

Group Fitness Schedule

March 1 – May 2 • 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
March 1-May 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit 30 4:30-5:00 Sierra	Power 45 8:15-9:00 Sierra	Prime Time 11:00-11:45 Carole	Power 45 8:15-9:00 Sierra		Bodyweight Bootcamp 8:30-9:00 Hannah
		Fit 30 4:30-5:00 Sierra			
					Sunday
					Fit 30 8:30-9:00 Andi

Class Key

Studio 1

Instructor

Studio 2

Instructor

Class Notes

The Clark Sports Center will be closed Sunday, April 4.

Group Fitness

Spinning

Schedule
March 1 – May 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Express Spin 6:00-6:30 Colleen		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	Spinning 8:30-9:15 Amy	Express Spin 9:30-10:00 John	Spinning 8:30-9:15 John	
Gentle Spin 10:00-10:45 Carlene/Sherrie	Express Spin 4:30-5:00 Alison	NEW Spin 101 10:00-10:45 Jimmy	Express Spin 4:30-5:00 John		Spinning 9:30-10:15 Various
Express Spin 6:00-6:30 Rebecca	Express Spin 5:30-6:00 Kara	Express Spin 6:00-6:30 Melissa	Express Spin 5:30-6:00 Kara/John		
					Sunday

Visit www.clarksportscenter.com for more class information.

Saturday Spinning

March 6	John
March 13	Colleen
March 20	Kara
March 27	Alison
April 3	John
April 10	Colleen
April 17	Don
April 24	Alison
May 1	Kara



Sunday Spinning

March 7	Rebecca
March 14	Melissa
March 21	Rebecca
March 28	Melissa
April 4	Closed
April 11	Rebecca
April 18	Melissa
April 25	Rebecca
May 2	Rebecca

Group Fitness

Yoga

Schedule
March 1-May 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yoga 8:15-9:00 Katherine	Foundations to Flow 9:15-10:15 Nicole	Sunrise Yoga Flow 6:00-6:45 Nicole	Foundations to Flow 9:15-10:15 Nicole	Yoga Flow 9:45-10:30 Katherine	Intermediate Flow 9:30-10:30 Simone
Mindful Flow 9:30-10:15 Katherine		Yoga Flow 8:45-9:45 Nicole			Gentle Yoga 11:30-12:15 Elma
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	
Moving Meditation 5:30-6:00 Alexis	Beginner Yoga Fit 5:30-6:15 Elma		Vinyasa Flow Yoga 5:30-6:30 Suzanne		Yoga for Athletes 8:30-9:15 Nicole
Slow Flow Yoga 6:30-7:15 Alexis		Yoga Flow 6:30-7:15 Bella		Hatha Happy Hour 5:30-6:15 Alexis	Yin Yoga 9:45-10:45 Nicole
					Sunday

Aqua Fitness

Schedule
March 1-May 2

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			

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 8) • 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.

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.

Gentle Spin (Limit 12) 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.

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

Beginner Yoga Fit (Limit 9) • 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.

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.

Moving Meditation (Limit 9) • A gentle movement class designated to help you relax at the end of the day. This class offers an opportunity to relax the mind, relieve stress and restore balance back to the body. 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.

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) • See Yoga Flow description.

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.

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) • 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 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

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.