

# SEPTEMBER

# PULSEology FITNESS CLUB

## Group x (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

6:30 AM

7:30 AM

8:30 AM

9:30 AM

10:30 AM

11:30 AM



3:30 PM

4:30 PM

5:30 PM

6:00 PM

**LES MILLS  
BODYPUMP**  
(PAM)

**TABATA**  
(SHELLEY)

TOTAL BODY TONE  
(SHELLEY)

ZUMBA  
(ALMA)

SILVER SNEAKERS  
(CAROLINE)

1:00 PM- 3:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front desk for  
more info

ZUMBA  
(ELIZABETH)

**LES MILLS  
BODYPUMP**  
(BROOKE)

CORE & STRETCH  
(PAM)

KICKBOXING  
(JOY)

ZUMBA  
(PATRICIA)

SILVER SNEAKERS  
(CAROLINE)

1:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)

please see front  
desk for more info

BODY BLAST  
(JOY)

**LES MILLS  
BODYPUMP**  
(PAM)

**LES MILLS  
BODYPUMP**  
(TOVAH)

**TABATA**  
(JOY)

TONE & CRUNCH  
(JOY)

12:00 PM- 3:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

ZUMBA  
(ELIZABETH)

**LES MILLS  
BODYPUMP**  
(BROOKE)

**tone**  
(PAM)

CORE & STRETCH  
(SHEA)

**LES MILLS  
BODYCOMBAT**  
(TOVAH)

ZUMBA  
(PATRICIA)

12:00 PM- 5:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

SPIN & SCULPT  
55 MIN (ROTATION)  
**IN SPIN ROOM**

HIIT STRENGTH  
(BROOKE)

**LES MILLS  
BODYCOMBAT**  
(TOVAH)

**LES MILLS  
BODYPUMP**  
(PAM)

SILVER SNEAKERS  
(CAROLINE)

1:00 PM- 7:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

8:00 AM

BUILD & BURN  
(JOY)

9:00 AM

ZUMBA  
(KAREN)

10:00 AM

**LES MILLS  
BODYPUMP**  
(ROTATING - SEE APP)

11:00 AM- 4:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)  
please see front  
desk for more info

8:00 AM- 2:00 PM

**PICKLEBALL**  
(1 HR COURT  
TIMES  
AVAILABLE)

please see front  
desk for more info

# Group X (Studio 1) - CLASS DESCRIPTIONS

## **BODY BLAST CIRCUIT**

Body Blast is a cardio charged workout that is high energy and motivating! This is a high intensity interval training class that incorporates challenging cardio segments, resistance training, and intense core work using diverse fitness equipment to blast your body into shape fast.



BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.



BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

## **BUILD & BURN**

A HIIT class that uses barbells, plates, and body weight to hit all the muscle groups. Not only strengthening, but building lean muscles.

## **CORE STRETCH**

This class focuses on your entire core, including abdominals, glutes and torso muscles that provide foundational strength. This class is for all fitness levels and includes a 10+ minutes of full-body stretching.

## **HIIT STRENGTH**

High Intensity Interval Training using weights and body weight to work all muscle groups and get your heart rate into your highest zone, pushing your fitness to the next level.

## **KICKBOXING**

An action-packed workout that combines a series of punching and kicking combinations. This class improves strength, muscle tone, and endurance.



Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net



This class is designed for participants 65 years and over who will move through a variety of exercises to improve a range of motion that can be used to promote active daily living.

## **TABATA**

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds



LES MILLS TONE™ is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

## **TONE AND CRUNCH**

Ignite your workout by using weights, Body Bars, bands, balls etc. to tone, shape and sculpt your whole body with a core and stretch at the end.

## **TOTAL BODY TONE**

Kickstart your week off with this class that is designed for you to hit every muscle group using a variety of equipment. In Total Body Tone you will use anything from weights, bands, gliders, balls and the bench. Every class is different! This class will help you shed that excess fat while building strength and endurance. All levels welcome!



This fun, easy to follow format will introduce you to international dance moves and rhythms. These classes are taught by certified and licensed Zumba instructors. These routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

# SEPTEMBER



## (YOGA/SPIN) STUDIO 2

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

ESSENTIAL YOGA  
(AMY)

8:30 AM

STRETCH &  
RECOVER (30 MIN)  
(ALISON)

VINYASA FLOW  
(CAROLINE)

MAT PILATES  
(SHEA)

VINYASA FLOW  
(CAROLINE)

MAT PILATES  
(AMY)

LIVE CYCLE  
(KIM)

9:30 AM

LIVE CYCLE  
(BRETT)

BOOTYBARRE  
(LAURIE)

LIVE CYCLE  
(LAURIE)

BOOTYBARRE  
(JENN)

LIVE CYCLE  
(BRETT)

RESTORATIVE YOGA  
(ROTATING)

10:30 AM

5:30 PM

LIVE CYCLE  
(KIM)

SPIN & SCULPT  
55 MIN (ROTATION)

6:00 PM

FLOW & STRETCH  
(BENEDICTE)

SLOW FLOW  
RESTORATIVE  
(REBECCA)

# Studio 2 (YOGA/SPIN) - CLASS DESCRIPTIONS

## **BOOTYBARRE**

Fun, energetic, workout that fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

## **CORE & FLOW**

This class focuses on your entire core, including abdominals, glutes and torso muscles that provide foundational strength. This class is for all fitness levels and includes a 10+ minutes of full-body stretching.

## **ESSENTIAL YOGA**

In this class the basic, foundational yoga postures are practiced to align, strengthen and promote flexibility in the body. ... Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers

## **FLOW & STRETCH YOGA**

30 minutes of Vinyasa/flow/yang yoga, followed by 30 minutes of Yin Yoga. This class will wake up your whole body on all levels: Muscular, blood flow, Cardio with Vin followed by deep stretch of your muscles and joints with yin poses holding for longer periods of time. A good balance!

## **MAT PILATES**

Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core.

## **RESTORATIVE YOGA**

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

## **SPIN CYCLE**

This indoor cycling class is designed for all fitness levels. ... Classes focus on drills that build power and endurance on the bike and brief, high intensity, bursts that push past your anaerobic threshold to increase your cycling power.

## **SPIN & SCULPT**

Enjoy the best of both classes with a 35 minute indoor cycling class, followed by 20 minutes of Upper body & Core sculpting.

## **SLOW FLOW RESTORATIVE**

Imagine flowing through a customized yoga sequence that builds stamina while giving you a deep sense of peace and flexibility...even if your hips and shoulders need a little unwinding

## **STRETCH & RECOVERY (30 MINUTE)**

Enjoy 30 minutes of stretching to improve your performance, decrease risk of injuries, improve flexibility and increase muscle blood flow.

## **VINYASA FLOW**

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.