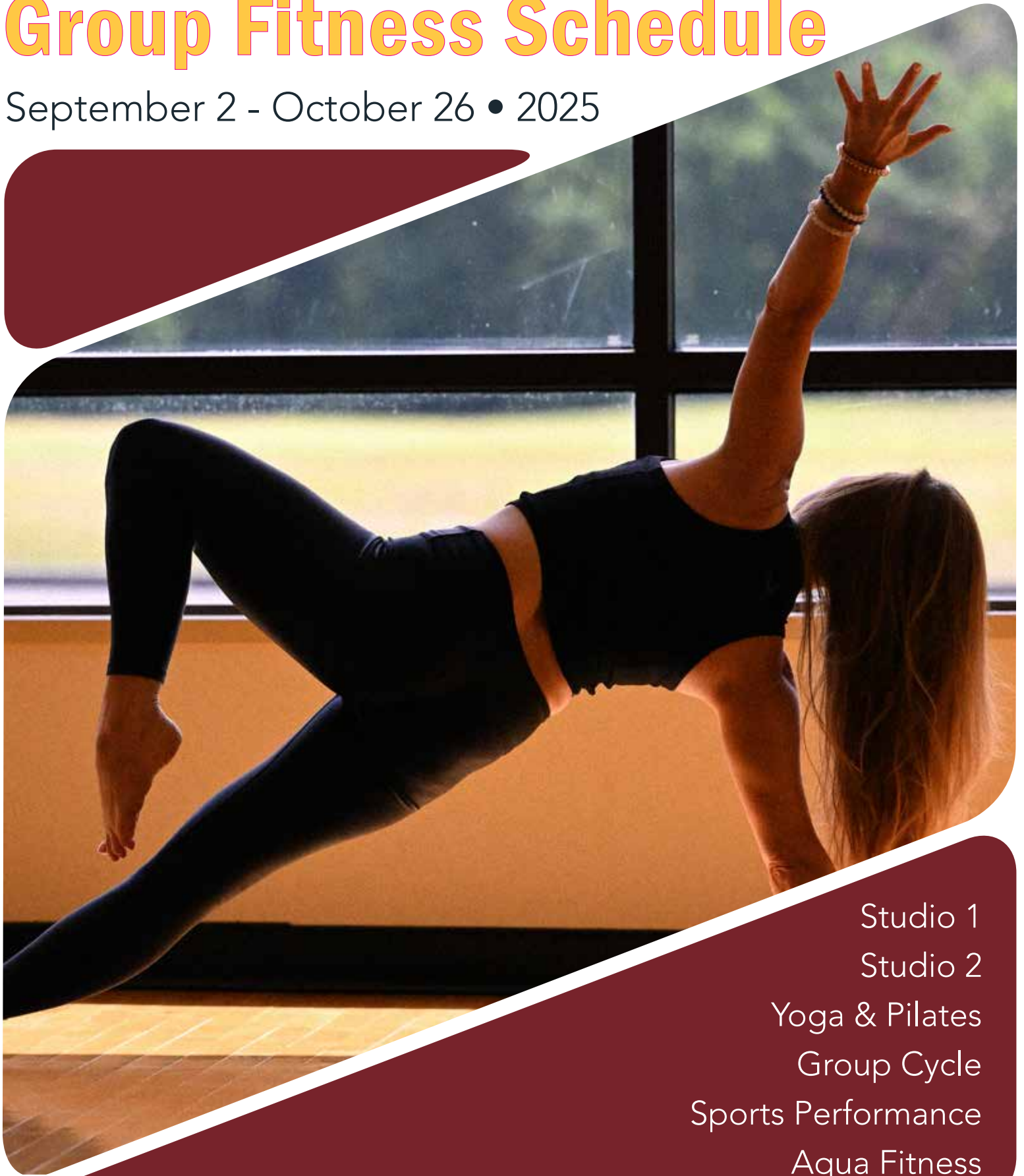


Group Fitness Schedule

September 2 - October 26 • 2025



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
September 2 - October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15AM Carlene	Fit Camp 6:00-6:30AM Gretchen	Cardio Dance 8:30-9:15AM Brittany	Fit Camp 6:00-6:30AM Tom C.	Movement & Mobility 8:45-9:15AM Brittany	Total Body Conditioning 8:45-9:15AM Sabrina
Silver Sneakers Classic 11:00AM-12:00PM Katherine	Power 45 8:15-9:00AM John	Fit for Life 9:30-10:15AM Carlene	Power 45 8:15-9:00AM John	Pound 9:30-10:15AM Doreen	Nia 9:30-10:15AM Diane
Total Body Conditioning 5:00-5:30PM Sabrina	Zumba Dance 8:30-9:15AM Veronica	Prime Time 11:00AM-12:00PM Carina	Zumba Dance 8:30-9:15AM Veronica	Prime Time 11:00AM-12:00PM Carina	
Zumba Dance 5:15-6:00PM Elma	POP Pilates® 5:15-5:45PM Gianna	Cardio Dance 4:30-5:15PM Elma	Sit & Get Fit 10:15-11:00AM Carlene		
	Pound 5:30-6:15PM Michelle		POP Pilates® 5:15-5:45PM Gianna		Cardio Dance 9:30-10:15AM Elma

Group Fitness

Group Cycle

Schedule
September 2 - October 26

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

Saturday Group Cycle

September 6	Melissa
September 13	Colleen
September 20	Kara
September 27	Tom
October 4	Gretchen
October 11	Gretchen
October 18	Don
October 25	Amanda

ClarkSportsCenter

Group Fitness

Yoga

Schedule
September 2 - October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers Yoga 9:45-10:30AM Mary	Foundations to Flow 9:15-10:00AM Erin	Sunrise Yoga Flow 6:00-6:45AM Nicole	Slow Flow Yoga 9:15-10:15AM Wendy	Yoga Flow 9:30-10:15AM Wendy	Intermediate Flow 9:30-10:45AM Edna/Antonita
			Yoga Sculpt 10:30-11:15AM Wendy	Gentle Yoga 10:30-11:30AM Wendy	
Gentle Yoga 1:00-2:00PM Katherine		Gentle Yoga 1:00-2:00PM Katherine	Silver Sneakers Yoga 11:15AM-12:00PM Mary		Yoga Flow 8:15-9:00AM Shannon
Power Yoga 6:30-7:30PM Shannon	Heated Slow Flow 5:30-6:30PM Antonita	Yin Yoga 6:30-7:30PM Erin	Power Yoga Sculpt 5:30-6:30PM Wendy	Friday Night Flow 5:30-6:15PM Erin	Yin Yoga 9:30-10:45AM Shannon

Group Fitness

Sports Performance

Schedule
September 2 - October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30AM Ben		Escape 6:00-6:30AM Ellie		Escape 6:00-6:30AM Ellie	Escape 9:30-10:00AM Gretchen
Escape 9:30-10:00AM John	Escape 4:30-5:00PM Kara	Escape 9:30-10:00AM John	Escape 4:30-5:00PM Gretchen	Escape 9:30-10:00AM Ellie	

Group Fitness

Aqua Fitness

Schedule
September 2 - October 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:00-8:45AM Carole		Sweat Wet 8:00-8:45AM Carole			
Aqua Body Blast 9:15-10:00AM Carole	Cross Currents 5:30-6:15PM Pam	Aqua Body Blast 9:15-10:00AM Carole	Cross Currents 5:30-6:15PM Pam		

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. Preschoolers are not permitted in the studios during classes. Classes are subject to change and may be canceled 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 (Limit 18) • 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.

Nia (Limit 15) • A full body fitness practice that combines the intentions and actions from 9 movement forms from The Dance Arts, The Martial Arts and The Healing Arts. Set to diverse music you will move body, mind and spirit for mindful conditioning in the 5 fitness areas of Flexibility, Agility, Mobility, Strength and Stability.

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. The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

***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.

***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.

***Silver Sneakers Classic** (Limit 15) • Seated and standing exercises to increase muscular strength, range of motion and activities for daily living. This class also includes fall prevention drills and exercises to improve strength and endurance.

Zumba Dance (Limit 18) • Zumba combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries. Zumba is a "feel-happy" workout that is great for both the body & mind.

* - 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.

STUDIO 2

Fit Camp (Limit 22) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment.

Fit for Life (Limit 22) • 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 and balance.

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.

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

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 Slow Flow (Limit 25) • Enjoy the detoxifying element of increased heat to help build up and expand your yoga practice and dive deeper into a state of internal alertness as you hold poses in this intermediate level yoga class. The heat allows for going deeper into poses more safely and the breath is synchronized with movement for ease of flow. This class is not recommended for anyone with a heart related illness, women who are pregnant or anyone with heat related intolerance such as previous heat stroke/heat exhaustion. This class is particularly beneficial to experienced Yogis, athletes with some yoga experience or anyone in good health looking for a challenge. Bringing water to class is recommended.

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.

Power Yoga (Limit 20) • A physically demanding style of yoga characterized by a fast-paced flow between poses, emphasizing strength, flexibility, and stamina often incorporating elements of Vinyasa yoga with a focus on linking breath to movement, making it a more intense workout.

Power Yoga Sculpt (Limit 20) • A full-body workout that combines the flow and flexibility of power yoga with strength-building moves. Set to energizing music, this class uses light weights and bodyweight resistance to strengthen muscles and boost endurance while maintaining the breath and alignment focus of yoga.

Silver Sneakers Yoga (Limit 15) • Move through seated and standing yoga poses to increase flexibility, balance and range of motion. Great for beginners or more experienced exercisers interested in yoga and flexibility training.

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.

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.

Yoga Sculpt (Limit 20) • Flow through dynamic yoga sequences while incorporating strength-based exercises, all set to energizing music that keeps you motivated.

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.

Cross Currents (Limit 16) • Dive into a high intensity interval aqua aerobics session designed to challenge your endurance and power in the water. Prepare for intervals that blend cardio with muscle-toning resistance moves. The buoyancy of the pool reduces impact on your joints, allowing you to push to your limits safely leaving the class energized and refreshed.

Sweat Wet (Limit 16) • Jump right into the deep to increase your strength, endurance, and cardiovascular fitness. Designed to burn calories and make you sweat.

ClarkSportsCenter