Group Fitness Schedule

October 26 – December 20 • 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

Group Fitness Group Classes Schedule

October 26 - December 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi Dance 8:30-9:15AM *Begins November 9 — Diane B.	Fit Camp 6:00-6:30AM — Gretchen	Cardio Dance 8:30-9:15AM — Brittany	Fit Camp 6:00-6:30AM — Gretchen	Mobility 8:30-9:15AM — Brittany	Total Body Conditioning 8:45-9:15AM — Sabrina
Fit for Life 9:30-10:15AM — Doreen	Power 45 8:15-9:00AM — John	Fit for Life 9:30-10:15AM — Brittany	Power 45 8:15-9:00AM — John	Pound 9:30-10:15AM — Doreen	Tai Chi for Health 11:00AM-12:00PM — Brianna
Silver Sneakers Circuit 11:00AM-12:00PM — Katherine	Zumba Dance 8:30-9:15AM — Veronica	Prime Time 11:00-12:00PM — Carina	Zumba Dance 8:30-9:15AM — Veronica	Prime Time 11:00AM-12:00PM — Carina	
Total Body Conditioning 5:00-5:45PM — Sabrina	Pilates Strength 5:00-5:30PM — Edna	Cardio Dance 4:30-5:15PM — Elma	Sit & Get Fit 10:15-11:00AM — Katherine		
Zumba Dance 5:15-6:00PM — Elma	Pound 5:30-6:15PM — Michelle		Pilates Strength 5:00-5:30PM — Edna		

Sunday
Cardio Dance 9:30-10:15AM — Elma

Group Fitness Group Cycle Schedule

October 26 - December 20

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

Sunday
Group Cycle 8:30-9:15AM — Rebecca

Saturday Group Cycle

November 7	Kara
November 14	Colleen
November 21	Melissa
November 28	NO CLASS
December 5	Gretchen
December 12	Gretchen
December 19	Colleen



Intro to Group Cycle

November 10, 10:00AM-10:30AM

Are you looking to improve your cardiocascular fitness while trying something new? Now offering a 30-minute intro to group cycling class geared towards beginners, seniors, or anyone who would like to experience a low intensity indoor cycling ride. Topics covered include bike set-up, proper form, intensity cues and familiarity with the console (including the power meter.)

Class instructed by Tom. Register online. Limit 8.

Visit www.clarksportscenter.com for more class information.

Group Fitness Yoga Schedule

October 26 - December 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Sneakers Yoga 9:45-10:30AM Katherine	Foundations to Flow 9:15-10:00AM Erin M	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
			Gentle Yoga 10:30-11:30AM 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 11:30AM-12:15PM Katherine		
	Heated Slow Flow 5:30-6:30PM Diane G.	Yin Yoga 6:30-7:30PM Erin M	Heated Vinyasa Flow 5:30-6:30PM Wendy	Friday Night Flow 5:30-6:15PM Erin M	

Sunday
Yoga Flow 8:15-9:00AM Nicole/Diane
Yin Yoga 9:30-10:45AM Nicole/Edna

Group Fitness Sports Performance Schedule

October 26 - December 20

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	

Sunday
Escape 9:30-10:00AM Thomas

Group Fitness Aqua Fitness Schedule

October 26 - December 20

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

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 $25/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

Group Fitness Class Descriptions

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.
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 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 Circuit** (Limit 15) • Improve your cardiovascular fitness, strength, and flexibility in this standing, low-impact class. Easy-to-follow cardio movements alternate with upper-body strengthening exercises using hand weights, resistance tubing, and a ball. A chair is available for support and is used during the final cooldown, stretching, and relaxation segment.
Tai Chi Dance (Limit 15) • This class blends the precision and flowing movements of Tai Chi with the expressive techniques of dance to create a full-body practice that develops strength, flexibility, stability, and balance. Each class typically concludes with a gentle yoga flow, followed by floor work focused on stretching and strengthening.
Tai Chi for Health (Limit 15) • A gentle, low-impact exercise program designed to improve strength, balance, flexibility, and overall mental well-being through slow, continuous, flowing movements. Incorporating Qi Gong, Walking Tai Chi, and Tai Chi breathing techniques (with seated Tai Chi options as needed) this class promotes relaxation, body awareness, and mindful movement in a supportive environment suitable for all fitness levels.
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!
Pilates Strength (Limit 20) •A full-body workout that combines Pilates principles with strength training to build core stability, improve balance and posture, and increase muscular endurance.
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.

SPORTS PERFORMANCE

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

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.
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 24) • Learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga in a slightly heated room (85-95°). This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance and calm.
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 a slightly heated room (85-95°) 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) • A dynamic vinyasa class designed for students with regular yoga practice. Move with your breath through creative sequences that build strength, balance, flexibility and focus while exploring variations of familiar poses. Leave feeling energized, grounded, and refreshed.
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 20) • 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.

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.
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.

ClarkSportsCenter