

Group Fitness Schedule

January 6 – March 1



Yoga

Studio 1

Studio 2

Spinning

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 Shirley	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Bella	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Deirdre	Escape 8:30-9:00 Various
Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Low Impact Zumba 9:00-9:45 Suzanne F.	Forever Fit 7:00-7:45 Andrea	Friday Fitness Fusion 9:00-9:45 (Begins Jan. 24) Andrea	TRX® Fitness 9:30-10:00 Hannah
Escape 9:45-10:15 Andrea	FIRE 8:15-9:15 Andrea	Core & More 9:20-9:35 Amy	FIRE 8:15-9:15 Andrea	Prime Time Plus 11:15-12:15 Katherine	Variety 9:30-10:30 Various
Prime Time 11:15-12:15 Katherine	Long Strong Life 9:30-10:15 Andrea	Escape 9:45-10:15 Andrea	Long Strong Life 9:30-10:15 Andrea	Escape 4:30-5:00 Andrea	Sunday
Express 4:30-5:00 Andrea	Sit & Get Fit 10:30-11:15 Carlene	Prime Time 11:15-12:15 Carina	Sit & Get Fit 10:30-11:15 Carlene		The Rig 8:30-9:00 Andi
Zumba 5:30-6:15 Elma	Escape 4:30-5:00 Bella	Fit 30 4:30-5:00 Sierra	Express 4:30-5:00 Andrea		Cardio Dance & Yoga 9:30-10:30 Elma
Escape 6:30-7:00 Bella	TRX® Fitness 5:30-6:00 Andi	Barre Fitness 5:30-6:00 Andrea	TRX® Fitness 5:30-6:00 Andi		
Karate 6:30-8:00 Dave	Pound 5:30-6:15 Joelle	Cardio Dance & Core 6:15-7:00 Anoel	Pound 5:30-6:15 Michelle		
		Escape 6:30-7:00 Bella	Karate 6:30-8:00 Dave		

After School Kids Group Fitness
3:30-4:00

- Monday • Fit Kids (Amy R.-Studio 1)
- Tuesday • Fit Kids (Bella-Studio 1)
- Thursday • Generation Pound® (Michelle-Studio 1)
- Friday • Fit Kids (Megan-Sports Performance Area)

Class Key

Studio 1 Studio 2 Sports Performance Area Gym Floor New Class New Time Returning Class

Visit www.clarksportscenter.com for more class information. Please refer to the Aquatics Schedule for Aquatic class information.

Saturday Variety

January 4	Cardio Dance & Core (Anoel)
January 11	Zumba (Elma)
January 18	Cardio Dance & Core (Emily)
January 25	Strengthen & Stretch (Andrea)
February 1	Cardio Dance & Core (Anoel)
February 8	Pound (Michelle)
February 15	Cardio Dance & Core (Emily)
February 22	Pound (Joelle)
February 29	Strengthen & Stretch (Andrea)

Saturday Spinning

January 4	Don
January 11	Alison
January 18	Colleen
January 25	Don
February 1	Kara
February 8	Rebecca
February 15	Alison
February 22	Don
February 29	Joshua

Sunday Spinning

January 5	Joshua
January 12	Carlene
January 19	Rebecca
January 26	Don
February 2	90 Minute Ride
February 9	Carlene
February 16	Andrea
February 23	Colleen
March 1	Melissa

Group Fitness

Spinning

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Alison		Express Spin 6:00-6:30 Colleen		Express Spin 6:00-6:30 Colleen	Spinning 8:15-9:15 Various
Spinning 8:30-9:30 Carlene	Express Spin 9:30-10:00 Carlene	Spinning 8:30-9:15 Amy	Express Spin 9:30-10:00 Carlene	Spinning 8:30-9:30 Nancy	
Gentle Spin 10:00-10:45 Sherie/Carlene		Gentle Spin 10:00-10:45 Nancy	Express Spin 3:45-4:15 Andrea	Gentle Spin 10:00-10:45 (Starts Jan. 24) Andrea	
Express Spin 3:45-4:15 Andrea	Express Spin 5:30-6:00 Caitlin		Express Spin 5:30-6:00 Joshua/Amanda		Spinning 9:30-10:30 Various
NEW Express Spin 6:00-6:30 Rebecca		NEW Express Spin 6:00-6:30 Melissa/Kara			
					Sunday

Group Fitness

Yoga

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/ Gentle Yoga 8:15-9:15 Katherine		NEW Sunrise Yoga Flow 6:00-7:00 Nicole	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	Kripalu Yoga Flow 9:45-10:45 Antonita	Yoga Flow 8:45-9:45 Nancy	Beginners & Beyond Tai Chi 11:00-11:45 Katherine		Gentle Yoga 11:30-12:30 Antonita
Gentle Yoga 1:00-2:00 Antonita	Tai Chi 11:00-12:00 Kathryn	Gentle Yoga 1:00-2:00 Nicole	Core & Calm 12:00-1:00 Katherine	Gentle Yoga 1:00-2:00 Katherine/Antia	
Monday Meditation 5:30-6:00 Antonita	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
Heated Kripalu Flow Yoga 6:15-7:15 Antonita	Gentle Yoga 7:00-7:45 Simone/Dana	Yoga Flow 6:15-7:15 Andrea	Gentle Yoga 7:00-7:45 Nicole	Hatha Happy Hour 5:30-6:30 Harpreet	Yin Yoga 9:30-10:45 Nicole
					Sunday

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 Fitness (Limit 25) • High intensity meets low impact in this challenging fitness class that's designed for all levels. Barre Bootcamp will strengthen and lengthen every muscle in your body by combining elements from traditional barre, yoga, ballet, sports conditioning, cardio intervals and Pilates. This class is set to upbeat music and follows a vigorous pace, moving through different mat exercises and barre sequences to pump you up and slim you down. Watch your body quickly transform as every class inspires you to reach your full potential. No prior experience with ballet or barre is needed.

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.

Cardio Dance & Yoga (Limit 25) • Cardio Dance meets Yoga in this low, medium to high energy workout. Get ready to soar to new fitness heights with this take flight workout, which mixes Yoga and cardio dance with an international soundtrack. This energetic, fun class will burn serious calories while toning your entire body.

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.

Friday Fitness Fusion (Limit 25) • See Forever Fit class description.

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 6yrs old.

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 weighed 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.

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!)

Sit & Get Fit (Limit 15) • A gentle exercise class geared towards those looking to improve strength, range of motion, coordination, endurance and flexibility primarily from a seated position. Classes will include strength training, chair aerobics, stretching, breathing exercises and fun activities giving us the chance to play! Participants will be given the option of some standing work.

Strengthen & Stretch (Limit 15) • Utilize the barre and a mat, this full body workout is designed to strengthen your muscles and then lengthen with a nice stretch.

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.

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

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

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.

Fit 30 (Limit 20) • A time efficient total body functional training workout designed to take your fitness level up a notch. This class will utilize body weight and a variety of fitness equipment including dumbbells, body bars, bands and balls.

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!

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

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.

The Rig (Limit 22) • Combination of functional movements using body weight, weighted resistance and cardiovascular endurance in a HIIT style class.

TRX® Fitness (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 & PILATES

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 & Beyond 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.

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.

Core & Calm (Limit 8) • This class is done primarily on a soft mat on the floor and combines traditional core exercises and stretches with myofascial release using special balls. Class ends with deep relaxation and students will leave feeling strong, refreshed and calm.

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.

Hatha Happy Hour (Limit 25) • Balancing body and mind through physical poses or asanas, breathing techniques and meditation. Through the continued performance of asanas you will gain flexibility & strength as well as help you cope with stress and relieve tension. The perfect way to end your work week. Class is open to beginners and continuing students.

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.

Meditation in Motion (Limit 25) • A gentle movement class designed to help you relax at the end of the day and sink into your body. This practice embodies mindfulness, listening to your breath and following what feels good in this guided dance class. The varying exercises draw from the world of improvisational modern dance and mindfulness practices.

Monday Meditation (Limit 25) • This class offers an opportunity to relax the mind, relieve stress and restore balance back to the body in just 30 minutes. The use of guided visualizations, mantra, breath awareness and mindful techniques will help to increase your alertness, inner-awareness and peace. This practice can be done sitting in a chair or on a yoga mat. No previous meditation experience is required.

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 comfortable, releasing stress from deep within joints and connective tissue. This practice is enjoyable and therapeutic for all ages and levels.

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.

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 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) • Do you run, bike, play tennis or workout three times a week? Then you're an athlete! Compliment your strength & power workouts with sport specific yoga poses to improve your flexibility and joint mobility.