



# vernon group fitness schedule

\*effective Sept 14, 2020  
(time- instructor)

club hours  
 mon-thur 5:00a-10p  
 fri 5:00a-9p  
 saturday 7:00a-5p  
 sunday 7:00a-5p

mon	tue	wed	thu	fri	sat	sun
6:00am spinning (45m -Fatima)		6:00am spinning (45m - Deb P)		6:00am spinning (45m- Deb P)		
					8:00am step & abs (60m- katrina)	8:00am spinning (45m- Fatima)
9:00am group power (60m - Katrina)	9:00am step&sculpt (60m - Katrina)	9:00am group Power (60m -Katrina)	9:00am step&sculpt (60m-Katrina)	9:00a group power (60m-Katrina)	9:30am group Power (60m-Michael)	
	11:00am yoga (60m - Deb L)		11:00am yoga (60m -Deb L)		11:00am group Centergy (60m-Marie)	10:00a yoga (60m-Nicole)
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>		
5:00pm spinning (45m-Lisa G)	5:00pm group Power (60m-Laura)	5:00pm step & sculpt (60m-Michael)	5:00pm group Power (60m-Laura)	5:00pm spinning (60m- Kelly)		
6:15pm group Centergy (60m-Linda)	6:15pm spinning (45m - Lisa G)	6:15pm group Centergy (60m-Linda)	6:15 spinning (45m - Glorimar)			

## 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 and class has started, with 8-foot distancing they 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 outside the studio as well as a wall mounted hand sanitizer dispenser in spinning. Please clean your equipment with the provided disinfectant before and after class.

## group fitness class descriptions

### bike training

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

### cardiovascular training

**step & sculpt:** Calorie burning and fun! This class adds a little bit of everything to your workout using an adjustable step platform and a variety of dumbbells and weight plates while moving to high-energy music. Work on cardio, strength, flexibility, and balance in just one hour to become a stronger healthier you.

**saturday step & abs class:** Faster paced class-previous step experience helpful.

### mind,body/flexibility training

**group centergy:** Grow longer and stronger as you explore this 60-minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce your stress and even smile.

**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

**group power:** Your hour of power ! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels.

\* 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.

