



simsbury group fitness classes

effective 09/14/2020

club hours

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

<u>mon</u>	<u>tue</u>	<u>wed</u>	<u>thu</u>	<u>fri</u>	<u>sat</u>	<u>sun</u>
5:30a spinning (60 minutes- bryan)		5:30a spinning (60 minutes- bryan)				7:00a yoga core (60 minutes- sue)
	8:00a all levels yoga (60 minutes- sue)		8:00a all levels yoga (60 minutes- sue)		7:30a spinning (60 minutes- kim)	
9:00a bodypump (60 minutes- brigid)	9:15a spinning (60 minutes- lisa)	9:00a bodypump (60 minutes- brigid)	9:15a spinning (60 minutes- marianne)	8:45a hard-core (30 minutes- brigid)	9:00a bodypump (60 minutes-kerri/mike)	8:15a bodypump (60 minutes- chris f)
				9:30a pilates matwork (60 minutes- marianne)	10:15a power flow yoga (60 minutes- brittany)	9:30a spinning (60 minutes - marianne)
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
5:00p yin restorative yoga (60 minutes- brittany)	5:00p bodypump (60 minutes- chris f)	5:00p yoga foundations (60 minutes- chris f)				
			5:30p bodypump (60 minutes- brigid)	5:30p bodypump (60 minutes- mike)		
6:15p spinning (60 minutes- chris m)		6:15p spinning (60 minutes- chris m)				

group fitness guidelines

The state is currently requiring 6-foot social distancing, but to be EXTRA safe we're exceeding their guidelines. You'll find floor markers in the studios that are distanced 8-feet apart. Masks are required when you enter and exit the room, and while you are setting up and breaking down your space. Once you are in place (with 8-foot distancing) and class has started, masks won't be required while you're actually doing the class. However, if you take ONE STEP from your "spot" you MUST raise your mask over your nose and mouth.

There are multiple cleaning stations conveniently located around the studio as well as a wall mounted hand sanitizer dispenser.
Please clean your equipment with the provided disinfectant before and after class.

class descriptions *

** Please note that we've resumed classes with a trimmed down schedule including just our most stationary formats to make social distancing easier.
Classes will be added to the schedule as demand increases.*

bike training

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.

mind,body & core ****Please bring your own mat and props to class****

yin restorative 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 alignment, and increase your flexibility.

power flow 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!

all levels 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.

yoga foundations: A great place to begin your yoga practice or to keep refining your form and technique.

yoga core: Fire up those abs with the best yoga based core moves to strengthen your abs, back, hips, thighs and buttocks!

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!

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!