

Group Fitness Schedule

January 3-February 27 • 2022



Aqua

Yoga

Studio 1

Studio 2

Spinning

CLARK SPORTS CENTER

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

Group Fitness

Group Classes

Schedule
January 3–February 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:00 Carlene	Fit Camp 6:00-6:30 Deirdre	Fit for Life 9:15-10:00 Carlene	Fit Camp 6:00-6:30 Deirdre	NEW Move and Groove 11:00-12:00 Katherine	POP Pilates® 9:30-10:00 Gianna
Prime Time 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Prime Time 11:00-12:00 Carina	Power 45 8:15-9:00 John		
POP Pilates® 4:30-5:00 Gianna	Zumba Dance 8:30-9:15 Suzanne	POP Pilates® 4:30-5:00 Gianna	Zumba Dance 8:30-9:15 Suzanne		
Zumba Dance 5:15-6:00 Elma	Pound 5:15-6:00 Doreen	Cardio Dance & Core 6:15-7:00 Anael	Sit & Get Fit 10:15-11:00 Carlene		Cardio Dance 9:30-10:15 Elma
			Pound 5:15-6:00 Michelle		

Group Fitness

Spinning

Schedule
January 3–February 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 9:15-9:45 John	Express Spin 8:30-9:00 Amy	Express Spin 9:15-9:45 Carlene	Spinning 8:30-9:15 John	
	Express Spin 5:30-6:00 Kara		Express Spin 5:30-6:00 Gretchen/Edna		Spinning 9:30-10:15 Rebecca/Melissa

Visit www.clarksportscenter.com for more class information.

Saturday Spinning

January 8	Carlene
January 15	Colleen
January 22	Kara
January 29	Gretchen
February 5	Carlene
February 12	Colleen
February 19	Edna
February 26	Kara

60 Minute Benefit Ride

Sunday, February 13
8:30-9:30am

Join Colleen and Alison for a 60 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

Yoga Studio

Instructor

NEW
New Class

NEW TIME
New Time

Group Fitness

Yoga

Schedule
January 3–February 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Restorative/ Gentle Yoga 8:30-9:15 Katherine	Foundations to Flow 9:15-10:00 Katherine	Sunrise Yoga Flow 6:00-6:45 Nicole		Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Simone/Edna
Adventurous Yoga 9:30-10:15 Katherine		NEW TIME Vin Yin 9:00-10:00 Nicole			
Gentle Yoga 1:00-1:45 Katherine	Gentle Yoga 1:00-1:45 Karla	Gentle Yoga 1:00-1:45 Nicole	Yin Yoga 1:00-1:45 Nicholas	Gentle Yoga 1:00-1:45 Katherine	Sunday
VinYin 6:30-7:30 Nicole	Flexibility Flow 5:30-6:00 Elma	Yoga Flow 6:30-7:30 Bella	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne	NEW Friday Night Flow 5:30-6:15 Edna	Yoga for Athletes 8:15-9:00 Nicole
					Yin Yoga 9:30-10:45 Nicole

Aqua Fitness

Schedule
January 3–February 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:00-8:45 Carole	Aqua Zumba 8:15-9:00 Veronica	Sweat Wet 8:00-8:45 Carole			
Aqua Body Blast 9:15-10:00 Carole		Aqua Body Blast 9:15-10:00 Carole			
		Aqua Yoga 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.

Move and Groove (Limit 16) • This class is designed for active older adults who enjoy practicing balance, building strength, and maintaining heart health through standing movement such as simple dancing or step aerobics. Class includes range of motion warm ups, equal parts strength and cardio exercises followed by stretching and conversation. Ability to move about freely and confidently is required for safety.

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 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! Occasionally, limited optional standing work may be offered. 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 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

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 is 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.

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.

Friday Night Flow (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.

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 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, 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.

Intermediate Flow (Limit 20) • 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.

Restorative/Gentle Flow 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.

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!

Vin 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! Participants are advised to wear attire to maintain warmth in the Teaching Pool since this isn't an aerobic class.

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.