

Group Fitness Schedule

May 3 – June 27 • 2021



Aqua
Studio 1
Studio 2
Spinning
Yoga

CLARK SPORTS CENTER

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

Group Fitness

Group Classes

Schedule
May 3-June 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prime Time 11:00-11:45 Katherine	Fit Camp 6:00-6:30 Deirdre	Prime Time 11:00-11:45 Carina	Fit Camp 6:00-6:30 Deirdre		Bodyweight Bootcamp 8:30-9:00 Hannah
Fit 30 4:30-5:00 Sierra	Power 45 8:15-9:00 Sierra	Fit 30 4:30-5:00 Sierra	Power 45 8:15-9:00 Sierra		
					Sunday
					Fit 30 8:30-9:00 Emily

Class
Key

Studio 1

Instructor

Studio 2

Instructor

NEW

New Class

NEW TIME

New Time

Class Notes

Group Fitness

Spinning

Schedule
May 3-June 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Spin 6:00-6:30 Colleen		Express Spin 6:00-6:30 Deirdre		Express Spin 6:00-6:30 Colleen	Spinning 8:30-9:15 Various
Spinning 8:30-9:15 Carlene	Express Spin 9:30-10:00 John	Express Spin 8:30-9:00 Amy	Express Spin 9:30-10:00 Carlene	Spinning 8:30-9:15 John	
		Spin 101 10:00-10:45 Rebecca/Don			Spinning 9:30-10:15 Various
	Express Spin 5:30-6:00 Kara		Express Spin 5:30-6:00 John/Rebecca		

Visit www.clarksportscenter.com for more class information.

Saturday Spinning

May 8	John
May 15	Colleen
May 22	Alison
May 29	Don
June 5	Alison
June 12	John
June 19	Colleen
June 26	Carlene



Sunday Spinning

May 9	Melissa
May 16	Melissa
May 23	Rebecca
May 30	Rebecca
June 6	Melissa
June 13	Rebecca
June 20	Melissa
June 27	Rebecca

Group Fitness

Yoga

Schedule
May 3-June 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mindful Flow 8:30-9:15 Katherine	Foundations to Flow 9:15-10:00 Antonita	Sunrise Yoga Flow 6:00-6:45 Nicole	Foundations to Flow 9:15-10:00 Antonita	NEW TIME Yoga Flow 9:15-10:00 Antonita/Wendy	Intermediate Flow 9:30-10:30 Simone
NEW Flexibility Flow 9:30-10:00 Katherine		NEW Vin Yin 8:45-9:45 Nicole			
Gentle Yoga 1:00-1:45 Karla	Gentle Yoga 1:00-1:45 Karla	Gentle Yoga 1:00-1:45 Nicole	Gentle Yoga 1:00-1:45 Katherine	Gentle Yoga 1:00-1:45 Karla	
	NEW Flexibility Flow 5:30-6:00 Elma		Vinyasa Flow Yoga 5:30-6:30 Suzanne		
Slow Flow Yoga 6:30-7:15 Antonita		Yoga Flow 6:30-7:15 Bella		Hatha Happy Hour 5:30-6:15 Alexis	
					Yoga for Athletes 8:30-9:15 Nicole
					Yin Yoga 9:45-10:45 Nicole

Aqua Fitness

Schedule
May 3-June 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:05-8:50 Carole		Sweat Wet 8:05-8:50 Carole			
Sweat Wet 9:20-10:05 Carole		Sweat Wet 9:20-10:05 Carole			
		Aqua Yoga 11:50-12:35 Nicole			

Group Fitness Class Information & Policies

- Reservations required. Login credentials are required to make an online reservation. If you do not have login credentials set up, please email Membership Director, Kathy Graham at grahamk@clarksportscenter.com.
 - Please arrive no more than 10 minutes prior to your reservation.
 - No admittance after class has started. No exceptions.
 - If you cannot make your reservation, please cancel at least one hour prior.
 - Class sizes are limited to ensure physical distancing guidelines.
 - Masks are required at all times covering your nose and mouth.
 - Please wash or sanitize your hands before and after class.
 - Bring your own yoga mat and props to class. Equipment must be labeled.
 - Maintain physical distancing of 6 feet before, during and after class.
 - Please bring minimal personal belongings into the studio and store directly next to your spot.
 - Use single file entrance and exit to studios.
 - Clean your bike or equipment after class. Supplemental cleaning will be done by staff.
 - Group Fitness studios & Spinning® bikes are for classes only.
 - Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots.
 - Please hang coats and leave boots in the cubby area or locker room.
 - Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.
 - Personal headphones are not permitted during Group Fitness classes.
 - Please silence cell phones and refrain from using during class.
 - Towel service is no longer available.
 - Locker rooms are open for changing only. Showers are not available.
- Aqua:**
- Wear a pool shoe on the deck (no outside shoes please).
 - Masks must be worn on the pool deck.
 - Sanitize your hands at the sanitation station by the diving well before entering the pool.
 - Wait at your chair for the instructor to tell you to enter the pool to allow for safe social distancing.

STUDIO 1

Prime Time (Limit 10) • 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.

STUDIO 2

Fit 30 (Limit 9) • A time efficient total body functional training workout designed to take your fitness level up a notch. This class will utilize body weight and minimal fitness equipment.

Fit Camp (Limit 9) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing bodyweight and minimal equipment.

Power 45 (Limit 9) • A full body class using body weight and minimal equipment that focuses on strength, power & balance designed to improve your overall performance & everyday life.

Bodyweight Bootcamp (Limit 9) • This class will combine functional movements utilizing bodyweight, cardiovascular and core training exercises for a total body workout. All fitness levels welcome.

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

Express Spin (Limit 12) • A shorter version of our regular Spinning class for those with limited workout time.

Spin 101 (Limit 12) • An introductory class designed to give you a foundation of knowledge. This class will place an emphasis on teaching the proper hand positions, core movements, correct form and technique to make you feel more confident on the bike.

Spinning (Limit 12) • 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.

YOGA

Flexibility Flow (Limit 9) • A total body 30 minute yoga flow class designed to work on improving flexibility. A great compliment to your other cardiovascular and strength workouts.

Foundations to Flow (Limit 9) • 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 9) • 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 9) • 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.

Intermediate Flow (Limit 9) • This intermediate flow class will be based primarily on positions and transitions from the Ashtanga primary series. Familiarity with the basic asanas (postures) is assumed.

Mindful Flow (Limit 9) • This class is for yogis, who after many months of little practice, wish to begin their practice again. Both standing and seated flows will be led with emphasis on mindfulness so that each student is able to create their personal balance of effort and ease. This feel good, no stress class ends in relaxation, so everyone leaves feeling rejuvenated and peaceful.

Slow Flow Yoga (Limit 9) • Designed to leave you feeling refreshed and restored, this slower and meditative paced class will emphasize peace and calm in the body and mind. Poses will be held longer taking several rounds for breath in each pose. Poses will range from gentle to challenging. All levels are welcome.

Sunrise Yoga Flow (Limit 9) • Tap into the clean and cheerful qualities of an early morning practice and align with your best day! Long known by Yoga practitioners as the most healing time of the day to practice, the pranic energy, or vital life energy, is at its peak during the pre-dawn hour. This class begins with stabilizing breath work and warming Sun Salutations followed by core-strengthening and balancing postures and finishes with deep relaxation. Leave class refreshed and ready for a beautiful day!

Vinyasa Flow Yoga (Limit 9) • 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. The result is a moving meditation, resulting in greater flexibility, strength and mindfulness. This class is for students with prior yoga experience.

Vin Yin (Limit 9) • A blend of yin and yang modalities, this class cultivates a sense of balance between warming, active energy and cooling restorative energy. In the first half of class, the body is enlivened as muscles are warmed and heart rate increases through a moderate paced Vinyasa flow. In the second half of class, connective tissues and joints are deeply released using classic Yin postures while poses are held longer with an emphasis on a steady breath.

Yin Yoga (Limit 9) • 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 9) • Synchronizing movement with breath, this well-rounded flow practice will include core conditioning, deep stretching, transformative opening, balance and empowering poses.

Yoga for Athletes (Limit 9) • 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.

AQUA

Aqua Yoga (limit 5) • This class features gentle yoga that is good for beginners. It’s restorative, easy on the joints and has zero resistance!

Sweat Wet (limit 6) • Jump right into the deep end to increase your strength, endurance and cardiovascular fitness. Designed to burn calories and make you sweat. Let’s get WET! Social distancing will be followed.