

Group Fitness Schedule • Spring Session 3

May 2–June 25, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie	Fit Camp (G) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Fit Camp (G) 6:00–6:45 • Alison	Spinning (S) 6:00–6:50 • Colleen	Spinning (S) 8:15–9:15 • Various (See back of schedule)
Sunrise Yoga (B) 6:30–7:30 • Katherine	Waterless Workout (S) 7:00–7:45 • Susan	Fish Out of Water (S) 7:00–7:45 • Carole	Waterless Workout (S) 7:00–7:45 • Susan	Spin Yoga (S) 8:35–9:35 • Nancy	Yoga Foundations (B) 9:30–10:45 • Bonnie
Fish Out of Water (S) 7:00–7:45 • Carole	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	Variety (G) 9:30–10:30 • Various (See schedule below) New Time!
Spinning (S) 8:35–9:35 • Maureen	Body at the Barre (S) 9:45–10:15 • Katherine	Yoga Flow (S) 9:45–10:45 • Nancy	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Gentle Yoga (S) 1:00–2:00 • Katherine	Saturday Variety Class Schedule
Yoga Flow (B) 9:45–10:45 • Katherine	Hatha Yoga (S) 10:30–11:30 • Katherine	Prime Time (S) 11:15–12:15 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine	Zumba (PC) 5:30–6:30 • Various	
Prime Time (S) 11:15–12:15 • Katherine	Prime Time (S) 11:45–12:30 • Katherine	Gentle Yoga (S) 1:00–2:00 • Katherine	Low Impact Zumba (G) 12:30–1:15 • Holly	5/7 Cardio Dance & Core 5/14 Tabata 5/21 Zumba 5/28 Total Body Conditioning 6/4 Zumba 6/11 Zumba 6/18 Cardio Dance & Core 6/25 Cardio Dance & Core	
Power & Grace (S) 12:30–1:30 • Nancy	Low Impact Zumba (PC) 12:30–1:15 • Holly	Tabata (PC) 5:30–6:30 • Katie/Jordan	Fish Out of Water (G) 5:30–6:15 • Carole		
Tabata (S) 5:30–6:20 • Laurie	Fish Out of Water (B) 5:30–6:15 • Carole	Yoga Flow (S) 5:30–6:45 • Katherine	Spin Core & More (S) 5:30–6:30 • Laurie		
Karate (S) 6:30–8:00 • Dave	Spin Core & More (S) 5:30–6:30 • Amy/Katie	Zumba (PC) 6:45–7:30 • Stefanie	Karate (G) 6:30–8:00 • Dave		

Class Information & Policies				Class Notes & Schedule Changes
(B) = Bowling Alley	(G) = Gym Floor	(PC) = Presbyterian Church 25 Church Street, Cooperstown, NY	(S) = Studio (temporary) CSC Maintenance Shed	There are currently no schedule changes for the Spring Session 3 Schedule.
<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 on the Gym Floor and 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

Body at the Barre (Limit 10) • 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, tubing and bender balls. The class also incorporates stretching after each strengthening series, so you'll also lengthen your body and increase flexibility while you tone. '

Cardio Dance & Core (Limit 20) • Dance your way into shape! Fun, easy to learn moves, fuse old grooves with new tunes in this low impact but high energy aerobic workout combined with core strengthening exercises.

Fit Camp (Limit 30) • 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.

Fish Out of Water (Limit 18) • A land-based cross training program designed for those who currently have only participated in aquatic exercise (classes or lap swimming). This group exercise program is designed to help improve strength, balance, body control as well as decrease the risk of injury.

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 Spin, Strength & Stretch (Limit 15) • A 15-20 minute gentle Spinning ride, followed by a stretch and strength program that incorporates dumbbells, stability balls and resistance tubing. No previous experience required for this class, just the desire to try something new that aims to improve body, mind and spirit!

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 (Monday: Limit 20, Thursday: Limit 25) • 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.

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 • 5/7: Colleen, 5/14: Josie, 5/21: Alison, 5/28: Josie, 6/4: Alison, 6/11: Colleen, 6/18: Don, 6/25: Don)

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.

Spin Yoga (Limit 18) • Combines an energetic Spinning ride followed by the Vinyasa style of Yoga that uses stretching to help elongate muscles, relax tension, and improve posture.

Sunrise Yoga (Limit 16) • Please see description for Yoga Flow.

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 • 5/7: Emily, 5/14: Brittany, 5/21: Stefanie, 5/28: Sabrina, 6/4: Elma, 6/11: Stefanie, 6/18: Emily, 6/25: Emily)

Waterless Workout (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!

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.