

## 2020

## HCNY Group Fitness Class Schedule

Complimentary for Fitness Members

\$15.00 - daily use of classes for HCNY Club Member, Non-Fitness

### **BOOT CAMP** • 45 MINUTES

This fast-paced interval class mixes dumbbell and body weight exercises with flexibility and strength training. Our goal is to offer encouragement, but be prepared for our instructors to push you through high intensity work!

### **YOGA** • 60 MINUTES

Whether you're a first time attendee or a seasoned yogi, this class will leave you feeling energized for the day. This class targets specific muscle groups and builds strength and balance both physically and mentally. Mats are provided.

### **PILATES** • 45 MINUTES

A total body workout that builds long, lean muscles, improves posture, and reduces stress by combining strength and stability exercises. Mat-based class.\*

### **CORE / ABS** • 30 MINUTES

You'll feel the burn with these core conditioning exercises, which focus on toning and defining the abdominals and strengthening the back to improve posture. Frequently paired with the Body Conditioning class.

### **BODY CONDITIONING** • 30 MINUTES

This class aims to give you a full body workout through both cardiovascular and resistance exercises. It's adaptable to most fitness levels and a great way to torch calories quickly by performing a variety of lower body, upper body and core strengthening exercises. Frequently paired with the Core/Abs class.

*\*Individual reformer sessions available upon request.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOT CAMP			6:00 - 6:45 AM		6:30 - 7:15 AM	
YOGA		12:15 - 1:15 PM	7:30 - 8:30 AM	12:15 - 1:15 PM		
PILATES	12:00 - 12:45 PM		12:00 - 12:45 PM		9:15 - 10:00 AM	
CORE / ABS	6:00 - 6:30 PM			5:30 - 6:00 PM		12:30 - 1:00 PM
BODY CONDITIONING	6:30 - 7:00 PM			6:00 - 6:30 PM		12:00 - 12:30 PM

*Group fitness class schedule and instructors are subject to change.*