

Group Conditioning | Winter-Spring 2012

Schedule in effect 1/2-6/24/2012
and is subject to change.

MONDAY

BP	5.15-6.15	SPIN™	BIZZY
	6.15-7.15	CIRCUIT TRAINING	BIZZY
	8.00-8.30	SENIOR CARDIO-ADV.	JANET
	8.30-9.00	FUNCTIONAL MOVEMENT	JANET
	9.00-9.30	ABS/STRETCH	JANET
	9.30-10.15	SPIN™	LAURIE
	10.15-11.00	SPIN™	LAURIE
	11.00-12.00	SHADOW BOXING	KEVIN
	4.30-5.30	ZUMBA	LAURIE
	5.30-6.30	BOOT CAMP	BIZZY
DH	6.30-7.30	SPIN™	ALYCIA
	7.30-8.30	YOGA-VINYASA	KIM
	7.00-8.00	SPIN™	DIANNE
	8.00-9.00	YOGA-IYENGAR	GEA
	9.30-10.30	SPIN™	LYNN
	9.30-10.30	CARDIO MIXED BAG	CINDY
	10.30-11.30	SCULPT & CORE STRENGTH	LYNN
	11.30-12.30	ZUMBA	CINDY
	5.00-6.00	SPIN™	DIANNE
	6.30-7.30	POWER SCULPT	JESSICA
MEL	6.30-7.30	BOOT CAMP	MIKE
	9.30-10.30	CARDIO COMBO <i>½HR. STEP, ½HR. AEROBICS</i>	DAWN
	10.30-11.00	POWER SCULPT	DAWN
	11.00-11.30	CORE CHALLENGE	DAWN
	12.15-1.00	STEP INTERVAL	ED
	5.30-6.30	PILATES	SUSAN
	6.30-7.30	YOGA	SUSAN
	7.30-8.30	ZUMBA	RACHEL

TUESDAY

BP	6.15-7.15	SPIN™	BIZZY	
	8.00-9.00	SPIN™	DAWN	
	9.00-10.00	TOTAL BODY BLAST	LAURIE	
	10.00-11.00	YOGA	PAT	
	4.30-5.15	SPIN™	JOANNE	
	5.15-6.00	BODY BAR	JOANNE	
	6.00-7.00	ZUMBA	SARAH	
	7.00-8.00	SHADOW BOXING	KEVIN	
	DH	7.00-8.00	CORE STRENGTH	LILY
		7.00-8.00	SPIN™	JEANNINE
8.15-9.15		YOGA-VINYASA	PAULA	
9.30-10.30		DOUBLE STEP & SCULPT	ED	
9.30-10.30		SPIN™	CAROL	
10.30-11.30		PILATES MAT	PAULA	
5.45-6.45		TURBO KICK	KARA	
6.00-7.00		SPIN™	DIANNE	
7.00-8.00		ZUMBA	MELISSA	
MEL		6.00-7.00	SPIN™	JOHN B.
	9.30-10.30	CARDIO MIXED BAG	CHRISTINE	
	10.30-11.30	YOGILATES	SUSAN	
	12.15-1.00	CARDIO SCULPT	LYNN	
	1.00-2.00	BOXING	RICK	
	6.00-7.00	SCULPT	NANCY	
	7.00-8.00	BOOT CAMP	DELL	

WEDNESDAY

BP	5.15-6.15	SPIN™	BIZZY	
	6.15-7.15	CIRCUIT TRAINING	BIZZY	
	8.00-8.30	STEP	JANET	
	8.30-9.00	POWER SCULPT	JANET	
	9.00-9.30	ABS & STRETCH	JANET	
	9.30-10.15	SPIN™	NICOLE	
	10.15-11.00	SPIN™	NICOLE	
	11.00-12.00	SHADOW BOXING	KEVIN	
	4.30-5.30	SPIN™	EMILY	
	5.30-6.15	SPIN™	LAURIE	
DH	6.15-7.00	CARDIO KICKBOXING	LAURIE	
	7.00-8.00	ZUMBA	SARAH	
	8.00-9.00	PILATES MAT	SUSAN	
	8.00-9.00	SPIN™	CAROL	
	9.30-10.30	SPIN™	CLAUDIA	
	9.30-10.30	TRIPLE CHALLENGE	DAWN	
	10.30-11.30	SCULPT	DAWN	
	5.00-6.00	SPIN™	CAROL	
	MEL	9.30-10.30	ZUMBA	PAT
		10.30-11.30	YOGA	JOAN
12.15-1.00		PILATES	SUSAN	
5.30-6.15		ZUMBA	RACHEL	
6.15-7.15		SPIN™	ED	
7.15-8.15		BOXING	RICK	

THURSDAY

BP	6.15-7.15	SPIN™	BIZZY
	8.00-9.00	SPIN™	PAT
	9.00-9.30	PILATES MAT	PAT
	9.30-10.00	YOGA	PAT
	10.00-11.00	SPIN™	ALYCIA
	4.30-5.15	SPIN™	LAURIE
	5.15-6.00	CIRCUIT TRAINING	LAURIE
	6.00-7.00	SPIN™	NICOLE
	7.00-8.00	SHADOW BOXING	KEVIN
	DH	7.00-8.00	SPIN™
7.00-8.00		CORE STRENGTH	LILY
8.00-9.00		POWER SCULPT	JEANNINE
9.30-10.30		ZUMBA	STACEY
9.30-10.30		SPIN™	RENEE
10.30-11.15		MUSCLE MECHANICS	LYNN
11.30-12.30		T'AI CHI	JOHN
5.00-6.00		YOGA-VINYASA	PAULA
5.00-6.00		SPIN™	LYNN
7.00-8.00		ZUMBA	JESSICA
MEL	6.00-7.00	SPIN™	JOHN B.
	9.30-10.45	SPIN™ & ABS	DAWN
	10.45-11.45	SCULPT	NANCY
	12.15-1.00	CARDIO KICKBOXING	LYNN
	5.30-6.15	SCULPT	NANCY
	6.15-7.15	YOGILATES	SUSAN
	7.15-8.15	BOOT CAMP	DELL

FRIDAY

BP	5.15-6.15	CIRCUIT TRAINING	BIZZY	
	6.15-7.15	SPIN™	JOANNE	
	7.15-7.30	ABS & STRETCH	LAURIE	
	7.30-8.00	SPIN™ EXPRESS	LAURIE	
	8.00-8.30	CARDIO INTERVAL	JANET	
	8.30-9.00	BODY TONING	JANET	
	9.00-9.30	ABS & STRETCH	JANET	
	9.30-10.30	SPIN™	NICOLE	
	10.30-11.30	YOGA	DOREEN	
	5.00-6.00	ZUMBA	SARAH	
DH	8.00-9.00	PILATES MAT	SUSAN	
	8.00-9.00	SPIN™	BILLY	
	9.30-10.30	POWER SCULPT	JESSICA	
	9.30-10.30	SPIN™	BILLY	
	10.30-11.30	YOGILATES	PAULA	
	11.30-12.30	ZUMBA	EDNA	
	MEL	6.00-7.00	CORE TRAINING	KATHY
		9.30-10.30	CARDIO BODY BLAST	DAWN
		10.30-11.00	CORE CHALLENGE	DAWN
		12.15-1.00	SPIN™	DAWN

SATURDAY

BP	7.15-8.15	SPIN™	BIZZY		
	8.15-9.15	BODY SCULPT	LAURIE		
	9.15-10.15	ZUMBA	LAURIE		
	10.15-11.15	SHADOW BOXING	KEVIN		
	DH	7.30-8.30	SPIN™	LYNN	
		9.00-10.00	REBOUNDING INTERVALS	CHRISTINE	
		9.00-10.00	SPIN™	BILLY	
		10.00-11.00	SCULPT	CHRISTINE	
		MEL	7.30-8.30	YOGA	GEA
			9.15-10.15	STEP-SCULPT INTERVALS	ED
10.30-11.30			ZUMBA	THUY	

SUNDAY

BP	7.45-8.30	SPIN™	LAURIE / NICOLE		
	8.30-9.15	SPIN™	LAURIE / NICOLE		
	9.00-10.00	BODY BAR	JOANNE / MAUREEN		
	DH	8.30-9.30	SPIN™	CAROL	
		9.00-10.00	ZUMBA	RUTH	
		10.00-11.00	YOGA-IYENGAR	CATHY	
		10.00-11.00	SPIN™	LYNN	
		MEL	8.00-9.00	SPIN™	MATTIE
			9.00-9.30	BODY BLAST	MATTIE
			9.30-10.30	ZUMBA	HEATHER / CINDY



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DIX HILLS 854 EAST JERICO TURNPIKE 631 271-6616
MELVILLE 100 RULAND ROAD 631 420-1310
EASTERNATHLETICCLUBS.COM

Group Conditioning | complimentary classes

Endurance

Aerobics	Classic aerobics to get your heart rate up and burn calories.
Dance Blast	A high-energy cardio class using popular dance moves, including Zumba.
Rebounding Intervals	Rebounding combined with intervals of Kickboxing and Bosu Balance training.
Turbo Kick	The ultimate cardiovascular experience combining choreographed kickboxing and dance moves. High-energy and motivating music makes this blend of intense strength and endurance interval training a challenging, effective, and fun workout.
Zumba	Calorie-burning and body-energizing. Fast/slow rhythms and resistance training are combined to tone and sculpt your body. Loaded with Latin flavor, this class is exhilarating and addictive.

Spin

Spin	An exciting and challenging workout with a variety of intensity levels. The smooth, low-impact movement of bicycle riding and the fun and stimulation of group exercise are combined to improve endurance and cardiovascular health.
Spin Express	Don't have time for a full hour? Spin at your own intensity level for a half-hour.

Step

Cardio Step	Step and Aerobics are combined for a great cardio workout.
Double Step & Sculpt	Take Step up a notch: using two platforms and more advanced choreography, the class is more intense and more fun. A bodysculpting segment follows to complete your workout.
Pure Step	Classic Step Reebok.
Step and Play	This class mixes Step with fun-filled cardio exercises.

Toning

30-minute Body Blast	Pressed for time? This class is for you. Target all the major muscle groups and get your heart rate up in this past-paced sculpting class.
Abs	Abdominal and lower back exercises.
Body Bar	Weighted bars are used in this strength training class.
Core Strength	Strengthening exercises specific to your inner core muscles.
Functional Movement	A combination of movements used in everyday life consisting of balance, strength training, and flexibility.
Muscle Mechanics	Light weights and increased repetitions or heavier weights with less repetitions make this sculpting class surprisingly challenging. The format changes every week to 'wake-up' muscles that have been 'asleep' from the same old routine.

Pilates Mat	Based on the work of Joseph Pilates, this class combines control, centering, flow of movement, and breathing. Focus is on core exercises that improve flexibility, joint movement, and overall strength.
Power Sculpt	A fast-paced Sculpt class designed to keep your heart rate elevated.
Sculpt	A head-to-toe exercise class that includes: a warm-up to increase blood flow to the muscles, muscle-specific exercises to tone, define, and strengthen your body, and stretching to increase flexibility.

Total Workout

Boot Camp	A high-intensity, full-body conditioning class.
Boxing	Learn the fundamentals or develop your skills through non-contact training. Bring your own handwraps.
Cardio Kickbox/Sculpt	Kickbox your way to a great cardio workout, followed by a sculpting segment to complete this total workout.
Cardio Mixed Bag	Every week is different: Classic Aerobics, Step, Kickboxing, Calisthenics, Sculpting, and more. You'll never be bored with this class.
Cardio Sculpt	Intervals of Aerobics are combined with muscle-toning exercises.
Interval Training	Alternate intensity with intervals of Cardio and Sculpt. Rebounders, Steps, Bosu Balls, and hand weights may be incorporated to increase strength and endurance.
Power Sculpt	A strength and endurance cross-training class. Muscle-conditioning exercises are combined to elevate the heart rate and increase muscle endurance.
Pump, Jump, & Jab	Cardio Sculpt, Rebounding, and Kickboxing are perfectly blended into a workout designed for total body conditioning. No fancy steps here, just a lot of fun!
T'ai Chi	Slow, flowing movements of this Chinese martial art use a natural range of motion over the body's center of gravity help to retain posture, encourage circulation, and maintain flexibility in joints.
Total Body Blast	A high-intensity full-body conditioning class consisting of cardio and strength training.
Total Workout Triple Challenge	Aerobics, Step, Sculpting, and more are combined. Three times the cardio is three times the fun! Step, Rebounding, Bosu, Kickboxing, and Aerobics are mixed together to keep you challenged.
Yoga	
Iyengar Yoga	A system of yoga based on the precise awareness of anatomy and alignment of the body.
Vinyasa Yoga	A dynamic, flowing-style yoga that emphasizes the connection between breath and emotion.
Yoga	Basic yoga postures for relaxation, meditation, and rejuvenation.
Yogilates	A beautifully blended mind/body class: yoga postures are combined with the core-strengthening exercises of Pilates.

Complimentary Class Guidelines

No registration is necessary; just check the Class Schedule and walk in.

Please abide by the following policies:

- Do not enter a class in progress. If you are late, please check the Schedule for the next available class.
- Be considerate of other Members' space. Don't crowd a Member who has arrived before you.
- Keep conversation to a minimum as this is disruptive and distracting.
- Water must be bottled—no cups, please.
- A towel is recommended.
- Coats or bags of any kind are not permitted in the room. Please use a locker.
- While some classes are more advanced than others, all Members are welcome to attend and adjust the intensity level. If you are a beginner or have an injury, advise the instructor and modifications will be made.

Spinning Guidelines

- You must sign up, even if the class is not filled. Sign-up must be done personally, by yourself, for yourself.
- Sign-up begins 15 minutes prior to class. No place in line may be held before this time. There is no advantage in arriving earlier.
- First name, last name, and Membership number must be printed.
- If you are not present when class begins, you forfeit your reservation.

In addition to those listed above for Complimentary Classes, please abide by the following policies:

- One-hour class consists of Set-up, 45-minute Spin, and Clean-up. You **must** stay to wipe down your bike.
- No change of pedals is permitted.
- A water bottle and towel are mandatory.

