

# Atlantic Club Group Fitness Schedule Effective FALL - October 29th, 2018

MONDAY	
5:30	Hard Drive Caren (1)
6:00	Ride Stacey L. (RC)
7:00	H.E.A.T. Paul (1)
8:15	Ride Lou (RC)
8:30	BeyondBARRE Gaynor (1)
9:00	Gentle Flow Yoga 60min Jon (2) Level 1
9:15	Zumba® Jeannette (1)
9:15	Rhythm Ride Erin (RC) <b>New!</b>
10:00	Aqua Fit Diane (P/SW)
10:15	Redefine Marilyn (1)
10:30	Kundalini Yoga 60min Karena (2) Level 1/2
11:30	Intro to Meditation 30min Karena (2)
5:30	Strength 45 Jon (1)
6:30	Ride Lisa (RC) <b>New!</b>
6:30	H.E.A.T. Cat (1)
7:00	Vinyasa Yoga 75min Vanessa (2) Level 2

TUESDAY	
6:00	Vinyasa Yoga 60min Jon (2) Level 2/3
7:15	Ride Joe (RC)
8:15	H.E.A.T. Meredith (1)
8:15	Ride Alex (RC)
8:15	Gentle Flow Yoga 60min Ken (2) Level 1
9:15	Ride Donna (RC)
9:15	Hard Drive 50min Caren (1)
9:30	BeyondBARRE Paula (2)
10:00	Aqua Fit Andi/Lorraine (P/SW) <b>New!</b>
10:15	Redefine Donna (1)
10:30	Vinyasa Yoga 60min Jillian (2) Level 2
11:15	Move Tone Balance Donna (1)
5:00	Kripalu Yoga 60min Michelle (2) Level 1
5:30	Strength 45 Lynn (1)
6:15	Pilates Mat Nadine P. (2)
6:30	H.E.A.T. Justin (1)
7:00	Vinyasa Yoga 60min Jillian (2) Level 1/2

WEDNESDAY	
5:30	Hard Drive Caren (1)
6:00	Ride Stacey L. (RC)
8:15	Redefine Amp'd Meredith (1)
8:30	ToneBARRE Gaynor (2)
9:15	Kickboxing Marilyn (1)
9:15	Ride Meredith (RC)
9:30	Pilates Mat Gaynor (2)
10:00	Aqua Fit Dalia (P/SW)
10:30	Vinyasa Yoga 90min Vijya (2) Level 2/3
10:30	Zumba® Jeannette (1)
5:30	ContempFit BODY SCULPT Elaina (1)
6:00	Vinyasa Yoga 75min Drema (2) Level 1/2
6:30	Ride Norah (RC) <b>New!</b>
6:30	H.E.A.T. Shannon (1)
7:30	Vinyasa Yoga 60min Vanessa (2) Level 2

THURSDAY	
6:00	Vinyasa Yoga 60min Jon (2) Level 2/3
7:15	Ride Alex (RC)
7:15	Strength 45 Jon (1) <b>New!</b>
8:15	Ride Carrie (RC) <b>New!</b>
8:15	ContempFit DANCE CARDIO 50min Elaina (1) <b>New!</b>
8:30	Pilates Mat Paula (2)
9:15	ContempFit BODY SCULPT 60min Elaina (2)
9:15	Strength/Interval 50min Shannon (1)
9:15	Ride Donna (RC)
10:00	Aqua Fit Andi/Lorraine (P/SW) <b>New!</b>
10:15	Redefine Donna (1)
10:30	Yin Yoga 60min Jillian (2) Level 1/2/3
11:15	Pure Stretch Donna (1)
5:30	Zumba® Patty (1)
6:00	Pilates Mat Joanna (2) <b>New!</b>
6:30	Strength/Interval Cat (1) <b>New!</b>
7:00	Vinyasa Yoga 60min Ken(2) Level 2

FRIDAY	
5:30	H.E.A.T. Shannon (1)
8:15	Ride Lou (RC)
8:30	BeyondBARRE 50min Carrie (1)
9:00	Vinyasa Yoga 90min Vijya (2) Level 2/3
9:15	Rhythm Ride Erin (RC)
9:30	Hard Drive Caren (1)
10:00	Aqua Fit Dalia (P/SW)
10:30	Gentle Flow Yoga 60min Vijya (2) Level 1
10:30	Zumba® Cindy (1)
11:30	Tai Chi Catherine (2)
6:00	Kripalu Yoga 75min Michelle (2) Level 1

**1st Sunday  
Every Month**  
11:30 Yoga 101  
60min Cathy (2)

SATURDAY	
7:00	Strength 45 Paul (1) <b>New!</b>
8:00	Ride Joe (RC)
8:00	H.E.A.T. Shannon (1) <b>New!</b>
8:00	Gentle Flow Yoga 75min Ken (2) Level 1
9:00	KBOX 30/Strength 30 Dalia (1)
9:15	Ride Plus Lou/Alex (RC)
9:30	Vinyasa Yoga 60min Munire (2) Level 2
10:00	Aqua Running Kori/Diane (P/DW)
10:00	ContempFit BODY SCULPT Elaina (1)
10:30	Power Yoga 60min Janet (2) Level 2/3

SUNDAY	
8:00	H.E.A.T. Justin (1)
8:00	Pilates Plus 45min Kristine (2) <b>New!</b>
9:00	Ride Plus Dalia (RC)
9:00	Redefine Marilyn (1) <b>New!</b>
9:00	Vinyasa Yoga 90min Cathy R. (2) Level 2
10:00	Zumba® Aleta (1)
10:00	Aqua Fit Monique (P/DW)
10:30	Gentle Flow Yoga 60min Cathy (2) Level 1

## SYMBOL GUIDE

- (1) Studio 1
- (2) Studio 2
- (RC) Ride Center
- (P) Pool
- (DW) Deep Water
- (SW) Shallow Water
- AL All levels
- IA Intermediate/Advanced
- ADV Advanced
- Online Registration  
Visit [www.theatlanticclub.com](http://www.theatlanticclub.com)

Please check the back of the schedule for class descriptions and level.

Group Water classes with less than 8 people will utilize 1 lane only.



**RIDE (Indoor Cycle) SIGN UP**  
To Set Up Your ZingFit Account  
Go to: [bit.ly/taczingfit](http://bit.ly/taczingfit)  
Choose Sign Up

**TO BOOK A BIKE IN A RIDE CLASS**  
Go to: [theatlanticclub.zingfit.com](http://theatlanticclub.zingfit.com)  
Click on a Ride Class.  
Click on the icon again to reserve your bike.

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## CARDIO

**KICKBOXING** (60 min) A blast of cardio in a 60 minute kickboxing class. This choreographed sweat-inducing hi/low workout offers intervals of upper and lower body conditioning to heart pumping, and fun music.(AL)

**ZUMBA®** (60 min) A fusion of Latin and international rhythms with easy to follow moves for a one of a kind workout! A dance class that is a high calorie burning and body energizing experience. (AL)

## CARDIO/STRENGTH

**CONTEMPFIT BODY SCULPT** (60 min) CFS is a dynamic blend of dance and fitness exercises that challenge strength, agility, stability, coordination and endurance. This signature program includes a ballet/contemporary inspired warm-up followed by a gluteal sculpting, core strengthening, and arm toning workout. This class conditions the whole body and is guaranteed to produce results.(AL)

**CONTEMPFIT DANCE CARDIO** (50 min) A class that is sassy, jazzy and funky all at once! Join Elaina for her signature dance fitness class that includes cardio and toning exercises for the entire body. Be prepared to move, groove and most of all have fun!(AL)

**HARD DRIVE** (50 or 60 min) Challenging strength and endurance workout with continuous movement that keeps your heart elevated for a sweat drenched session. (ADV)

**HEAT** (45 or 60 min) Heat up your workout with this High Energy Athletic Training workout. This boot camp class will challenge the fitness enthusiast utilizing kettle bells, barbells, dumbbells and more! (ADV)

**KBOX 30/STRENGTH 30** (60 min) 60 minutes of sweat begins with a 30 minute bout of cardio kickboxing followed by 30 minutes of a pure strength workout.(AL)

**REDEFINE AMP'D** (60 min) A Total Body workout combining cardio and resistance training to help you achieve the ultimate fit body. (AL)

**STRENGTH/INTERVAL** (50 min) An intense cardio/strength interval class designed for maximum calorie burn. (IA)

## INDOOR CYCLING

**Members new to Ride classes must arrive at least 5 minutes before the start of class for proper bike set up.**

**RIDE** (45 min) Bring the Ride inside with our exhilarating indoor cycle program. (AL) ♥

**RIDE PLUS** (60 min) Spend a little more time in the saddle and burn some extra calories. (AL) ♥

**RHYTHM RIDE** (45 min) Full body workout on the bike! Sculpt, sweat and burn with light weights, push-ups and core work. (AL) ♥

♥ *MyZone Heart Rate Monitor Suggested.*

## PILATES/BARRE

**BEYONDBARRE** (45, 50 or 60 min) Bring it all together in our barre fusion class that combines the elements of classic barre, pilates, toning, lengthening and calorie burning exercises. Class format is constantly changing to keep the body guessing to achieve better results. (AL)

**PILATES MAT** (45 min) An internationally known fitness system created by Joseph Pilates focusing on core stability, balance and flexibility. (AL)

**PILATES PLUS** (60 min) A class inspired by the Pilates Method that includes complimenting total body toning exercises. (AL)

**TONEBARRE** (60 min) A barre class taken to next level using resistance bands to sculpt the entire body. Combining dynamic dance based moves with the extra challenge of the bootybarre cuff for deep muscle toning, enhanced flexibility, and core strength. (AL)

## STRENGTH

**MOVE, TONE, BALANCE** – A class for all ages. This fun workout will inspire you to keep moving to renew your strength and balance. (AL)

**REDEFINE** (60 min) A Total Body workout using various resistance props to help you achieve the ultimate fit body. (AL)

**STRENGTH 45** (45 min) This challenging and effective workout utilizes various resistance props to push you to your max. Strength 45 is a pure strength workout packed into 45 minutes of high energy! (AL)

## WATER

**AQUA FIT** (45 min) Specially designed resistance props and the water give an intense workout that's easy on the joints. (AL)

**AQUA RUNNING** (45 min) This ultimate cross training activity enhances running and swimming speed, strengthens every body part and assists in injury recovery. (AL)

## MIND/BODY

**GENTLE FLOW YOGA** (60 or 75 min) Revisit the basic principles in this reunion of mind and body. A practice of meditation in motion. This class will mindfully and slowly move you through simple postures.

**INTRO TO MEDITATION** (30 min) Open your heart and mind in this half hour meditation introduction. This class is open to anyone looking to reduce stress, build focus and to be present in the moment.

**KRIPALU YOGA** (60 or 75 min) A 3-stage yoga that emphasizes mind/body awareness through postures, pranayama (breath work) and meditation in a compassionate environment.

**KUNDALINI YOGA** (60 min) Develop strength, awareness, character and consciousness in this physical, mental and spiritual discipline.

**POWER YOGA** (60 min) Put some power into your yoga. This advanced fitness based yoga class will challenge you to bring your practice to the next level.

**PURE STRETCH** (45 min) Enhance your life & exercise routine by improving an important fitness component-flexibility. (AL)

**TAI CHI** (60 min) Tai Chi is the ancient Chinese art of slow graceful body movements and meditative exercises. Tai Chi promotes the body's own natural healing and restorative abilities. (AL)

**YIN YOGA** (75 min) Yin Yoga is a quiet and simple practice. This style of yoga works deeply into the body, targeting the connective tissues that normally are not exercised in a more active asana practice. The gentle but consistent stimulation encourages long-term health and flexibility of the joints, recharges the energetic system of the body, and naturally draws the mind inward into a relaxed, meditative state.

**VINYASA YOGA** (60, 75 or 90 min) A class that incorporates traditional poses with breath that flows seamlessly from beginning to end. De-stress while enhancing flexibility and calming your mind.

**YOGA 101** (60 min) For the true beginner yogi. This class will be the start of your yoga journey as you learn basic and simple poses, the importance of breath and proper alignment and commonly used terminology.

## YOGA LEVELS

- **Yoga 101:** For the true beginner yogi. This class will be the start of your yoga journey as you learn basic and simple poses, the importance of breath, proper alignment and commonly used terminology.
- **Level 1:** This class is performed at a slower pace to refine various postures and to perfect the breath. Participants should have prior yoga experience.
- **Level 1/2:** Ready to take the next step on advancing your practice. Slightly more advanced poses will be introduced in a flowing sequence.
- **Level 2:** Challenge yourself with more advanced poses in this intermediate level class.
- **Level 2/3:** Designed for intermediate/advanced practitioners. This class includes challenging poses and previous experience is required of all students.
- **Level 3:** Designed for the advanced practitioner and a high level of fitness. Students must have several years of intermediate yoga practice.

## CLASS ETTIQUETTE

- Be considerate of other Members' exercise space
- Keep conversation to a minimum
- Any use of cell phone is prohibited
- Appropriate athletic-wear is required
- Gym bags and purses should be stored in the locker rooms
- For your safety, athletic shoes only in the studios with the exception of Mind and Body classes
- No food in the studios at any time
- Junior Members ages 15 and up may participate in Group Fitness classes
- You must be accompanied by an instructor or trainer when exercising in the Yoga, Pilates and Ride studios.
- Please check class schedule to see which classes require a sign up
- For safety reasons, Members will not be permitted to enter a class already in progress

## ONLINE SIGN-UP

- Online sign up for bike reservations opens up at 8 pm for classes in the next 48 hours
- Confirmation e-mail is received.
- Members must arrive to class at least 5 minutes prior to claim their reserved bike
- All Members must sign-in at the entrance of the RIDE studio to confirm their attendance.
- When class is ready to begin, unclaimed bikes will be given away to any walk in's.
- All cancellations must be made online at least 60 minutes prior to start of class.
- No-Shows will be charge \$10.00 for non-cancellation.
- Members may use the iPad in the fitness room to register for class if they wish.
- Sign-ups at Ride Studio may occur 15 minutes prior to class if space is available.

Get news and updates!

