



vernon group fitness schedule

effective June 14, 2021

(time- instructor)

*denotes change

club hours
 mon-thur 5:00a-10p
 fri 5:00a-9p
 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>
8:00am spinning (45m -Fatima)	8:30am Group Active (60m - Katrina)	5:45am spinning (45m - Ryan)	8:30am Group Active (60m - Katrina)		7:05am spinning (45m-Michael S)	
9:00am group power (55m - Katrina)	9:30am ZUMBA (45m-Kathy)	9:00am group Power (55m -Terry)	9:30am ZUMBA (55m- Kathy)	9:00a group power (55m-Katrina)	8:00am step & abs (45m- katrina)	9:00am spinning (45m- Fatima)
	11:00am yoga (60m - Deb L)		11:00am yoga (60m -Deb L)		10:15am group Centergy (55m-Marie)	10:30am yoga (60m-Nicola)
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>		
5:30pm spinning (45m-Lisa G)	5:30pm group Power (55m-Laura)	5:00pm ZUMBA (45m-Kathy)	5:30pm group Power (55m-Laura)	5:30pm spinning (45m- Kelly)		
6:30pm group Centergy (55m-Linda)	6:30pm spinning (45m - Lisa G)	5:45pm HIIT (45m-Michael Z.)	6:30pm BUTI Yoga (60m-Nicole)			
		6:30pm group Centergy (55m-Linda)	6:30 spinning (45m - Glorimar)			
		6:30pm spinning (45m-August)				

Group Fitness Guidelines

In accordance with current state guidelines, effective 5/19/2021, masks are optional for all fully vaccinated members.

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

Group Active: Calorie burning and fun! Classic Interval Training at it's best. 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.

HIIT: An Interval training class consisting of high-rep and low-weight strength training and cardio interval bursts. A super fun and challenging way to burn those extra calories and build stamina.

Saturday Step & Abs Class: Faster paced class-previous step experience helpful.

ZUMBA: A fusion of Latin AND International music. Zumba combines high energy with unique moves that are fun and easy to do. This class is a blast!

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.

BUTI Yoga: A chance to create, let go, connect and sweat with intention. This calorie scorching workout fuses power yoga with cardio-intensive tribal dance and body sculpting movement. Challenging your body along all planes of motion to create long, lean muscle with all the right curves.

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.