

Group Fitness Schedule • Fall Session 2

October 31–December 18, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie	Fit Camp (S) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Alison	Tabata (S) 6:00–6:45 • Colleen New Format!	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Live Strong (S) 7:00–7:45 • Carole	Forever Fit (S) 7:00–7:45 • Susan	Live Strong (S) 7:00–7:45 • Carole	Forever Fit (S) 7:00–7:45 • Susan	Spin & More (S) 8:35–9:35 • Various	Variety (S) 9:30–10:30 • Various (See back of schedule)
Spinning (S) 8:35–9:35 • Maureen	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Spin Core & More (S) 8:35–9:35 • Amy	Yoga Flow (B) 7:45–8:45 • Katherine	Prime Time (S) 11:15–12:15 • Carina	Returning!
Yoga Flow (S) 9:45–10:45 • Katherine	Hatha Yoga (S) 10:30–11:30 • Katherine	Prime Time (S) 11:15–12:15 • Katherine	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Gentle Yoga (S) 1:00–2:00 • Katherine	Yoga Foundations (B) 9:30–10:45 • Nicole
Prime Time (S) 11:15–12:15 • Katherine	Prime Time (S) 11:45–12:45 • Katherine	Gentle Yoga (S) 1:00–2:00 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Zumba (PC) 5:30–6:30 • Elma	
Power & Grace (S) 12:30–1:30 • Nancy	Low Impact Zumba (PC) 12:30–1:15 • Holly	Yoga Flow (S) 5:30–6:45 • Katherine	Express (S) 4:30–5:00 • Laurie Returning!		Sunday
Express (S) 4:30–5:00 • Laurie Returning!	Spin Core & More (S) 5:30–6:30 • Katie/Amy	Cardio Circuit Challenge (T) 5:30–6:30 • Carole New Class!	Spin Core & More (S) 5:30–6:30 • Laurie		Gentle Yoga (S) 9:00–10:15 • Nicole Returning!
Tabata (S) 5:30–6:20 • Laurie		Zumba (PC) 6:45–7:30 • Stefanie	Karate (S) 6:30–8:00 • Dave		
Karate (S) 6:30–8:00 • Dave					

Class Information & Policies				Class Notes & Schedule Changes
(B) = Bowling Alley	(T) = Track (Above Gym Floor)	(PC) = Presbyterian Church 25 Church Street, Cooperstown, NY	(S) = Studio (temporary) CSC Maintenance Shed	<ul style="list-style-type: none"> • Zumba is cancelled on Wednesday, November 16. • Variety is cancelled on Saturday, November 26.
<ul style="list-style-type: none"> • Parking at the Presbyterian Church is limited to street parking. • Group Fitness participants need to obtain a numbered ticket at the temporary Health & Fitness desk, located in the Maintenance Shed, for classes held in the Studio (no sooner than 30 minutes prior to class). • Tickets for classes in the Bowling Alley can be obtained at the Main Desk. • Class size limits are listed under class descriptions. • Most classes require some set-up time. Please arrive to class 5 mins prior to scheduled starting time. No admittance 5 mins after class starts. • Classes are subject to change and may be cancelled at any time. • Instructor substitution may occur without notice. • It is recommended to bring your own mat to yoga classes. • Classes highlighted in red will be unavailable to non-members for pre-registration. Day Pass users may take Group Fitness classes based on availabilities (10 mins prior to class). 				

Class Descriptions

Barre (Limit 15) • A signature workout that combines ballet, weights, Pilates and Yoga for a low-impact, invigorating, fat-burning workout. Free-standing lifting using light weights, some mat work, and plenty of barre work. The class also incorporates stretching after each strengthening series, so you'll also lengthen your body and increase flexibility while you tone.

Cardio Circuit Challenge (Limit 12) • Utilizing the walking track for intervals, this class will combine cardiovascular and endurance intervals to condition the heart and body.

Cardio Sculpt (Limit 20) • This class includes upper & lower body weight training & aerobic intervals to keep the body in its fat burning zone. A total body workout.

Express Workout (Limit 20) • Experience a 30 minute time efficient strength conditioning workout. If you have limited workout time, this is your class!

Fit Camp (Limit 20) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment such as weights, body bars, tubing, stability balls, medicine balls, step bench, balance discs, Bosu and stretch straps. This class also includes balance, core & flexibility training.

Forever Fit (Limit 18) • A little bit of cardiovascular exercise (low impact), a little bit of strength training, a little bit of balance training and a whole lot of fun!

Functional Strength and Balance (Limit 20) • An integrated strength training class using various equipment that also focuses on balance and stability to promote optimal performance in real life.

Gentle Yoga (Limit 16) • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active & restorative. This is the perfect class to begin your yoga practice. Various props will be used.

Hatha Yoga (Limit 16) • Classic postures and breathwork. Students will be taught proper sequencing and applications to receive the healthful benefits of this ancient health system. Class is open to beginning to continuing students.

Karate (Limit 20) • Washin Ryu is a traditional style of karate that includes training in the performance of katas (forms), self defence techniques, kumites (sport sparring) and exercise associated with Karate. This highly structured class encourages individual pace and achieving your personal best. It is taught by students of the world famous Hidy Ochiai and emphasizes nonviolence, self respect, concentration and discipline.

Live Strong (Limit 18) • This group exercise program is designed to help improve strength, balance, body control as well as decrease the risk of injury.

Low Impact Zumba (Limit 20) • Low Impact Zumba is based on the same dance moves used in the original Zumba class. This class, however, is less intense, with dance routines designed for beginners and older adults.

Power & Grace (Limit 16) • This class offers the best of both worlds. 30 minutes of movement to music followed by thirty minutes of balance exercises, stretching, centering, and relaxation. Appropriate for all fitness levels. No experience necessary.

Prime Time (Limit 15) • A mild exercise class for seniors who would like to improve their strength, flexibility and balance while having fun in a relaxed social setting. It is designed to give the participant a variety of exercises while standing, seated and occasional floor work to help maintain and enhance their well being.

Spinning (Limit 18) • SPINNING is a registered trademark of Mad Dogg Athletics, Inc. Spinning is a stationary cycling group exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing "ride." Spinning rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. (Sat. Spinning Instructors • 11/5: Alison, 11/12: Don, 11/19: Josie, 11/26: Alison, 12/3: Colleen, 12/10: Don, 12/17: Colleen).

Spin & More (Limit 18) • A 30-40 minute Spinning ride followed by either yoga, pilates or core training exercises.

Spin Core & More (Limit 18) • A 30-40 minute Spinning ride followed by core training exercises that may incorporate lower and/or upper body conditioning utilizing various fitness equipment.

Tabata (Limit 18) • Tabata is a high intensity interval type of workout. This training protocol involves performing a particular exercise(s) at a high intensity for 20 seconds, followed by 10 seconds of rest. This is repeated 8 times for a total training time of 4 minutes, followed by one minute of rest/recovery before moving on to the next round for a total of 8 rounds. All of the exercises to be performed are demonstrated with different variations offered. The class concludes with a well deserved cool down & stretch.

Variety (Limit 20) • A different style class will be offered each week. (Sat. Variety Instructors • 11/5: Brittany-Tabata, 11/12: Holly-Barre, 11/19: Jordan-Tabata, 11/26: No Class, 12/3: Jordan-Tabata, 12/10: Stefanie-Barre, 12/17: Brittany-Cardio Sculpt).

Yoga Flow (Limit 16) • This class seamlessly blends the methodologies of Kripalu Yoga and YogaFit, providing you with a safe and enjoyable way to explore your yoga journey. Students will gain strength, focus, flexibility and find stress relief. This class is designed for students with previous yoga experience.

Yoga Foundations (Limit 16) • Learn some of the beginning hatha yoga postures that will begin to build your foundation towards a deeper practice. Focusing on breath work, proper alignment, corrections, and body awareness. Variations of each pose will be shown to address common difficulties in performing yoga poses. This class is an excellent foundation to creating a strong practice for a beginner yogi, or to develop a greater understanding of various poses for a more experienced practitioner.

Zumba (Limit 25) • Zumba combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries. It is based on the principle that a workout should be a "fun & easy to do." Zumba is a "feel-happy" workout that is great for both the body & mind.