

# Group Fitness Schedule

November 1–December 23 • 2021



Aqua  
Yoga  
Studio 1  
Studio 2  
Spinning

## CLARK SPORTS CENTER

124 County Highway 52, Cooperstown, NY • 607.547.2800 • [www.clarksportscenter.com](http://www.clarksportscenter.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Fit for Life</b> 9:30-10:00 Carlene	<b>Fit Camp</b> 6:00-6:30 Deirdre	<b>Fit for Life</b> 9:15-10:00 Carlene	<b>Fit Camp</b> 6:00-6:30 Deirdre	<b>Prime Time</b> 11:00-11:45 Katherine/Carina	
<b>Prime Time</b> 11:00-11:45 Katherine	<b>Power 45</b> 8:15-9:00 John	<b>Prime Time</b> 11:00-11:45 Carina	<b>Power 45</b> 8:15-9:00 John		
<b>POP Pilates®</b> 4:30-5:00 Gianna	<b>NEW TIME</b> <b>Zumba Dance</b> 8:30-9:15 Suzanne	<b>POP Pilates®</b> 4:30-5:00 Gianna	<b>NEW TIME</b> <b>Zumba Dance</b> 8:30-9:15 Suzanne		<b>Sunday</b>
<b>NEW TIME</b> <b>Zumba Dance</b> 5:15-6:00 Elma	<b>Pound</b> 5:15-6:00 Doreen	<b>Cardio Dance &amp; Core</b> 6:15-7:00 Anael	<b>NEW TIME</b> <b>Sit &amp; Get Fit</b> 10:15-11:00 Carlene		<b>Cardio Dance</b> 9:30-10:15 Elma
			<b>Pound</b> 5:15-6:00 Michelle		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Express Spin</b> 6:00-6:30 Colleen		<b>Express Spin</b> 6:00-6:30 Deirdre		<b>Express Spin</b> 6:00-6:30 Colleen	<b>Spinning</b> 8:30-9:15 Various
<b>Spinning</b> 8:30-9:15 Carlene	<b>NEW TIME</b> <b>Express Spin</b> 9:15-9:45 John	<b>Express Spin</b> 8:30-9:00 Amy	<b>NEW TIME</b> <b>Express Spin</b> 9:15-9:45 Carlene	<b>Spinning</b> 8:30-9:15 (1hr class on 11/26) John	
	<b>Express Spin</b> 5:30-6:00 Kara		<b>Express Spin</b> 5:30-6:00 Gretchen/Don		

Visit [www.clarksportscenter.com](http://www.clarksportscenter.com) for more class information.

## Saturday Spinning

November 6	Carlene
November 13	Don
November 20	Kara
November 27	John
December 4	Colleen
December 11	Kara
December 18	Don

## 90 Minute Benefit Ride

Sunday, November 28  
8:30-10:00am

Join Don and Alison for a 90 minute Spinning ride to benefit the Cooperstown Food Pantry. 100% of the proceeds will be donated to the Cooperstown Food Pantry. Register online. \$10 minimum donation. There will be a jar for additional monetary donations set up prior to class.

## Class Key

Studio 1

Instructor

Studio 2

Instructor

NEW

New Class

NEW TIME

New Time



# Group Fitness

# Yoga

Schedule  
November 1–December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mindful Flow</b> 8:30-9:15 Katherine	<b>Foundations to Flow</b> 9:15-10:00 Katherine	<b>Sunrise Yoga Flow</b> 6:00-6:45 Nicole		<b>NEW TIME Yoga Flow</b> 9:30-10:15 Wendy	<b>Ashtanga</b> 9:30-10:45 Simone
<b>Flexibility Flow</b> 9:30-10:15 Katherine		<b>Vin Yin</b> 8:45-9:45 Nicole			
<b>Gentle Yoga</b> 1:00-1:45 Katherine	<b>Gentle Yoga</b> 1:00-1:45 Wendy	<b>Gentle Yoga</b> 1:00-1:45 Nicole	<b>Gentle Yoga</b> 1:00-1:45 Nicholas	<b>Gentle Yoga</b> 1:00-1:45 Katherine	
					<b>Sunday</b>
					<b>Yoga for Athletes</b> 8:15-9:00 Nicole
<b>VinYin</b> 6:30-7:30 Nicole	<b>Flexibility Flow</b> 5:30-6:00 Elma	<b>Yoga Flow</b> 6:30-7:30 Bella	<b>Vinyasa Flow Yoga</b> 5:30-6:30 Suzanne		<b>Yin Yoga</b> 9:30-10:45 Nicole

# Aqua Fitness

Schedule  
November 1–December 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sweat Wet</b> 8:00-8:45 Carole	<b>Aqua Zumba</b> 8:15-9:00 Veronica	<b>Sweat Wet</b> 8:00-8:45 Carole			
<b>Aqua Body Blast</b> 9:15-10:00 Carole		<b>Aqua Body Blast</b> 9:15-10:00 Carole			
		<b>Aqua Yoga</b> 11:30-12:15 Nicole			

## Group Fitness Class Information & Policies

All Clark Sports Center members who attend Group Fitness Classes are expected to adhere to the following rules and policies:

- Reservations required. Login credentials are required to make a reservation. If you do not have login credentials set up, please email Membership Director, Kathy Graham. [Click here for more information about online reservations.](#)
- Adult members and youth members 12-18 may participate in Group Fitness Classes.
- Most classes require set up time. Please arrive to class 5-10 minutes prior to scheduled starting time.
- Bring a water bottle and towel to class.
- No admittance after class has started. No exceptions.
- If you cannot make your reservation, please cancel at least one hour prior.
- Check online for class size limits.
- Bring minimal personal belongings into the studio and store directly next to your spot.
- Clean your bike or fitness equipment after class.
- It is recommended to bring your own yoga mat to class.
- 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.

**STUDIO 1**

**Cardio Dance & Core** (Limit 16) • 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.

**POP Pilates®** (Limit 16) • 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.

**Pound®** (Limit 16) • 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. If you have recently completed a physical therapy program or have experienced medical issues or physical limitations that may impact your ability to safely participate in a group class, please contact Amy Porter, Group Fitness Director to prior to class participation.

**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. If you have recently completed a physical therapy program or have experienced medical issues or physical limitations that may impact your ability to safely participate in a group class, please contact Amy Porter, Group Fitness Director to prior to class participation.

**Zumba Dance** (Limit 16) • 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**

**Fit Camp** (Limit 16) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing bodyweight and minimal equipment.

**Fit for Life** (Limit 16) • A moderate, low impact class intended to improve strength, cardiovascular fitness and balance while incorporating play and circuit training. A mat will be used for floor work.

**Power 45** (Limit 16) • A full body class using body weight and minimal equipment that focuses on strength, power & balance designed to improve your overall performance & everyday life.

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

**Express Spin** (Limit 18) • A shorter version of our regular Spinning class for those with limited workout time.

**Spinning** (Limit 18) • 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**

**Ashtanga Yoga** (Limit 20) • 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).

**Flexibility Flow** (Limit 20) • A total body yoga flow class designed to work on improving flexibility. A great compliment to your other cardiovascular and strength workouts.

**Foundations to Flow** (Limit 20) • 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.

**Mindful Flow** (Limit 20) • 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.

**Sunrise Yoga Flow** (Limit 20) • 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 20) • 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.

**Yin Yin** (Limit 20) • 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 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 20) • 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 20) • 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 Body Blast** (Limit 20) • While easy on your joints, this "liquid gym" utilizes the deep and/or shallow ends of the lap pool to improve your core stabilization, cardiovascular fitness, and endurance with no or low impact.

**Aqua Yoga** (Limit 10) • Class features gentle yoga that is good for beginners. It is restorative, easy on the joints and has zero resistance!

**Aqua Zumba** (Limit 20) • Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging water-based workout that's cardio conditioning, body-toning and most of all, fun and invigorating!

**Sweat Wet** (Limit 10) • Jump Right into the deep to increase your strength, endurance, and cardiovascular fitness. Designed to burn calories and make you sweat. Let's get WET!!