



# simsbury group fitness classes

effective 01/29/18

club hours  
 mon-thu 5:00a- 10p  
 friday 5:00a- 8p  
 saturday 7:00a- 5p  
 sunday 7:00a- 2p

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>Thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:45a spinning (60 minutes-bryan)	6:00a biker-barre (60 minutes-sue)	5:30a spinning (60 minutes-bryan)	6:15a cardio-interval (45 minutes-elizabeth)	5:30a spinning (60 minutes-suzi)		
6:00a straight-up strength (50 minutes - lisa)	7:10a spinning (50 minutes - sue)	6:00a bodypump (60 minutes-sue)	7:10a spinning (50 minutes-suzi)	6:30a straight-up strength (45 minutes - suzi)		<b>**NEW**</b> ( February .& March only)
8:00a cardio-core (60 minutes-sue)	8:00a yoga (60 minutes-sue)	8:00a cardio-core (60 minutes-sue)	8:00a yoga (60 minutes-sue)	<b>**NEW**</b> 8:00a H.I.T.T. (45 min-lisa)	7:30a spinning (45 minutes-kelly)	7:30a spin (60 minutes-sue)
8:00a biker-barre (50 minutes-sina)	<b>**NEW**</b> 9:00a hard-core (30 minutes-brigid)	9:00a bodypump (60 minutes-brigid)	<b>**NEW**</b> 9:00a H.I.I.T. (60 minutes-lisa)	8:15a biker-barre (60 minutes-sina)	8:00a cardio-interval (60 minutes-kerri/donna)	8:00a bodypump (60 min- chris)
9:00a bodypump (60 minutes-barbie)	9:30a cardio-kick (30 minutes- brigid)	9:30a spinning (60 minutes-sina)	10:00a buff 101 (75 minutes-donna)	<b>**NEW**</b> 8:45a hard-core (30 minutes -brigid)	9:00a spinning (60 minutes-suzi)	9:00a ZUMBA® (60 min.- meg)
9:00a spinning (60 minutes- kim)	9:00a spinning (60 minutes- lisa)	10a pilates matwork (60 minutes-donna)		9:15a cardio-kick (45 minutes - brigid)	9:00a bodypump (60 minutes-kerri/mike)	9:15a spinning (60 minutes - marianne)
10:15a pilates matwork (60 minutes-marianne)	10:00a buff 101 (75 minutes-donna)			9:30a spinning (60 minutes-lynn)	10:15a yoga (75 minutes- jim)	
<u>PM</u>		<u>PM</u>	<u>PM</u>			
4:30p barre		4:30p ZUMBA® (60 minutes- crystal)	4:30p ZUMBA® (60 minutes-donna f)	10:00a gentle yoga (60 minutes-melissa)		10:00a yoga (60 minutes-sarah)
5:00p spin lite (Come at 4:30 or 5, whatever works for you) (60 minutes- tracey)	<u>PM</u>	5:30p gentle yoga (45 minutes-chris f)	5:30p bodypump (60 minutes- brigid)	<u>PM</u>		
5:30p pilates-matwork (45 minutes-kerri)	5:00p bodypump (60 minutes- chris f)	5:45p spinning (60 minutes-chris m)	6:00p spinning (60 minutes-bryan)	<b>**NEW**</b> 5:00p hard-core (30 minutes-michele)		
5:45p spinning (60 minutes - plus 30 minute optional endurance ride-chris m)	5:45p spinning (60 minutes-bryan)	6:15p pound! (45 minutes laura)	6:30p yoga (75 minutes-melissa)	5:30p ZUMBA® (60 minutes- michele)		
6:15p bodypump (60 minutes-kerri)	6:15p cardio-kick (60 minutes-brigid)			6:30p BODYPUMP (60 minutes-mike)		
7:15p pound (45 minutes-meg)	7:15 ZUMBA (60 minutes-meg)					

## class descriptions

### bike training

**biker barre:** A unique combination of Spinning and Barre set to high energy motivating music. In Spinning, you'll enter a 25 minute calorie torcher with sprints and hills making you an all-terrain Rockstar. In Barre, you'll increase strength, flexibility and stamina with a focus on lower body and core conditioning for 25 minutes. All fitness levels are welcome. No Harley required ;)

**spin lite:** It may be half the time of our other spinning class but don't be fooled about the workout you will receive in this class! This class may be the place to start for beginners.

**spinning:** This class matches terrain to tempo with all the energy of a rock concert. You'll encounter slow climbs, short sprints and everything in-between.

### cardio

**H.I.T.T.(High Intensity Interval Training):** A combination of cardio and strength designed to hit all muscle groups completely and have you work through timed intervals of cardio drills to maximize your calorie burn. Class is different every week guaranteeing you are pushed out of your comfort zone and working toward changing your body!

**cardio-kick:** A cardio based interval training workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines. Strike punch and kick your way through calories to superior cardio fitness.

**cardio-core:** A combination of aerobics and step guaranteed to have you breaking a sweat! Finished off with a series of floor exercises to help you strengthen your back, abs and hips.

**cardio-interval:** each week the intervals and equipment used could change to make for increased calorie burn and a total body workout.

Some weeks could be kick-box intervals, other weeks it might be a boot-camp style workout, step or Insanity drills. One thing is for sure... every week you'll sweat!

**pound! ® POUND** is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. Burn 400 - 900+ calories per hour, strength and sculpt infrequently used muscles, and drum your way to a leaner slimmer physique - all while rocking out to your favorite music!

**zumba®:** Zumba fuses hypnotic latin rhythms and easy to follow moves. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Get ready to DANCE!!

### mind, body & core

**gentle yoga:** Learn basic yoga poses in a supportive atmosphere. Slower moving class with lots of verbal instruction. Appropriate for beginners, or for those who would like to improve their yoga practice through careful attention to posture and form.

**pilates matwork:** Accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns.

Pilates will strengthen your major muscle groups, improve your whole body alignment, and increase your flexibility.

**power yoga:** A faster moving yoga class designed to challenge those with some yoga experience. More advanced poses are demonstrated and less verbal instruction may be given, as poses may be linked together in a "flow". Come hydrated and prepared to sweat.

**yoga:** A mind and body training program that will change the way you feel about your body forever. You'll stand straighter, feel stronger, and become more flexible. Designed for all fitness levels, this class will reduce your stress and relieve your pain.

### strength training

**bodypump:** Bodypump is the revolutionary new weight-training workout in a group fitness setting. You'll use barbells with adjustable weights, set to motivating music, and you'll burn up to 600 calories in an hour. **WARNING:** Bodypump is an exercise routine that gets results...fast!

**buff 101:** Resistance training class designed to tone, condition, and define major muscle groups using hand-weights, body-bars, and/or exer-tubes. Followed by a total body stretch.

**straight-up strength** - weights, no cardio. pure and simple.

**hard core:** Torch your core (from shoulders to hips and everything in between). This 30 minute class helps you build functional strength and prevent injury. Options are shown for all fitness levels. Stronger Core. Stronger Everything!