

Group Fitness Schedule • Summer Session

June 27–August 27, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning (S) 6:00–6:50 • Josie	Fit Camp (G) 6:00–6:45 • Alison <i>(Class will be moved to the Studio beginning July 26)</i>	Spinning (S) 6:00–6:50 • Colleen	Fit Camp (G) 6:00–6:45 • Alison <i>(Class will be moved to the Studio beginning July 28)</i>	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		Fish Out of Water (S) 7:00–7:45 • Carole		Prime Time (S) 11:15–12:15 • Carina	Yoga Foundations (B) 9:30–10:45 • Bonnie
Fish Out of Water (S) 7:00–7:45 • Carole	Waterless Workout (S) 7:00–7:45 • Susan	Spin Core & More (S) 8:35–9:35 • Amy	Waterless Workout (S) 7:00–7:45 • Susan	Gentle Yoga (S) 1:00–2:00 • Katherine	
Spinning (S) 8:35–9:35 • Maureen	Functional Strength & Balance (S) 8:20–9:30 • Maureen	Prime Time (S) 11:15–12:15 • Katherine	Yoga Flow (B) 7:45–8:45 • Katherine	Zumba (PC) 5:30–6:30 • Various	Sunday The Clark Sports Center is closed on Sundays.
Yoga Flow (S) 9:45–10:45 • Katherine <i>New Location!</i>	Hatha Yoga (S) 10:30–11:30 • Katherine	Gentle Yoga (S) 1:00–2:00 • Katherine	Functional Strength & Balance (S) 8:20–9:30 • Maureen		
Prime Time (S) 11:15–12:15 • Katherine	Prime Time (S) 11:45–12:30 • Katherine	Yoga Flow (S) 5:30–6:45 • Katherine	Power & Grace (S) 9:45–10:45 • Katherine		
Power & Grace (S) 12:30–1:30 Katherine/Nancy	Low Impact Zumba (PC) 12:30–1:15 • Holly		Spin Core & More (S) 5:30–6:30 Laurie/Jordan		
Tabata (S) 5:30–6:20 • Laurie	Spin Core & More (S) 5:30–6:30 • Katie		Karate (G) 6:30–8:00 • Dave <i>(Class will be moved to the Studio beginning July 28)</i>		
Karate (S) 6:30–8:00 • Dave					

Class Information & Policies

(B) = Bowling Alley (G) = Gym Floor (PC) = Presbyterian Church
25 Church Street, Cooperstown, NY (S) = Studio (temporary)
CSC Maintenance Shed

- 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 Notes & Schedule Changes

- There will be no Zumba on Friday, July 1.
- Karate will be held in the Studio on Thursday, July 7.
- There will be no Low Impact Zumba on Tuesday, July 19.
- Beginning July 26, Fit Camp and Thursday Karate will be moved to the Studio.

Class Descriptions

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 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 • 7/2: Josie, 7/9: Colleen, 7/16: Don, 7/23: Closed, 7/30: Katie, 8/6: Josie, 8/13: Don, 8/20: Colleen, 8/30: 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.

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.

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.