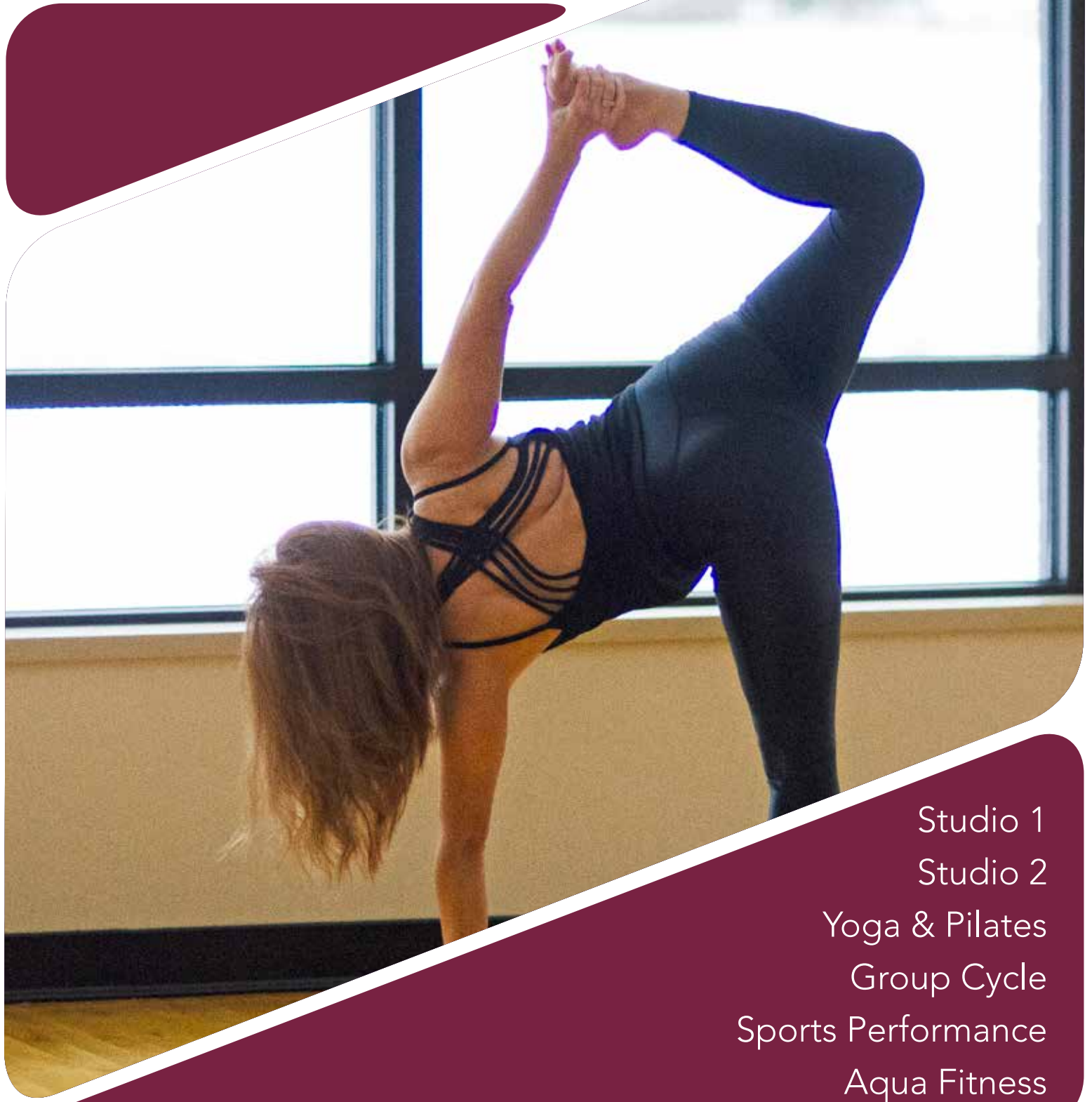


Group Fitness Schedule

January 2–March 3 • 2024



Studio 1

Studio 2

Yoga & Pilates

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
January 2–March 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15 Carlene	Fit Camp 6:00-6:30 Gretchen	Zumba 8:00-8:45 Veronica	Fit Camp 6:00-6:30 Gretchen	Pound 8:30-9:15 Doreen	Total Body Conditioning 9:30-10:00 Sabrina
Prime Time 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Fit for Life 9:15-10:00 Carlene	Power 45 8:15-9:00 John	Movement & Mobility 9:30-10:00 Brittany	
Total Body Conditioning 5:00-5:30 Sabrina	Zumba Dance 8:30-9:15 Suzanne	Prime Time 11:00-12:00 Carina	Zumba Dance 8:30-9:15 Suzanne	Prime Time 11:00-12:00 Carina	
Zumba Dance 5:15-6:00 Elma	Pound Unplugged 5:30-6:00 Rachel	Cardio Dance & Core 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		Cardio Dance 9:30-10:15 Elma
	POP Pilates® 5:00-5:30 Gianna		POP Pilates® 5:00-5:30 Gianna		

Group Fitness

Group Cycle

Schedule
January 2–March 3

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

Saturday Group Cycle

January 6	Tom
January 13	Gretchen
January 20	Colleen
January 27	Melissa
February 3	Kara
February 10	Gretchen
February 17	Colleen
February 24	Colleen
March 2	Kara

Intro to Group Cycling

January 11, 11:30am–12:00pm
January 25, 11:30am–12:00pm
February 18, 10:45-11:15am

Topics covered will include bike set up, proper form, intensity cues and familiarity with the console including the power meter. Instructed by Carlene. Register online.

ClarkSportsCenter

Sunday Group Cycle

January 7	Amanda
January 14	Tom
January 21	Gretchen
January 28	Kara
February 4	Melissa
February 11*	Gretchen/Edna
February 18	Carlene
February 25	Gretchen
March 3	Edna

* 75 Minute Cooperstown Angel Network Benefit Ride. Register online with your \$20 minimum donation.

Group Fitness

Yoga

Schedule
January 2–March 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	Slow Flow Yoga 9:00-10:00 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Erin
Gentle Yoga 1:00-2:00 Katherine	Chair Yoga 10:30-11:15 Mary	Easy Flow Yoga 9:30-10:30 Karla		Intro to Yoga for Men 10:30-11:15 Wendy	
Slow Flow Yoga 6:30-7:30 (2/12: VIP Prog. Benefit Class) Nicole	Gentle Yoga 1:00-2:00 Wendy	Gentle Yoga 1:00-2:00 Nicole	Heated Vinyasa Flow Yoga 5:30-6:30 Wendy	Gentle Yoga 11:30-12:30 Wendy	
	Vin Yin 5:30-6:30 Erin	Candlelight Yoga Flow 6:30-7:30 Erin		Friday Night Flow 5:30-6:15 Erin	
					Sunday
					Sunday Sun Salutations 8:15-9:00 Nicole
					Yin Yoga 9:30-10:45 Nicole

Sports Performance

Schedule
January 2–March 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben			Escape 9:30-10:00 Mallory
Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda	Escape 9:30-10:00 John	Escape 4:30-5:00 Amanda		

Aqua Fitness

Schedule
January 2–March 3

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			

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.

Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

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.

Movement & Mobility (Limit 16) • Embark on a laid-back exploration of movement and mobility appropriate for all ages. With a focus on the nuances that can improve your range of motion and joint function, this class offers the chance to learn the significance of subtle adjustments and discover a different way to move and feel. Join us for an easygoing journey towards improved mobility.

Pound® (Limit 16) • Designed for all fitness levels, Pound® provides the perfect atmosphere for letting loose, getting energized, toning up and poundin' out! Utilizing Riptix® (lightly weighed drumsticks engineered specifically for exercising), this exhilarating full body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

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 Riptix®, 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

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

Fit for Life (Limit 25) • Let's have fun while getting fit. Try this varied, moderate intensity, low impact workout designed to improve strength, cardiovascular fitness, coordination and balance using circuit training, equipment and play. Come join us!

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

Total Body Conditioning (Limit 22) • A high-energy fitness class that targets all major muscle groups through a combination of strength exercises and cardio segments. The class utilizes various equipment, such as dumbbells, body bars, and resistance bands, to deliver a full-body workout aimed at improving overall strength, muscular endurance, and body composition. The class is suitable for all experience levels.

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 designed for beginners of all fitness levels or anyone wanting to improve their cardiovascular fitness while trying something new. Motivational coaching techniques and ride designs are used along with breathing awareness and stretching geared to moderate the pace.

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 Yoga (Limit 20) • This morning easy flow class will gently get you moving. Warming up the body and flowing through postures to promote flexibility and mobility, this class is accessible for any body. Come as you are to explore movement and create some heat to start the day off right!

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.

Candlelight Yoga Flow (Limit 20) • A gentle vinyasa flow in soft candlelight, with an emphasis on marrying breath and movement. This all-levels class is designed to melt away stress and leave students with more openness in the body and mind.

Chair Yoga (Limit 20) • Chair Yoga is a gentle yoga practice done sitting in a chair or standing using a chair for support. It is ideal for people with chronic health problems, those recovering from an injury or folks who have difficulty getting down and up from the floor. Chair Yoga improves circulation, builds strength and balance, eases pain and is a great way to relax.

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.

Intro to Yoga for Men (Limit 20) • This class is designed as an introduction to the practice of yoga. Explore the fundamentals in a slower paced flowing yoga practice. You'll challenge yourself as you work at your own level in a safe and supportive environment. No need to be flexible. This class will help you work on improving your flexibility.

Slow Flow Yoga (Limit 24) • 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.

Sunday Sun Salutations (Limit 24) • Sun Salutations are a warming practice of a series of yoga poses performed in a continuous sequence with the breath. Performed in rounds, the Sun Salutations improve the strength and flexibility of the muscles offering an entire body stretch and counterbalancing of the spine. This moving meditation centers and grounds the body, improves mental focus and decreases overall stress resulting in a sense of 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!

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 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 flow style yoga class incorporates energetic movement while focusing on strength and balance moving from one posture to another. Students will enjoy creative sequences as poses are woven together differently each time.

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!

Cross Currents (Limit 14) • Mix it up and enjoy the entire pool in this combo class that combines deep and shallow water exercise. This total body workout will feature non-stop high energy and movements to tone and strengthen the entire body while minimizing impact. A flotation belt must be worn in this class.

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.