

Group Fitness Schedule

February 27–April 30 • 2023



Studio 1

Studio 2

Yoga

Group Cycle

Sports Performance

Aqua Fitness

CLARK SPORTS CENTER

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

Group Fitness

Group Classes

Schedule
February 27–April 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:00 Carlene	Fit Camp 6:00-6:30 Tom C	Fit for Life 9:15-10:00 Carlene	Power 45 8:15-9:00 John	Prime Time 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	Zumba Dance 8:30-9:15 Suzanne		
POP Pilates® 5:00-5:30 Gianna	Zumba Dance 8:30-9:15 Suzanne	Cardio Dance & Core 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		Cardio Dance 9:30-10:15 Elma
Zumba Dance 5:15-6:00 Elma	NEW Functional Strength & Mobility 4:30-5:00 Brittany	POP Pilates® 5:00-5:30 Gianna	NEW POP Pilates® 5:00-5:30 Gianna		
	Pound Unplugged 5:30-6:00 Rachel				

Group Fitness

Group Cycle

Schedule
February 27–April 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Gretchen			Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 John	Express Cycle 8:30-9:00 Amy	Group Cycle 9:15-10:00 Carlene	Express Cycle 8:30-9:00 John/Gretchen	
		NEW Gentle Cycle 10:30-11:00 Carlene			
	Express Cycle 5:30-6:00 Kara/Gretchen		Express Cycle 5:30-6:00 Tom		Group Cycle 9:30-10:15 Various

Saturday Group Cycle

March 4	Kara
March 11	Gretchen
March 18	Tom
March 25	Tom
April 1	Melissa
April 8	Tom
April 15	John
April 22	Don
April 29	Gretchen

Sunday Group Cycle

March 5	Melissa
March 12	Gretchen
March 19	Edna
March 26	Tom
April 2	Tom
April 9	CLOSED
April 16	Edna
April 23	Edna
April 30	Kara

Group Fitness

Yoga

Schedule
February 27–April 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW Easy Flow & Go Yoga 10:00-10:30 Katherine	Foundations to Flow 9:00-9:45 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	NEW Slow Flow Yoga 9:00-10:00 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Edna	
Gentle Yoga 1:00-2:00 Katherine	Gentle Yoga 1:00-2:00 Karla	Gentle Yoga 1:00-2:00 Nicole		Gentle Yoga 1:00-2:00 Katherine		
Vin Yin 6:30-7:30 Erin	Slow Flow Yoga 5:30-6:30 Miriam	Yoga Flow 6:30-7:30 Bella	Heated Vinyasa Flow Yoga 5:30-6:30 Suzanne/Wendy	Friday Night Flow 5:30-6:15 Erin		Yoga for Athletes 8:15-9:00 Nicole
						Yin Yoga 9:30-10:45 Nicole

Sports Performance

Schedule
February 27–April 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben			
Escape 9:30-10:00 John		Escape 9:30-10:00 John			
Escape 6:30-7:00 Ben					

Aqua Fitness

Schedule
February 27–April 30

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

Class Key

Studio 1



Studio 2



Yoga Studio



NEW

New Class

NEW TIME

New Time



Returning 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.

Functional Strength & Mobility (Limit 16) • Stiff after a day of sitting at your desk? Sore back just from bending over? Try Functional Strength and Mobility! Improve the most important aspect of your fitness: your core strength and flexibility. Improve your overall function and movement in this 30-minute class. Utilizing body weight and bands, this class will focus on mobility and strength of primarily the lower body and core.

Pound Unplugged (Limit 16) • A 30 minute class that balances focused, high-intensity exercises with restorative movements, rhythmic breathing and meditation. Quick, efficient and challenging, the workout guides participants through a deeply intentional journey designed to promote the health and fitness of the whole person - mental, physical and emotional. Using Ripstix®, exercise drumsticks, POUND Unplugged connects mind, body and sound to create immersive, sensory experiences unlike anything you've experienced in a group fitness class.

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

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

Fitness for Life (Limit 20) • 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.

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

GROUP CYCLE

Express Cycle (Limit 24) • A shorter version of our regular Group Cycle class for those with limited workout time.

Gentle Cycle (Limit 24) • A shorter, less intense indoor cycling class geared towards beginners or anyone who would like to improve their cardiovascular fitness. No previous experience is required for this class, just the desire to try something new. Motivational music will inspire you, stretching and a brief relaxation after will improve your body, mind and spirit.

Group Cycle (Limit 24) • A stationary group cycling exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing "ride." Rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training.

YOGA

Easy Flow & Go Yoga (Limit 20) • This brief morning practice offers a safe and enjoyable way to begin your week. We will gently awaken our joints, then flow from posture to posture. Time will be dedicated for seated flexibility stretches and complete the journey with meditation and/or final relaxation. Modifications will be offered to help with any limitations.

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 24) • 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.

Slow Flow Yoga (Limit 20) • Learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance and calm.

Sunrise Yoga Flow (Limit 24) • 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!

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 24) • 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 24) • 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.

SPORTS PERFORMANCE

Escape (Limit 22) • A circuit style class incorporating functional exercises with a variety of equipment in the Escape Rig.

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 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.



All Clark Sports Center members who attend Group Fitness Classes are expected to adhere to Group Fitness rules and policies. Adult and youth members 12+ may participate in Group Fitness Classes. Reservations required. Please arrive 5-10 minutes prior to class. No late admittance. Classes are subject to change and may be cancelled at any time. Instructor substitutions may occur without notice.

Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots.

The group fitness studios are only for the use of Clark Sports Center classes, programs, and for instructors to rehearse. With prior arrangement with the Group Fitness Director, the studios may be rented for \$20/hour. This includes individuals using the rooms for their personal workouts.

Find all Group Fitness Class Information & Policies posted in the studios and at www.clarksportscenter.com.