

# Group Fitness Schedule

January 5 – March 1 • 2026



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](http://www.clarksportscenter.com)

## Group Fitness

## Group Classes

Schedule  
January 5 - March 1

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

## Group Fitness

## Group Cycle

Schedule  
January 5 - March 1

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

Sunday  
**Group Cycle**  
9:30-10:15AM  
Rebecca

### Group Cycle Sunday Benefit Ride

February 8

9:30-10:45am



Helios Care

\*All proceeds benefit Helios Care\*

## Saturday Group Cycle

January 10	Melissa
January 17	Gretchen
January 24	Tom
January 31	Gretchen
February 7	Amanda
February 14	Colleen
February 21	Tom
February 28	Amanda
March 7	Edna

ClarkSportsCenter

### Intro to Group Cycle

Jan. 29 8:30-9:00am

Feb. 11 11:15-11:45am

Classes taught by Carlene.  
Register online. Limit 6.

# Group Fitness

# Yoga

Schedule  
January 5 - March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Chair Yoga</b> 9:45-10:30AM Gail	<b>Foundations to Flow</b> 9:15-10:00AM Erin M	<b>Sunrise Yoga Flow</b> 6:00-6:45AM Nicole	<b>Slow Flow Yoga</b> 9:15-10:15AM Wendy	<b>Yoga Flow</b> 9:30-10:15AM Wendy	<b>Intermediate Flow</b> 9:30-10:45AM Antonita
		<b>Gentle Yoga</b> 10:00-11:00AM Antonita	<b>Yoga Sculpt</b> 10:30-11:15AM Wendy	<b>Gentle Yoga</b> 10:30-11:30AM Wendy	
<b>Gentle Yoga</b> 1:00-2:00PM Crystal			<b>Chair Yoga</b> 11:30AM-12:15PM Wendy		<b>Yoga Flow</b> 8:15-9:00AM Nicole
<b>Power Yoga</b> 6:30-7:30PM Erin V	<b>Heated Slow Flow</b> 5:30-6:30PM Antonita/Dana	<b>Candlelight Yin Yoga</b> 6:30-7:30PM Erin M	<b>Heated Vinyasa Flow</b> 5:30-6:30PM Wendy/Tracy	<b>Friday Night Flow</b> 5:30-6:15PM Erin M	<b>Yin Yoga</b> 9:30-10:45AM Nicole

# Group Fitness

# Sports Performance

Schedule  
January 5 - March 1

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

# Group Fitness

# Aqua Fitness

Schedule  
January 5 - March 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Sweat Wet</b> 8:00-8:45AM Carole		<b>Sweat Wet</b> 8:00-8:45AM Carole			
<b>Aqua Body Blast</b> 9:15-10:00AM Carole	<b>Cross Currents</b> 5:30-6:15PM Pam	<b>Aqua Body Blast</b> 9:15-10:00AM Carole	<b>Cross Currents</b> 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](http://www.clarksportscenter.com).

Class Key

Studio 1

Instructor

Studio 2

Instructor

Yoga Studio

Instructor

NEW

New Class

NEW TIME

New Time

Returning Class

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.

**Non-Impact Aerobics (NIA)** (Limit 15) • Begin with gentle, grounding movements inspired by dance and Tai Chi to warm up the body. As the class progresses, you'll move into more expressive, full-body sequences drawn from the Dance Arts and Martial Arts, building energy and connection. The intensity gradually softens during the cool-down, featuring flowing movements from Aikido, Modern Dance, and standing Yoga postures. The class concludes on the floor with strengthening, stretching, and movement exploration.

**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!

**\*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 movement patterns for fall prevention 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 challenging 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

**Intro to Group Cycle** (Limit 24) • A 30-minute intro to group cycling geared towards beginners, seniors, or anyone who would like to experience a low intensity indoor cycling ride. The topics covered will include bike set up, proper form, intensity cues, and familiarity with the console including the power meter.

**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

**Candlelight Yin** (Limit 20) • A deeply restorative and meditative practice designed to help you unwind, release tension, and reconnect with your inner calm. Set in a tranquil, candle-lit space, this class invites you to slow down and soften into long-held, passive poses that target the connective tissues and joints. Perfect for all levels, this class is especially beneficial for those seeking stress relief, improved flexibility, and a peaceful end to their day.

**Chair Yoga** (Limit 22) • Move through seated and standing exercises and yoga poses to increase flexibility, balance, and range of motion. Great for beginners or more experienced exercisers interested in yoga and flexibility training.

**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** (Limit 24) • 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.

**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.

**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.

**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.

**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 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.

**Sweat Wet** (Limit 14) • Jump right into the deep to increase your strength, endurance, and cardiovascular fitness. Designed to burn calories and make you sweat.