



# vernon group fitness schedule

effective December 13, 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)		*5:30am spinning (45m - Ryan)			7:05am spinning (45m-Michael S)	
8:00am Dance Rhythms (55m-Darlene)	8:30am Group Active (60m - Katrina)		8:30am Group Active (60m - Katrina)	8:00am Dance Rhythms (55m- Darlene)	8:00am step & abs (45m- katrina)	*8:00am spinning (30m - Kelly)
9:00am group power (55m - Katrina)	9:30am ZUMBA (45m-Kathy)	9:00am group Power (55m -Terry)	9:30am ZUMBA (55m- Kathy)	*8:00am spinning (45m-Lisa)	9:00am group Power (55m-Michael Z.)	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)
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>			
5:30pm spinning (45m-Lisa G)	5:30pm group Power (55m-Laura)	5:00pm ZUMBA (45m-Kathy)	5:30pm group Power (55m-Laura)			
*5:45pm Cardio Sculpt (45m- Michael Z.)		*5:45pm Cardio Sculpt (45m-Michael Z.)				
	*6:00pm spinning (45m - Kelly)	*6:00pm spinning (45m-August)	*6:00 spinning (45m - Glorimar)			
6:30pm group Centergy (55m-Linda)		6:30pm group Centergy (55m-Linda)				

## 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.

**Cardio Sculpt:** 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!

**Dance Rhythms:** A high energy Dance Fitness class starting with basic moves and building to unique choreographed routines. Featuring music from all genres that will keep you moving and grooving for a one hour, fun workout, that will prove you are better when you are dancing.

### 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.