

The Atlantic Club Group Fitness Schedule

Effective: Dec. 11th, 2019

MONDAY		
5:30	The Ride Sue H. (RC)	
5:30	Advanced Training Joe (A)	
6:30	Vinyasa Yoga Jen (B) Level 2	
7:30	Interval Training Rich (A)	
8:00	Ripped Ride Kathy (RC)	
8:00	Aqua Max Barbora (IP)	
8:30	Zumba® Jane (B)	
9:00	Hard Drive Susie (A)	
9:30	Strong Step Kathy (B)	
9:30	The Ride* Wendy (RC)	
9:30	Aqua Fit Karen (IP)	
10:15	Vinyasa Yoga Mary S. (A) Level 3/4	
10:30	Core & More Kathy (B)	
10:30	Aqua Running Karen (IP)	
11:30	Gentle Flow Yoga Mary S. (B) Level 1	
12:00	Active Fit Kathy (A) Level 1	
4:30	Vinyasa Yoga Lisa (B) Level 2/3	
4:30	Body Pump Joe P (A)	
5:30	Boxing Skills & Drills 45min Rich (FB)	Location Change
5:45	Zumba® Sharon (A)	
6:00	Masters Swim Barbara (IP)	
6:30	Core 30 Lorraine (B)	
6:30	The Ride* Joe L. (RC)	
6:30	H.E.A.T. Monique. (G)	New Instructor
7:00	Redefine Lorraine (B)	
7:15	Vinyasa Yoga 60min Megan H. (A) Level 3/4	

TUESDAY		
5:30	20/20/20 Matt V. (A)	
6:00	Masters Swim Barbara (CP)	
7:30	The Ride Deb (RC)	
8:00	Pilates Mat Carol (B)	
8:00	Aqua Max Sue H. (IP)	
8:00	Body Pump Kathy (A)	
9:15	Interval Training Barbora (G)	
9:00	Body Pump* Kathy (A)	
9:00	Vinyasa Yoga 60min Megan H. (B) Level 2/3	
9:30	The Ride Stephen (RC)	
9:30	Aqua Fit Sue H. (IP)	
10:00	Tai Chi Cathy (A)	
10:00	LeBarre Kathy (B)	
11:00	Dancetone Margaret (B)	
11:30	Kripalu Yoga 90min Shawn (A) Level 2	
12:15	Active Fit Pat (B)	
4:30	Vinyasa Yoga 90min Carrie (B) Level 3/4	
4:30	Zumba® Toni (A)	Instructor/Time Change
5:30	Body Pump Karen (A)	
5:30	Aqua Running + Christine (IP)	
6:00	The Ride Wendy (RC)	
6:15	Pilates Mat Grace (B)	
6:30	Interval Training Lisa K (A)	
7:30	Gentle Flow Yoga 60min Grace (B) Level 1/2	

WEDNESDAY		
5:30	The Ride Joe (RC)	
5:30	Interval Training Kristen (A)	
5:30	Vinyasa Yoga 60min Lisa (B) Level 2	
7:30	Vinyasa Yoga 75min Carrie (B) Level 2/3	
7:30	Interval Training Deb A. (A)	
8:00	Aqua Tabata Karen (IP)	
8:00	The Ride Barbora (RC)	
9:00	Hard Drive Joe (A)	
9:15	Kickboxing Karen (B)	
9:30	Ripped Ride Kathy (RC)	
9:30	Aqua Fit Sue H. (IP)	
10:00	Interval Training Barbora (A)	
10:30	Vinyasa Yoga 75min Mary S. (B) Level 3/4	
10:30	Aqua Running Lisa C (IP)	
11:00	Flex 30 Lorraine (A)	
11:30	Gentle Flow Yoga 60min Penelope. (A) Level 1	
1:00	Cardio Drumming Lorraine (A)	
4:30	Interval Training Monique (A)	
5:00	Redefine Lorraine (B)	
5:30	Core 30 Lisa (A)	
6:00	Bosu Blast Susie (A)	
6:00	Masters Swim Barbara (IP)	
6:00	Ripped Ride Kathy/Joe P (RC)	
6:00	Vinyasa Yoga 75min Margo (B) Level 3/4	
7:00	Body Pump Joe P. (A)	

THURSDAY		
5:30	H.E.A.T. Tom (G)	
6:00	Masters Swim Barbara (CP)	
7:30	The Ride Karen (RC)	
7:30	Body Pump Joe P. (A)	
8:00	Vinyasa Yoga 60 min Margo (B) Level 2	
8:00	Aqua Max Lorraine (IP)	
9:00	Interval Training Lisa (B)	
9:15	Active Rhythm Margaret (A)	
9:30	The Ride* Pat (RC)	
9:30	H.E.A.T. Susie (G)	
9:30	Aqua Fit Lorraine (IP)	
10:00	La Blast™ Bernadette (B)	
10:30	Body Pump Mary (A)	
11:30	Restorative Yoga 90min Mary S. (B) Level 1/2	
12:00	Chair Yoga Penelope (A) Level 1	
1:15	Tai Chi Melinda (B)	Time Change
4:30	Vinyasa Yoga 90min Carrie (B) Level 3/4	
4:30	Interval Training Rich (A)	
5:30	Body Pump Joe P (A)	
5:30	Aqua Fit Diane (IP)	
6:00	The Ride Wendy (RC)	
6:15	Pilates Mat Lisa K. (B)	
6:30	La Blast Bernadette (A)	
7:30	Gentle Flow Yoga 60min Jill (B) Level 1	

FRIDAY		
5:30	The Ride Susie (RC)	
5:30	Med Ball Joe (A)	
6:30	Vinyasa Yoga 75min Jill (B) Level 2	
7:30	Interval Training Lisa K (A)	
8:00	The Ride Stephen (RC)	
8:00	Aqua Max Barbora (IP)	
8:30	Roll & Release Pat (B)	
8:30	Zumba® Kelly (A)	
8:45	Boxing Skills & Drills Rich (FB)	Location Change
9:00	Pilates Mat Pat (B)	
9:30	H.E.A.T. RT (G)	
9:30	Strong Step Kathy (A)	
9:30	Ripped Ride Karen (RC)	
9:30	Aqua Fit Diane (IP)	
10:00	Classic BARRE Kathy P. (B)	
10:30	Aqua Running Diane (IP)	
10:30	Core & More Kathy (A)	
11:00	Flex 30 Kathy P. (B)	
11:30	Kripalu Yoga 90min Shawn (B) Level 2	
11:45	Gentle Flow Yoga 60min Margo (A) Level 1	
12:00	Active Fit Kathy (G) Level 1	
4:30	Body Pump Megan (A)	
6:00	Masters Swim Barbara (IP)	
6:00	Vinyasa Corrine (B) Level 2/3	

SATURDAY		
7:00	Bosu Blast Susie (B)	
7:30	Masters Swim Barbara (IP)	
8:00	Body Pump Joe P (A)	
8:00	The Ride Barbora (RC)	
8:00	Yoga STRONG Louisa (B)	
8:30	Flex 30 Lorraine (AB)	
9:00	Aqua Tabata Christine (IP)	
9:00	Core 30 Lorraine (B)	
9:00	Zumba® Sharon (A)	New Instructor
9:15	The Ride Joe L. (RC)	
9:30	Redefine 45min Lorraine (B)	
10:00	Vinyasa Yoga 75 min Carrie (A) Level 2/3	
10:00	Aqua Tai Chi Lisa C (IP)	
10:15	Interval Training Christine (B)	
10:30	The Ride Susie (RC)	
11:15	Gentle Flow Yoga 90min Penelope (A) Level 1/2	

SUNDAY		
8:00	Pilates Mat *** Pat (B)	
8:00	The Ride Stefan (RC)	
8:00	Zumba® Toni G. (A)	
9:00	Aqua Challenge Diane (IP)	
9:00	Body Pump Megan (A)	
9:00	Interval Training Lisa (B)	
9:15	The Ride Wendy (RC)	
10:00	LaBlast Bernadette (A)	
10:15	Vinyasa Yoga 75min Corrine (B) Level 2/3	
10:30	Ripped Ride Joe P. (RC)	
11:15	Restorative Yoga 90min Penelope (A) Level	

SYMBOL GUIDE

- (A) Aerobic Room A
- (B) Aerobic Room B
- (RC) Ride Center adjacent to gym
- (IP) Indoor Pool
- (OP) Outdoor Pool
- (FB) Fieldhouse Box
- (OT) Outdoor Trail
- (G) Gym 2nd Floor
- (CP) Complex Pool
- (AB) Conf. Room A/B
- Hi Heat Yoga Class
- Online Registration
Visit www.theatlanticclub.com

Contact Info:

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***PILATES MAT:
4th Sunday of month-On Ball

zingfit.

RIDE (Indoor Cycle) SIGN UP

To Set Up Your ZingFit Account
Go to: bit.ly/taczingfit
Choose Sign Up

TO BOOK A BIKE IN A RIDE CLASS

Go to: theatlanticclub.zingfit.com
Click on a Ride Class.
Click on the icon again to reserve your bike.

Download our app for the latest class schedules and updates!

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CARDIO

ACTIVE RHYTHM (60 min) Fun choreography containing jazz, hip-hop & dance moves geared to both beginners & advanced. (AL)

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

LA BLAST™ (60 Min) An energizing dance fitness class blending the true skill of ballroom dance with the calorie blasting properties of interval fitness. This class keeps you engaged and entertained while learning the Tango, Rumba, Quickstep and more! (AL)

STRONG STEP (60 min) A high-energy low impact step workout w/ strength intervals. Burn calories & build strength. (IA)

WALKING WORKOUT (45 min) An outdoor fitness walking workout that will teach you how to work in your target heart range. Good for all ages and fitness levels! (AL)

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

INDOOR CYCLING

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

RIDE (60 min) Bring the Ride inside with our exhilarating indoor cycle program. Heart rate monitors strongly suggested. IA ♥

RIPPED RIDE (60 min) A full body workout, takes your ride to a new level by incorporating light weights to maximize caloric burn. AL ♥

CARDIO/STRENGTH

ACTIVE FIT (60 min) Stay active. Stay fit. A safe and effective cardio and strength class specifically designed to meet the needs of our mature exerciser. (AL)

ADVANCED TRAINING (60 min) This high energy class incorporates cardio & strength training. Includes sports conditioning exercises and calisthenics. (IA)

BOSU BLAST! (60 min): Balance, stability, core, cardio, toning... You name it, this class works it! BOSU training targets the whole body, works the core, and leaves you feeling great. Workout hard while having a BLAST! (AL)

BOXING SKILLS & DRILLS (45 min) A challenging athletic workout utilizing combination punching with heavy bags. BYO gloves. (AL)

CARDIO CORE (60 min) HITT training at its best with a focus on core strength (AL)

CORE & MORE (60 min) A total body strength class using the stability ball for core results. (AL)

DANCE & TONE (60 min) A gentle dance class which incorporates elements of strength and balance. (AL)

CARDIO DRUMMING (60 min) Golden Beats combines traditional aerobic movements with the powerful beat and rhythms of the drums on a stability ball. It is a workout for the entire mind, body, and spirit and can be modified for any fitness level. (AL)

HARD DRIVE (60 min) Challenging strength and endurance workout with continuous movement that keeps your heart rate elevated for a sweat drenched session (IA)

H.E.A.T (60 min) Heat up your workout with this High Energy Athletic Training workout. This boot camp class will challenge the fitness enthusiast utilizing trx, kettle bells, battle ropes and more! (IA)

INTERVAL TRAINING (60 min) A full body workout concentrating on cardiovascular conditioning, muscle strength, and flexibility. (AL)

MIND/BODY

FLEX 30 (30 min) A relaxing class designed to stretch all of the major muscles. (AL)

CHAIR YOGA (60 min) Take full advantage of yoga's amazing fitness and health potential without the mat. Improves balance with the use of light weights, as well as stimulating circulation. (AL)

GENTLE FLOW YOGA (60 & 90 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. (AL)

KRIPALU (90 min) A 3-stage yoga that emphasizes mind/body awareness through postures, pranayama (breath work) and meditation in a compassionate environment. (AL)

RESTORATIVE (90 min) This gentle approach to yoga will help you experience the sense of renewed energy and peace. Blocks and straps will help you ease into comfortable yoga positions. (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)

VINYASA (75 & 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. (AL)

YOGA STRONG (60 min) Meditative stretching with strengthening benefits. (AL)

STRENGTH

20/20/20 (60 min) High intensity concentrated workout! Lower Body 20 minutes, Upper Body 20 minutes, 20 minutes Core work. (IA)

BODY PUMP (60 min) The original barbell class to music, no step, no dancing. Pure strength training, real results, real fast. (AL)

CORE 30 (15 or 30 min) A concentrated workout specifically designed to strengthen and tighten the core. (AL)

MED BALL (60 min) A functional athletic strength workout utilizing the medicine ball and plyometric progressions (IA)

REDEFINE (45 or 60 min) A Total Body workout using various resistance props to help you achieve the ultimate fit body. (AL)

WATER CLASSES

AQUA CHALLENGE (60 min) This class will challenge you with strength and cardio drills in both deep and shallow water. (AL)

AQUA FIT (60 min) Specifically designed resistance props and the water give an intense workout that is easy on the joints. (AL)

AQUA MAX (45 min) An athletic workout in the deep water with a flotation belt. It includes intervals of running, walking, cycling, and sprinting. Great workout without impact! (IL)

AQUA TABATA (60 min) This class follows the principles of Tabata in the water. The 4 minute intervals consist of 20 seconds of intense work with a 10 second recovery. (AL)

AQUA TAI CHI (60 min) The gentlest of the water combined with the fluid and graceful movement of Tai Chi. (AL)

AQUA RUNNING (45 min) & PLUS (60 min) Water is a unique medium for improving your cardiovascular efficiency, toning your muscles and increasing your flexibility. (AL)

AQUA ZUMBA (60 min) Blends the Zumba philosophy with less impact on your joints and added water resistance for one pool party you shouldn't miss! (AL)

MASTERS SWIM (60 min) A challenging organized swim workout for the novice to advanced competitive swimmer. Swimmers can build on their skill and fitness level with a masters coach. Swimmer assigned lanes with similar abilities. (IA)

WATER CLASS RULES: During water classes, at least 2 lanes are available for lap swimming. Lane allocation will be determined 10 minutes after the start time of each class using this guideline:

- 3 lanes available for lap swimming with up to 17 participants in class. (up to 15 in Aqua Tai Chi)
- 4 lanes available for lap swimming with up to 9 participants in class.

PILATES/BARRE

CLASSIC BARRE (60 min) This total body workout fuses the elements of Ballet, Pilates and other muscle engaging exercises. Classic Barre brings you back to where it all started and will challenge all levels of fitness. (AL)

CHAIR PILATES (60 min) Take full advantage of Pilates' amazing fitness and health potential without the mat. Improves balance, strength, and breathing with the use of various props to improve core stability. (AL)

LEBARRE (60 min) Le Barre combines Balance, Agility, Resistance, and working Recovery. No muscle will go untouched in this full-body workout! (AL)

PILATES MAT (60 min) A series of mat exercises that improve strength, breathing, flexibility, and balance. Creates a long and lean body while keeping your powerhouse strong. (AL)

ROLL & RELEASE (30 min) Basic roller technique incorporating Pilate's stabilization and active muscle release. (AL)

CLASS ETIQUETTE

- Be considerate of other Members' exercise space
- Keep conversation to a minimum
- Cell phone use is prohibited
- Classes with 10 or less participants are subject to change
- 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 Ex classes
- You must be accompanied by an instructor or trainer when exercising in any of the 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

YOGA LEVELS

- **Level 1:** New to Yoga? This non-intimidating class is performed at a slower pace to introduce yoga terminology, postures and breath awareness. Experienced practitioners may use this class to revisit the basics.
- **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 advance 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.
- **[AL - All levels] [IA - Intermediate/Advanced]**