simsbury group fitness classes

effective 9/19/16

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

mon	tue	wed	thu	fri	sat	sun
5:45a spinning (60 minutes-bryan/bob) **8:00a cardio-core** (60 minutes-sue) **8:00a biker-barre** (50 minutes-sina) **9:00a bodypump** (60 minutes-barbie) **9:00a spinning** (60 minutes- kim) **10:15a pilates matwork** (60 minutes-jackie) **PM** **5:00p spin lite** (30 minutes- elizabeth) **5:30p pilates-matwork** (45 minutes-kerri) **5:45p spinning** (60 minutes - plus 30 minute optional endurance ride-chris m) **6:15p bodypump** (60 minutes-kerri) **7:15p ZUMBA®** (60 minutes- dom)	**6:00a biker-barre** (60 minutes-sue) **7:10a spinning** (50 minutes – sue) **8:00a yoga** (60 minutes-sue) **9:00a cardio-interval** (60 minutes-jackie) **9:00a spinning** (60 minutes- lisa) **10:00a buff 101** (75 minutes-donna) **PM** **5:00p bodypump** (60 minutes- chris f) **5:45p spinning** (60 minutes-bryan) **6:15p cardio-kick** (60 minutes-brigid)	**5:30a spinning** (60 minutes-bryan) **6:00a bodypump** (60 minutes-sue) **8:00a cardio-core** (60 minutes-sue) **9:00a bodypump** (60 minutes-jackie) **9:30a spinning** (60 minutes-sina) **10a pilates matwork** (60 minutes-donna) **PM** **4:30p ZUMBA®** (60 minutes- pia) **5:00p spin lite** (30 min - allie) **5:30p gentle yoga** (45 min-chris f) **5:45p spinning** (60 minutes-chris m) **6:15p - ZUMBA®** (60 minutes- dom)	**7:10a spinning** (50 minutes-suzi) **8:00a yoga** (60 minutes-sue) **9:00a cardio-kick** (60 minutes-jackie) **10:00a buff 101** (75 minutes-donna) **PM** **4:45p pound!®** (45 minutes- meg) **5:30p bodypump** (60 minutes- brigid) **6:00p spinning** (60 minutes-bryan) **6:30p power yoga** (75 minutes-melissa)	**5:30a spinning** (60 minutes-suzi) **6:30a straight-up strength** (45 minutes – suzi) **8:00a PiYo** (60 minutes-barbie) **8:15a biker-barre** (60 minutes-sina) **9:00a cross-train challenge** (60 minutes – brigid) **9:30a spinning** (60 minutes-lynn) **10:00a gentle yoga** (60 minutes-melissa) **PM** **5:30p ZUMBA®** (60 minutes- michele)	**7:30a spinning** (45 minutes-kelly) **8:00a cardio-interval** (60 minutes-kerri/donna) **9:00a spinning** (60 minutes-suzi/bob **9:00a bodypump** (60 minutes-kerri/chris) **10:15a yoga** (75 minutes- jim)	**8:00a bodypump** (60 min-chris/sue) **9:00a ZUMBA®** (60 min.- meg) **9:15a spinning** (60 minutes - mariane) **10:00a yoga** (60 minutes-christine)

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

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 or Insanity drills. One thing is for sure… every week you'll sweat!

cross-train challenge: an interval training class consisting of high-rep, lower weight strength training and cardio-interval busts!

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 sesies. 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, of 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.

PiYo - a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

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.