

Group Fitness Schedule

March 2 – April 26



Studio 1

Studio 2

Spinning

Yoga & Pilates

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 Various	Fit Camp 6:00-6:45 Alison	Escape 6:00-6:30 Various	NEW FORMAT Fit 30 6:00-6:30 Andi	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 Andrea	TRX® Fitness 9:30-10:00 Hannah
Escape 9:45-10:15 Andrea	NEW Power 60 8:15-9:15 Sierra	Core & More 9:20-9:35 Amy	NEW Power 60 8:15-9:15 Sierra	NEW TIME Escape 9:45-10:15 Will	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	Prime Time Plus 11:15-12:15 Katherine	
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	Escape 4:30-5:00 Andrea	NEW TIME Fit 30 8:30-9:00 Andi
NEW POP Pilates® 5:15-5:45 Gianna	Escape 4:30-5:00 Bella	Fit 30 4:30-5:00 Sierra	Express 4:30-5:00 Andrea		NEW TIME The Rig 9:30-10:00 Megan
Zumba 5:30-6:15 Elma	TRX® Fitness 5:30-6:00 Andi	Barre Fitness 5:30-6:00 Andrea	TRX® Fitness 5:30-6:00 Andi		Cardio Dance & Yoga 9:30-10:30 Elma
Escape 6:30-7:00 Bella	Pound 5:30-6:15 Doreen/Joelle	Cardio Dance & Core 6:15-7:00 Anoel	Pound 5:30-6:15 Michelle		
Karate 6:30-8:00 Dave		Escape 6:30-7:00 Dani	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/Kara-Studio 1)
- Thursday • Generation Pound® (Michelle-Studio 1)
- Friday • Fit Kids (Megan-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 NEW FORMAT New Format

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

Saturday Variety

March 7	Cardio Dance & Core (Anoel)
March 14	Cardio Dance & Core (Emily)
March 21	Strengthen & Stretch (Andrea)
March 28	Pound (Michelle)
April 4	Cardio Dance & Core (Stacy)
April 11	Zumba (Elma)
April 18	Cardio Dance & Core (Stacy)
April 25	Pound (Joelle)

Saturday Spinning

March 7	Caitlin
March 14	Alison
March 21	Colleen
March 28	Kara
April 4	Don
April 11	Alison
April 18	Melissa
April 25	Rebecca

Sunday Spinning

March 8	Andrea
March 15	Joshua
March 22	Melissa
March 29	Don
April 5	Carlene
April 12	CLOSED
April 19	Colleen
April 26	Don

Group Fitness

Spinning

Schedule
March 2 – April 26

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			Express Spin 3:45-4:15 Andrea		
Express Spin 6:00-6:30 Rebecca	Express Spin 5:30-6:00 Caitlin	Express Spin 6:00-6:30 Melissa/Kara	Express Spin 5:30-6:00 Kara/Joshua		
					Sunday
					Spinning 9:30-10:30 Various

Group Fitness

Yoga & Pilates

Schedule
March 2 – April 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/ Gentle Yoga 8:15-9:15 Katherine	Foundations to Flow 9:30-10:30 NEW Antonita	Sunrise Yoga Flow 6:00-7:00 Nicole	Foundations to Flow 9:30-10:30 NEW Antonita	Yoga Flow 9:45-10:45 Nancy	Ashtanga Yoga 9:30-10:45 Simone
Adventurous Yoga 9:30-10:45 Katherine	Tai Chi 11:00-12:00 Kathryn	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	Pilates 4:30-5:15 NEW Rebecca	Gentle Yoga 1:00-2:00 Nicole	Express Core & Calm 12:00-12:30 NEW Katherine	Gentle Yoga 1:00-2:00 Karla	
Meditation 5:30-6:00 Antonita	Beginner Yoga Fit 5:30-6:30 Elma	Meditation 5:30-6:00 NEW Dana	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne		
NEW Heated Slow Flow Yoga 6:15-7:15 Antonita	Gentle Yoga 7:00-7:45 Alexis	Yoga Flow 6:15-7:15 Andrea	Gentle Yoga 7:00-7:45 Nicole	Hatha Happy Hour 5:30-6:30 Harprejjeet	
					Sunday
					Yoga for Athletes 8:15-9:00 Nicole
					Yin Yoga 9:30-10:45 Nicole

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) • Barre Fitness will strengthen and lengthen every muscle in your body by combining elements from traditional barre, yoga, ballet, sports conditioning, cardio intervals and Pilates. No prior experience with ballet or barre is needed. Designed for all levels.

Cardio Dance & Core (Limit 25) • Dance your way into shape! Fun, easy to learn moves, fun 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 defense 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.

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.

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!

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.

POP Pilates® (Limit 20) • POP Pilates® is Pilates like you've never seen before. It's an incredible fusion of ab-chiseling, total body defining moves choreographed to your favorite Top 40 hits. This mat-based workout for all levels challenges the student to flow from one exercise to the next, developing a rock solid core and lean, strong muscles.

Power 60 (Limit 20) • A full body class using various equipment that focuses on strength, power & balance designed to improve your overall performance & everyday life.

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: SPINNING is a registered trademark of Mad Dogg Athletics, Inc.

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.

Spinning (Limit 22) • 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 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.

Express 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.

Foundations to Flow (Limit 25) • A slow to moderate paced class designed to enhance a more mindful movement of the spine. This class focuses on proper alignment and marrying breath with movement. Learn to flow more fluidly through your poses or asanas, by learning about and exploring key foundational poses from which all others are built. This class feels very meditative, leaving you feeling refreshed and renewed. Both beginners and those with an established practice can benefit from this class.

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 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.

Heated Yoga Slow Flow (Limit 25) • Enjoy the detoxifying element of increased heat to help build up and expand your yoga practice and dive deeper into a state of internal alertness as you hold poses in this intermediate level yoga class. The heat allows for going deeper into poses more safely and the breath is synchronized with movement for ease of flow. 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 experienced Yogis, athletes with some yoga experience or anyone in good health looking for a challenge. Bringing water to class is recommended.

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. No previous meditation experience is required.

Pilates (Limit 25) • With an emphasis on breathing, core conditioning, and body awareness, Pilates is a safe and highly effective way to stretch, strengthen, and streamline your body without building bulk or stressing your joints. Performed on a mat, Pilates exercises will leave you looking toned, feeling revitalized, and moving with ease.

Restorative/Gentle Blend Yoga (Limit 20) • 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! Complement your strength & power workouts with sport specific yoga poses to improve your flexibility and joint mobility.