



Mystic Branch: Group Exercise Schedule

Spring Session: February 27th – April 23rd 2017

MONDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:15AM - 6:00AM	Spin	All Levels	Jen	Spin Studio
6:30AM - 7:30AM	Pilates	Low/Moderate Intensity	Noreen	Mezzanine
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Nancy	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Heather	Mezzanine
8:30AM - 9:30AM	TRX Interval	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
9:00AM - 10:00AM	Spin	All Levels	Kris-Anne	Spin Studio
9:30AM - 10:30AM	TRX Interval	High Intensity	Cheryl	Gym
9:40AM - 10:30AM	NEW CLASS Stretch and Core	Moderate Intensity	Yolla	Mezzanine
10:00AM - 10:55AM	Muscle Sculpt	Moderate Intensity	Lindsay	Gym
10:40AM - 11:35AM	Zumaboning	Moderate Intensity	Yolla	Mezzanine
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Mezzanine
4:00PM - 5:00PM	*Enhance Fitness	N/A	Noreen	Mezzanine
5:30PM - 6:25PM	Cardio Sculpt	Moderate/High Intensity	Kim	Mezzanine
5:30PM - 6:25PM	Pilates for Beginners	Low Intensity	Noreen	Multi-Purpose
6:00PM - 6:45PM	Spin	All Levels	Tim	Spin Studio
6:00PM - 7:00PM	TRX Interval	High Intensity	Cheryl	Gym

TUESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:45AM - 6:30AM	Spin	All Levels	Nancy	Spin Studio
8:00AM - 9:15AM	Flow Yoga	All Levels	Janice	Multi-Purpose
8:30AM - 9:30AM	Starting 4/4 *Enhance Fitness	N/A	Noreen	Mezzanine
9:00AM - 9:55AM	Strength & Conditioning	Moderate Intensity	Yolla	Gym
9:30AM - 10:30AM	Spin	All Levels	Tara	Spin Studio
9:30AM - 10:30AM	NEW CLASS TRX Level 1	Moderate/High Intensity	Lauren	Gym
9:30AM - 10:45AM	Step	Moderate/High Intensity	Marion	Mezzanine
10:30AM - 11:00AM	Abs & Arms	Moderate Intensity	Tara	Gym
4:15PM - 5:15PM	Flow Yoga	Moderate/High Intensity	Debbie	Mezzanine
5:30PM - 6:25PM	Pilates	Low/Moderate Intensity	Dawn	Mezzanine
6:00PM - 7:00PM	Spin	All Levels	Cheryl	Spin Studio
6:30PM - 7:25PM	NEW CLASS Cross Conditioning	Moderate/High Intensity	Dawn	Mezzanine

WEDNESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:15AM - 6:00AM	Spin	Open	Noreen	Spin Studio
6:30AM - 7:30AM	Pilates	Low/Moderate Intensity	Noreen	Mezzanine
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Loren	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Heather	Mezzanine
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Noreen	Mezzanine
9:30AM - 10:30AM	NEW TIME Spin	All Levels	Dorothy	Spin Studio
9:30AM - 10:30AM	Zumba	Moderate/High Intensity	Jill	Gym
9:35AM - 10:35AM	H.I.I.T. Cardio Core	Moderate/High Intensity	Tara	Mezzanine
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Mezzanine
4:00PM - 5:00PM	Until 3/29 *Enhance Fitness	N/A	Noreen	Mezzanine
5:00PM - 5:55PM	Barre	Moderate Intensity	Dawn	Mezzanine
6:00PM - 6:45PM	Spin	All Levels	Kris-Anne	Spin Studio
6:00PM - 7:00PM	Cross Conditioning	High Intensity	Cheryl	Gym
6:00PM - 7:00PM	Cardio Dance	Moderate Intensity	Judy	Mezzanine

THURSDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:15AM - 6:15AM	TRX Interval	High Intensity	Noreen	Gym
5:45AM - 6:30AM	Spin	All Levels	Nancy/Pam	Spin Studio
6:55AM - 7:55AM	Nei Kung	Moderate Intensity	Dr. Schwindt	Mezzanine
8:05AM - 9:20AM	Flow Yoga	All Levels	Debbie	Mezzanine
8:30AM - 9:15AM	Spin	All Levels	Kris-Anne	Spin Studio
9:00AM - 10:00AM	TRX Level 1	Moderate/High Intensity	Lauren	Gym
9:00AM - 9:55AM	NEW DAY Strength & Conditioning	Moderate Intensity	Yolla	Gym
10:00AM - 11:00AM	NEW CLASS TRX Level 1	Moderate/High Intensity	Lauren	Gym
9:30AM - 10:45AM	Step	Moderate/High Intensity	Marion	Mezzanine
9:30AM - 10:30AM	Spin	All Levels	Tara	Spin Studio
10:30AM - 11:00AM	Abs & Arms	Moderate Intensity	Tara	Gym
10:45AM - 12:00PM	Senior Yoga	Low Intensity	Barbara	Multi-Purpose
11:40AM - 12:40PM	Barre	Moderate Intensity	Yolla	Mezzanine
5:30PM - 6:30PM	Pilates	Low/Moderate Intensity	Judy	Mezzanine
5:30PM - 6:30PM	Flow Yoga	All levels	Debbie	Multi-Purpose



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FRIDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:15AM - 6:00AM	Spin	All Levels	Karina	Spin Studio
6:30AM - 7:30AM Starting 3/31	<i>Pilates</i>	<i>Low/Moderate Intensity</i>	<i>Noreen</i>	<i>Mezzanine</i>
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Noreen/Loren	Gym
8:00AM - 8:45AM	Senior Wellness	Low Intensity	Heather	Mezzanine
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Lauren	Mezzanine
9:00AM - 10:00AM	Running Club	High Intensity	Kris-Anne	Meet in Lobby
9:30AM - 10:25AM	Zumba	Moderate/High Intensity	Jill	Gym
9:30AM - 10:30AM	Spin	All Levels	Cheryl	Spin Studio
9:45AM - 10:40AM	Muscle Sculpt	Moderate Intensity	Lauren	Mezzanine
10:45AM - 11:45AM	Zumbatoning	Moderate Intensity	Yolla	Mezzanine
10:45AM - 11:45AM	Beginner Spin (last Fri/mo.)	All Levels	Kris-Anne	Spin Studio
4:00PM - 5:00PM	*Enhance Fitness	N/A	Noreen	Mezzanine

SATURDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:00AM - 8:05AM	*Tri-Training	All Levels	Jan	Multiple
8:00AM - 8:45AM	Spin	All Levels	Doug	Spin Studio
8:30AM - 9:45AM	Cardio Sculpt	Moderate/High Intensity	Kim	Mezzanine
9:00AM - 10:00AM	Spin	All Levels	Karina	Spin Studio
9:15AM - 10:30AM	Flow Yoga	All Levels	Heather/Debbie	Multi-Purpose
10:00AM - 11:00AM	Zumba	Moderate Intensity	Judy	Mezzanine

SUNDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
8:00AM - 9:00AM	Spin	All Levels	Pam/Kris-Anne/Stacey	Spin Studio
8:30AM - 9:35AM	TRX Interval	High Intensity	Bob	Gym
8:30AM - 9:25AM	Cardio Dance	Moderate Intensity	Judy	Mezzanine
9:45AM - 11:15AM	Mindfulness Yoga	Low Intensity	Pamala	Multi-Purpose
11:30AM - 12:30PM	Guided Meditation	Low Intensity	Pamala	Multi-Purpose

**STRENGTH
AND FUN
IN NUMBERS**
Group Exercise Classes



- *Indicates that registration is required & that there may be a program fee. Please contact Welcome Center in order to register.
- Registration opens 24 hours in advance for each spin class. Contact the Welcome Center to secure your spot, space is limited!
- The schedule is subject to change at any time due to Y events . Stay up to date by checking out our website or Facebook page.

Green signifies a lower intensity class

Blue signifies a moderate intensity class

Purple signifies a higher intensity class



Group Fitness Class Descriptions

Abs and Arms — 30 min express workout using stability balls, medicine balls, hand weights, & tubing. Focus is on strengthening arms and core.

Barre — A series of movements that strengthens and lengthens the entire body and promotes balance and stability. Includes a combination of functional strength and athletic movements in conjunction with the core conditioning principles of Pilates, ballet, and Yoga.

Cardio Dance — An exhilarating full body workout with Zumba dance influences and wider musical options.

Cross Conditioning — Total body conditioning designed to burn calories, build strength and enhance your aerobic fitness in this athletic circuit class. This class combines skills, drills, running and alternate cardio and strength segments for a challenging workout.

H.I.I.T. Cardio Core— A high intensity interval type class with a focus on cardio, strength, and powerful core moves. Kickboxing, weights, stability balls, and other equipment may be used during this class to challenge your entire body. Exercises can be modified to your level of fitness.

Cardio Kick— The first 45 minutes of this high-energy workout will build stamina, improve coordination and torch calories with martial arts/kick box style cardio. The last 30 minutes will build balance, core strength, and sculpt your muscles with resistance exercises.

Cardio Kickboxing — Jab, punch, and kick your way to getting fit. This high energy class will build strength and stamina while getting you toned.

Cardio Sculpt —This class combines cardio (Step & floor routines) and Body Sculpting in an interval format to give you an overall workout!

***EnhanceFitness®** — Evidence based 16-week program which focuses on increasing cardiovascular endurance, strength, balance, and flexibility to help reduce arthritis symptoms.

Flow Yoga — Smoothly connect Yoga poses with mindful breathing to create strength, balance, and flexibility of the mind and body. All levels.

Guided Meditation — Guided relaxation and focusing exercises will help calm the mind, rebalance emotions, lower blood pressure/heart rate and boost the immunity. Guided Meditation is the easiest way to meditate and is appropriate for all levels of experience.

Mindfulness Yoga — Integrates a slow flow-based style of Yoga with Basic Mindfulness and conscious breath awareness to help calm the nervous system. A release of deep seated tension in the spine and an improvement in posture while re-balancing the mind/body connection.

Muscle Sculpt — Strength training: targeting all major muscle groups.

Nei Kung — A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

Power Vinyasa Yoga — Energetic form of yoga which fluidly moves from one pose to the next while connecting breathing to the movements. It incorporates strength, flexibility, balance, cardio and physical and mental stamina.

Pilates — Designed to take you from basic to advanced mat exercises that will increase your body's strength, flexibility and core stability.

Running Club — Outdoor running sessions for beginner/intermediate/advanced runners who want to start a running program and/or develop their running skills.

Senior Wellness — Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

Senior Yoga — Help improve balance and flexibility, with the aim of increasing overall health benefits.

Spin — An overall cardiovascular workout using the spin bikes that includes guided rides with a focus on climbing and riding at a pace that challenges and strengthens your mind and body.

Step — Intricate choreography combinations for participants that are familiar with the basics of stepping.

Strength and Conditioning — A full-body muscle workout focused on functional strength, core conditioning, and flexibility.

Stretch and Core—A blend of stretches to lengthen and strengthen your muscles and core stability training designed to improve strength and suppleness.

***Tai Chi Chuan** — Slow balanced movements concentrated on developing internal power, increased circulation and overall harmony of the body.

***TRX Classes** — Suspension training that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility and core stability.

***TRX Interval** — Using the suspension training system along with quick transitions keeps your heart rate up and burning calories.

Zumbatoning —This class combines body sculpting moves with easy to follow dance steps to international and Latin music, creating a dynamic and exciting class.