simsbury group fitness classes

effective 10/24/2025

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
5:30a Pilates Ab Workout - Virtual 25 min	6:00a Les Mills Core Virtual – 30 min	**5:30a bodypump** (60 minutes- kerri)	6:00a Les Mills Body Pump Virtual – 30 min	5:30a Les Mills Body Combat Virtual – 30 min		
7:45a cardio-core (60 minutes- susan)	**8:00a pilates/barre fusion** (60 minutes- susan)	**7:00a cardio-barre** (60 minutes- susan)	**8:00a all-levels yoga** (60 minutes- susan)		**8:00a cardio-STEP** (45 minutes- kerri)	**9:00a bodypump** (60 minutes- chris f)
9:00a bodypump (60 minutes- brigid)	**9:15a band & burn** (60 minutes- brigid)	**9:00a cardio-kick** (60 minutes- brigid)	**9:15a cardio-interval** (60 minutes- marianne)	**7:30a pilates matwork** (60 minutes marianne)	**9:00a bodypump** (60 minutes-kerri)	**10:15a all levels yoga** (60 min.- barbie, jim, monica or kerry
10:15a pilates matwork (60 minutes- tracey)		**10:15a pilates matwork** (60 minutes- tracey)		**9:00a bodypump** (60 minutes- brigid)	**10:15a power-flow yoga** (75 minutes- jim)	
PM	**PM**	**PM**	**PM**	**PM**	**PM**	**PM**
12:15p Les Mills Body Pump Virtual – 30 min	12:15p Les Mills Grit Strength Virtual – 30 min	12:15p Les Mills Body Combat Virtual – 30 min	12:15p Les Mills Body Balance Strength Virtual – 20 min	12:15p Les Mills Body Pump Virtual – 30 min	12:15p Les Mills Core Virtual – 30 min	12:15p Sweat Strong Booty & Abs – 30 min
5:00p all levels yoga (60 minutes- barbie/chris/monica/ susan/kerry)	**5:15p bodypump** (60 minutes- chris f)	**5:00p yoga foundations** (60 minutes- chris f)	STARTS 10/30 **4:30p pilates sculpt** (50 minutes - barbie)			
6:15p zumba (60 minutes- zoe)		**6:15p cardio-kick** (60 minutes- brigid)	**5:30p bodypump** (60 minutes- susan)			

class descriptions

mind, body & core ****Please bring your own mat and props to class****

pilates/barre fusion: This class involves the principles and movements of a traditional Pilates class while incorporating a blend of ballet-inspired elements. Barre Fusion often focuses on small, isometric movements delivering a full-body workout. Especially great for strengthening your core and toning your glutes and legs.

cardio barre: This class takes Pilates/Barre Fusion to the next level. Using balls, band and weights, this workout is designed to get your heart rate up. You'll feel energized all the way through…… A perfect combination for a great all over workout.

pilates matwork: Accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates will strengthen your major muscle groups, improve your alignment, and increase your flexibility.

pilates sculpt: Get ready to sweat… this class takes pilates matwork to the next level! You'll move quickly through a series of exercises that engage your abs, glutes, and back while incorporating strength-building moves for your arms, legs, and shoulders. With an upbeat playlist and a focus on controlled movements and proper form, this class will help you build muscle definition, improve posture, and enhance your overall fitness. You'll feel the burn!

power flow 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!

all levels 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 foundations: A great place to begin your yoga practice or to keep refining your form and technique.

cardio

band & burn: strength, resistance, and just enough cardio to break a sweat without going full-on HIIT.

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: 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, you'll build strength, balance, coordination, and agility. You'll take "weight breaks" to add in some strength training making this an incredibly fun workout for ALL fitness levels.

cardio-STEP: step up, sweat it out, and have a blast! This fun, fast-paced class mixes choreographed step moves with strength intervals. It's a cardio party with a side of muscle—come ready to move and groove!

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!

virtual classes ****Available with blue, purple, & yellow memberships**.**

In club virtual classes are held in our group fitness studio using a projection system, allowing us to offer you NEW Virtual Classes. This means that even during quieter times of the day, or when live instructors aren't available, you'll have access to even MORE world-class group fitness classes !

In addition to our LIVE classes AND in-club virtual classes, you can get access to over 750 VIRTUAL classes on demand! Choose from a variety of formats including strength, cardio, dance, yoga, & everything in between — ASK US TODAY how you can take the classes you love, wherever you are, whenever you want!