strength and cardio drills to hit all major muscle groups in this fun and intense interval class.

## CARDIO BLAST

Cardio interval training that combines a little bit of hi/lo impact aerobics, basic kickboxing and total body conditioning. This is a very high energy class - get ready to SWEAT!

## CARDIO BOX

This class combines classic cardio moves with boxing drills to keep your heart rate up. It's perfect for burning fat and releasing the stress of your day!

## CARDIO BOX H.I.I.T

High intensity interval training is all the rage because nothing changes your body faster! This class focuses on cardio intervals/boxing drills for maximum sweat and fat burn! Put in your maximum effort for maximum results!

## CARDIO CIRCUIT

Torch calories and take your fitness to the next level with this cardio interval class designed to keep your body guessing and make the time fly by! Enjoy the team atmosphere and have fun while you get fit!

## CARDIO CORE

30 minutes xpress class to help improve your core strength with the benefits of getting your heart rate up with some cardio intervals! What is a better combination than core and cardio!

## CARDIO FUSION

This mix of high and low impact cardio moves combined with strategic breaks for resistance training will keep your heart pumping and build your strength and endurance.

## CHISEL

This powerful class format features 3 strength intervals followed by 1 cardio interval - perfect for getting strong AND keeping the sweat going! You're going to love this balance of power!

## CORE XPRESS

Blast your core in this abbreviated but intense class! Work effectively in a short amount of time and see the difference fast!

## FITBARRE

A fusion of ballet inspired movements, light sculpting and Pilates mat. This class creates strong, sculpted muscle while working on flexibility and posture. Prepare for the burn!

## GENTLE YOGA

Stretch and center with this gentle yoga format! A more modified approach to yoga, this class will send you home feeling strong, flexible and relaxed!

## H.I.I.T

High intensity interval training is all the rage because nothing changes your body faster! This class combines cardio and strength intervals and keeps you burning calories even after class is over!

## LOW IMPACT RESISTANCE

Light cardio and strength work with resistance bands. This class is a great place for beginner and intermediate exercisers.

## LOW IMPACT TOTAL BODY

strengthening class at a more modified pace, this class will utilize dumbbells, bands and more to strengthen the entire body from head to toe

## MINDFUL VINYASA FLOW

Focus on your breathing and the flow of sequential poses in this mindful yoga class, which is beneficial for balance, strength and flexibility.

## PILATES MAT

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

## PILATES SCULPT

This combination of Pilates mats work and barre style sculpting will have your muscles burning in no time - great for tightening and toning!

## POWER CIRCUIT

Power circuit is a class design to hit all the major postural muscles in a mix of cardio and strength moves! Similar to a Tabata class with fast timed intervals, Power Circuit a good way to get that heart rate up and feel the intensity!

## POWER PILATES

All the strengthening, lengthening and toning benefits of Pilates with the intensity turned up! Amp up your Pilates practice with this powerful class.

## POWER STRENGTH

Strength training is an absolutely essential component of attaining your fitness goals and maintaining long-term youthfulness! And why not add some cardio intervals in the mix to make sure that heart gets strong too. It's a win-win situation kind of class!

## POWER TOTAL BODY

Power TBC is an intense strength, cardio, and core workout with intervals combines to give you a complete total body sweat.

## 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.

## STUDIO CYCLE

Studio Cycling is an intense cardio workout on an indoor stationary bike. The energy of the group, the motivation of your instructor, and great music will help you burn away fat and calories, improve your fitness, and relieve stress! Come sweat out your day!

## STRENGTH

A challenging strength training and muscle endurance class using various types of resistance to work the muscles of the upper and lower body as well as core.

## STRENGTH XPRESS

Blast stubborn target zones in this efficient quick and intense class! Work effectively and see the difference fast!

## STRETCH

Come zone out with this relaxing stretching class. This class will have you feeling amazing in no time. A delicious way to make the body feel good.

## TOTAL BODY

Hit all major muscle groups with this total body workout! Throw some cardio intervals into the mix and you've got a super effective and fun workout!

## XPRESS

Blast stubborn target zones in this efficient and intense class! Work effectively and see the difference fast!

## YOGA

Enjoy the strengthening and restorative benefits of yoga with this 60 minute class of flowing as well as held postures.

## YOGA FLOW WITH REIKI

In this yoga practice, participants move smoothly from one pose to another while tapping into universal energy flow. Come, breathe, flow!

## ZUMBA

Lively Latin music is combined with pop and 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 class specially designed to have minimal impact on the joints. No former dance background needed, just shake your hips and join the fun!

## ZUMBA TONING

STRONG by Zumba is a non-dance based high intensity interval class that combines bodyweight muscle conditioning, cardio and plyometric training to give you a thorough heart pumping muscle burning workout. The music based tempo will keep your energy up to the very end to help make sure you finish STRONG!