



# vernon group fitness schedule

effective September 1, 2022  
(time- instructor)

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>
<p>7:30 Progressive Strength (30m- Darlene)</p> <p>8:00am spinning (45m -Fatima)</p> <p>8:00am Dance Rhythms (55m-Darlene)</p> <p>9:00am Body Pump (55m - Katrina)</p> <p>10:00am Zumba (55m-Krissy)</p>	<p>5:30am Healthy Hustle (45m - Deb)</p> <p>8:30am BASIC Step (30m - Katrina)</p> <p>9:00am Progressive Strength (30m - Katrina)</p> <p>9:30am ZUMBA (55m-Kathy)</p> <p>11:00am yoga (60m - Deb L)</p>	<p>5:30am Cardio Sculpt (45m - Karen)</p> <p>9:00am Body Pump (55m -Sue)</p> <p>10:00am Yoga Flow &amp; Restore (55m - Amanda)</p>	<p>5:30am spinning (45m - Ryan)</p> <p>8:30am BASIC Step (30m - Katrina)</p> <p>9:00am Progressive Strength (30m - Katrina)</p> <p>9:30am ZUMBA (55m- Kathy)</p> <p>11:00am yoga (60m -Deb L)</p>	<p>9:00a Body Pump (55m-Katrina)</p> <p>10:00am Dance Rhythms (55m-Darlene)</p> <p>11:00am Progressive Strength (30m - Darlene)</p> <p>11:30am Stretch (30m - Darlene)</p>	<p>7:05am spinning (45m-Michael S)</p> <p>8:00am step &amp; abs (45m- Katrina)</p> <p>8:00am spinning (45m- Lisa)</p> <p>9:00am Body Pump (55m-Rodolfo)</p> <p>10:15am Body Balance Yoga (55m-Marie)</p>	<p>8:00am spinning (45m - Kelly)</p> <p>9:00am spinning (45m- Fatima)</p> <p>10:30am yoga (60m-Nicola)</p>
<u>PM</u>	<u>PM</u>	<u>PM</u>	<u>PM</u>			
<p>5:30pm spinning (45m-Lisa G)</p> <p>5:45pm Cardio Sculpt (45m- Michael Z.)</p> <p>6:30pm Body Balance Yoga (55m-Linda)</p>	<p>5:30pm Body Pump (55m-Laura)</p> <p>6:00pm spinning (45m - Kelly)</p> <p>6:30pm Zumba (55m - Rodolfo)</p>	<p>5:45pm Cardio Sculpt (45m-Michael Z.)</p> <p>6:00pm spinning (45m-August)</p> <p>6:30pm Body Balance Yoga (55m-Linda)</p>	<p>5:30pm Body Pump (55m-Laura)</p> <p>6:00pm spinning (45m - Glorimar)</p> <p>6:30pm Zumba (55m - Orlando)</p>			

## 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

**BASIC Step:** Improve your overall fitness and get all the benefits of a high intensity cardio workout without putting stress on your joints! Using an adjustable STEP platform to target legs, upper body, and core, you'll build strength and flexibility as well as balance, coordination, and agility. An incredibly fun workout for ALL fitness levels that is ideal for maintaining your target body weight.

**Cardio Sculpt:** An Interval training class consisting of high-rep and low-weight strength training and cardio interval bursts. Miscellaneous equipment including a step may be used. A super fun and challenging way to burn those extra calories and build stamina.

**Saturday Step & Abs Class:** Faster paced STEP 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

**Body Balance Yoga:** A new generation yoga class that will improve your mind, your body, and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates while an inspiring soundtrack plays in the background. Increase your flexibility and core strength while reducing stress levels. You'll focus your mind and find your inner balance.

**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 Flow & Restore:** A beautiful class that incorporates energetic movement through a series of fluid asanas (yoga postures). The more active practice is followed up by a restorative portion designed to give your body and mind space to reset.

### strength training

**Body Pump:** A Simple, easy-to-follow workout with amazing, uplifting music that you will love! Among the simplicity are moments of magic and points of genius that skillfully define this class. Using light to moderate weights with lots of repetition you'll get a total body workout and burn lots of calories! This is an ideal workout for anyone who is looking to get lean, toned and fit- fast!

**Progressive Strength:** This class will develop dynamic strength, balance, flexibility, and agility that will carry over into your daily activities and sports performance. The body adapts exercise and needs to be constantly challenged in order to continue to grow and change! Progressive Strength is for ALL ages and ALL fitness levels.

**Healthy Hustle:** An interval training class consisting of high-rep and low-weight strength training paired with cardio interval bursts. What a great way to start your day!