

Group Fitness Schedule

October 29 – December 23



Studio 1

Studio 2

Spinning

Yoga

Sports Performance

CLARK SPORTS CENTER

124 County Highway 52, Cooperstown, NY • 607.547.2800 • www.clarksportscenter.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Deirdre	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Deirdre	Escape 8:30-9:00 Deirdre/Alison
Escape 9:45-10:15 Lisa E.	Forever Fit 7:00-7:45 Deirdre	Long Strong Life 8:30-9:15 Denise	Forever Fit 7:00-7:45 Deirdre	NEW Prime Time Plus 11:15-12:15 Katherine	Variety 9:30-10:30 Various
Prime Time 11:15-12:15 Katherine	FIRE 8:15-9:15 Maureen	Core & More 9:20-9:35 Amy	FIRE 8:15-9:15 Maureen	Escape 4:30-5:00 Deirdre	TRX Plus 9:30-10:00 Hannah
Express 4:30-5:00 Laurie	Barre 9:15-10:00 Holly	TRX Plus 9:45-10:15 Lisa E.	Barre 9:15-10:00 Holly		Stretch & Strengthen 10:45-11:30 Gail
Zumba 5:30-6:15 Elma	Long Strong Life 9:30-10:15 Maureen	Prime Time 11:15-12:15 Carina	Long Strong Life 9:30-10:15 Maureen		
NEW Insanity Live 5:30-6:00 Renee	Low Impact Zumba 10:15-11:00 Holly	Stretch & Strengthen 5:30-6:00 Gail	Low Impact Zumba 10:15-11:00 Holly		TRX Plus 8:30-9:00 Andi/Ben
Escape 6:30-7:00 Ben	NEW Tai Chi 11:15-12:00 Kathryn	Cardio Dance & Core 6:15-7:00 Anoel	NEW Beginner Tai Chi 11:15-12:00 Katherine		Escape 9:30-10:00 Ben
Karate 6:30-8:00 Dave	Escape 4:30-5:00 Kara	Escape 6:30-7:00 Ben	Express 4:30-5:00 Laurie		TRX Plus 1:30-2:00 Ben
	TRX Plus 5:30-6:00 Andi		NEW TIME Pound (Parent & Child) 5:30-6:00 Michelle		
	Pound 5:30-6:15 Stefanie		TRX Plus 5:30-6:00 Andi		
	TRX Plus 7:00-7:30 Ben		Tabata 6:15-6:45 Deirdre		
			Karate 6:30-8:00 Dave		

Sunday

TRX Plus 8:30-9:00 Andi/Ben
Escape 9:30-10:00 Ben
TRX Plus 1:30-2:00 Ben

After School Kids Group Fitness
3:30-4:00
Monday • Kids Yoga (Lisa-Studio 1)
Tuesday • Fit Kids (Mitch-Sports Performance Area)
Thursday • Generation Pound® (Michelle-Studio 1)
Friday • Fit Kids (Deirdre-Sports Performance Area)

Class Key	Studio 1 Instructor	Studio 2 Instructor	Sports Performance Area Instructor	Gym Floor Instructor	NEW New Class	NEW TIME New Time	Returning Class
-----------	-------------------------------	-------------------------------	--	--------------------------------	----------------------	--------------------------	------------------------

Saturday Variety

November 3	Cardio Dance & Core (Emily)
November 10	Zumba (Elma)
November 17	Cardio Dance & Core (Stefanie)
November 24	Stretch & Strengthen (Gail)
December 1	Tabata (Deirdre)
December 8	Pound (Michelle)
December 15	Cardio Dance & Core (Emily)
December 22	Zumba (Anoel)

Saturday Spinning

November 3	Don
November 10	Colleen
November 17	Don
November 24	Alison
December 1	Deirdre
December 8	Colleen
December 15	Don
December 22	Alison

Sunday Spinning

November 4	Don
November 11	Melissa
November 18	Melissa
November 25 (90 Min. Ride)	Alison & Don
December 2	Deirdre
December 9	Lisa E.
December 16	Don
December 23	Melissa

Group Fitness

Spinning

Schedule
October 29-December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Alison	Express Spin 9:30-10:00 Lisa E.	Spinning 6:00-6:50 Colleen	Express Spin 9:30-10:00 Lisa E.	Express Spin 6:00-6:30 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Maureen		Spinning 8:30-9:20 Amy		Spinning 8:30-9:30 Nancy	
Gentle Spin 10:00-10:45 Dairdre		Gentle Spin 10:00-10:45 Nancy	Express Spin 3:45-4:15 Laurie		
Express Spin 3:45-4:15 Laurie	NEW Express Spin 5:30-6:00 Dairdre/Amy		NEW Express Spin 5:30-6:00 Dairdre		Spinning 9:30-10:30 Various

Group Fitness

Yoga

Schedule
October 29-December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/Gentle Yoga 8:15-9:15 Katherine		Yoga Flow 8:45-9:45 Nancy	Beginner Yoga Flow 9:45-10:45 Antonita	Yoga Flow 9:45-10:45 Nancy	Ashtanga Yoga 9:30-10:45 Simone
Adventurous Yoga 9:30-10:45 Katherine	NEW Kripalu Yoga Flow 9:45-10:45 Lisa B.			Gentle Yoga 1:00-2:00 Karla	Gentle Yoga 11:30-12:30 Antonita
Gentle Yoga 1:00-2:00 Antonita		Gentle Yoga 1:00-2:00 Nicole	Yoga for Beginners & Beyond 1:00-2:00 Katherine <small>NEW</small>		
NEW TIME Heated Kripalu Flow Yoga 6:15-7:15 Lisa B.	Flex & Flow 5:15-6:00 Stacia	Beginner Yoga Fit 5:30-6:30 Elma	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne		Yoga for Athletes 8:15-9:00 Nicole
	Yoga for Athletes 6:15-7:00 Nicholas				Yin Yoga 9:30-10:30 Nicole

Please refer to the Aquatics Fitness page for Aqua Yoga class information.

Group Fitness Class Information & Policies

- Group Fitness studios & Spinning ® bikes are for classes only.
- Most classes require set up time. Please arrive to class 5 minutes prior to scheduled starting time. No admittance 5 minutes after class starts.
- Group Fitness classes are included in the base membership fee and are available on a first come, first serve basis.
- Participants must be 14 years of age or older. (excluding Karate)
- Appropriate clothing and clean footwear is required. Please bring a water bottle to class.
- Preschoolers are not permitted in the studios during classes.
- Classes are subject to change and may be cancelled at any time.
- Instructor substitutions may occur without notice.
- Prime Time participants need to obtain a numbered ticket at the Health & Fitness desk (no sooner than 30 minutes prior to class).
- Please check online (<http://www.clarksportscenter.com/group-fitness/class-descriptions/>) or at the Health & Fitness desk for class size limits.
- Personal headphones are not permitted during Group Fitness classes.
- It is recommended to bring your own yoga mat to yoga classes.

STUDIO 1

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.

Beginner Tai Chi (Limit 15) • This Beginner Tai Chi for health is safe, effective and easy to learn. We will focus on fundamental moves to improve health quality and fall prevention through awareness and enhancing the mind and body connection. All ages & levels welcome.

Karate (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. Must be at least 6 years of age.

Pound® (Limit 14) • Designed for all fitness levels, Pound® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Utilizing Ripstix® (lightly weighted drumsticks engineered specifically for exercising), this exhilarating full body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Children between the ages of 6-13 are welcome to come with a parent or adult to the Thursday 5:30pm class.

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.

Prime Time Plus (Limit 15) • A complete, non competitive exercise class designed with seniors in mind. Along with strengthening and stretching, there is a 20 min segment of standing movement meant to strengthen your heart and boost your energy (plus it's fun!)

Stretch & Strengthen (Limit 15) • Based on yoga, Tai Chi and ballet principles, this no-impact workout will carefully stretch & strengthen the muscles in your body, as well as improve balance, flexibility, stamina and overall body awareness. Participants are encouraged to move at their own unique levels of fitness (for all levels). Exercises are performed standing, at the barre and floor (mat) work.

Tai Chi (Limit 15) • Building on the movement patterns from Beginner Tai Chi, this class will focus more on sensing the internal chi and the use of Tai Chi for meditation. Enhance your practice with advanced movements to continue improving your health, fall prevention and strengthening your mind and body connection.

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.

STUDIO 2

Cardio Dance & Core (Limit 25) • 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.

Core & More (Limit 20) • Core training exercises that may incorporate lower and/or upper body conditioning utilizing various fitness equipment. Please come to class warmed up.

FIRE - Functional Integrated Resistance Exercises (Limit 25) • An integrated strength training class using various equipment that also focuses on balance and stability to promote optimal performance in real life.

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!

Insanity Live (Limit 25) • A high-intensity interval training (HIIT), total body conditioning program. It is designed to give the participants a safe, challenging, and results-driven experience. A variety of modifications will be offered to give the ultimate workout experience, regardless of fitness level.

Long Strong Life (Limit 20) • This class will incorporate a variety of exercises to improve function, strength and balance.

Tabata (Limit 25) • 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.

GYM FLOOR

Fit Camp (Limit 25) • 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.

SPINNING

Express Spinning (Limit 22) • A shorter version of our regular Spinning class for those with limited workout time.

Gentle Spin (Limit 15) A slightly shorter, less intense Spinning class geared towards beginners or seniors who would like to improve their cardiovascular fitness. No previous experience is required for this class, just the desire to try something new. Motivational music will inspire you, stretching and brief relaxation after will improve your body, mind and spirit.

Spinning (Limit 22) • 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.

SPORTS PERFORMANCE

Escape (Limit 22) • A circuit style class incorporating functional exercises with a variety of equipment in the Escape Rig.

TRX® Plus (Limit 12) • The TRX Suspension Trainer is the original workout system that leverages gravity and your body weight to perform hundreds of exercises. Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. TRX Plus classes will use the suspension trainer, as well as body weight exercises and other equipment for a total body workout.

YOGA

Adventurous Yoga (Limit 25) • Challenging balances, backbends and inversions will be taught and highlighted in this fun & meaningful Kripalu style class. Students must be comfortable and confident to self adjust. A long and sweet final relaxation will send you into your day feeling reinvigorated! This advanced class designed for those who have had a consistent practice for at least 6 months, or an athletically inclined student with at least 3 months of yoga practice.

Ashtanga Yoga (Limit 25) • This class is an athletic and meditative flow class based on the Ashtanga Primary Series taught by Sri K. Pattabhi Jois. Beginning with sun salutations, the class moves on to standing postures, sitting postures, supine postures and inversions. The class will allow students already familiar with Yoga Foundations or Yoga Flow to deepen their understanding and experience of various asanas (postures).

Beginner Yoga Fit (Limit 25) • Yoga Fit classes involve linking several poses together to create strength, flexibility, endurance and balance. This technique is called vinyasa, which means, "to place in a special way". In this Yoga Fit class, we will effectively work all parts of the body equally, creating an experience of non-judgement and non-competition for our students.

Beginner Yoga Flow (Limit 25) • This class will break down the sun salutation to be accessible for beginners. This class will also focus on proper alignment in order to prevent injury and ensure that students receive the maximum benefits of all postures.

Flex and Flow (Limit 20) • A fun workout that fuses fitness techniques from Pilates and Yoga that will focus on strength and flexibility exercises for the entire body. This class will utilize standing exercises, floor (mat) work and body weight movements in a fun and motivational setting. All fitness levels welcome.

Gentle Yoga (Limit 20) • 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.

Heated Kripalu Flow Yoga (Limit 25) • The studio will be set to 85°. In these conditions you allow your body to enter a deeper state of mindfulness by enduring more intense physical conditions. Heated yoga benefits the body by detoxification and aiding in better breathing ability. The heat also allows for going deeper into poses more safely. This class is not recommended for anyone with a heart related illness, women who are pregnant or anyone with heat related intolerance such as previous heat stroke/heat exhaustion. This class is particularly beneficial to athletes, experienced Yogis or anyone in good health looking for a challenge. Remember to drink considerable amounts of water with electrolytes before and after this class.

Heated Vinyasa Flow Yoga (Limit 25) • The word "vinyasa" can be translated as "arranging something in a special way." In this vinyasa yoga class, movement is coordinated with breath, flowing from one pose to the next, in an 85° room. The result is a moving meditation, resulting in greater flexibility, strength and mindfulness. This class is for students with prior yoga experience.

Kripalu Flow Yoga (Limit 25) • Kripalu Yoga is a mindful, compassionate, and creative approach to yoga that focuses on safety, proper alignment, and synchronizing breath with movement. It follows a natural evolution and expression of movement in the body, building strength, flexibility and stability, while simultaneously providing space for awareness, integration and reflection. In a Kripalu Yoga Flow class, each student is encouraged to find their own level of practice on a given day by looking inward and honoring their body's needs. Each class will include pranayama (breath exercises), gentle warm-up stretches, asana (postures), and a deep relaxation and/or meditation. This class is open to all fitness levels and can be modified to suit beginners as well as advanced practitioners.

Restorative/Gentle Blend Yoga (Limit 19) • Restorative yoga is a practice designed to restore the nervous system and help release deeply held tensions from the body & mind. Yoga props such as blankets, blocks, bolsters and straps are often used to help the body relax and open comfortably, releasing stress from deep within joints and connective tissue. This practice is enjoyable and therapeutic for all ages and levels.

Yin Yoga (Limit 20) • Yin Yoga is the practice of quiet receptivity. This slower and meditative style of Yoga involves holding poses for longer periods of time and deep breathing. Through the application of moderate stretches to connective tissues including fascia, ligaments and tendons; students improve circulation to the joints and overall flexibility.

Yoga for Beginners and Beyond (Limit 25) • A safe and easy way for those new to yoga to learn and enjoy the many benefits of a mindful yoga practice. Personal attention and modifications will be offered. Experienced practitioners are welcome, but the focus in this class will be on beginners.

Yoga Flow (Limit 25) • 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 for Athletes (Limit 25) • Up your game with sport-specific poses to build strength, flexibility and balance.