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Club Hours

Monday-Friday 5:00 am-11:00 pm
Saturday / Sunday 7:00 am-7:00pm

Daycare Hours

Monday - Friday
8:00 am - 2:00 pm / 2:30 pm - 8:30 pm
Saturday 8:00 am - 3:00 pm
Sunday 8:00 am - 1:00 pm

**Comments and suggestions regarding group fitness programs can be emailed to Barbara Mascialino at Barbaram@fitnessandwellness.org
To schedule a demo for Pilates Reformer please contact Pattie Sliwoski at Patties@fitnessandwellness.org**

Group Exercise Etiquette

- * Introduce yourself to the instructor if you are new to group exercise.
- * In order to prevent injury, **do not enter a class already in session , or leave before properly stretching and cooling down.**
- * Please refrain from talking during class as it is distracting to other students and your instructor.
- * All cell phones and pagers should be turned OFF during class.
- * All personal items should be placed in a locked locker in the locker room.

Class Attendance Policy

- * Classes will be cancelled due to lack of interest, when instructor trainings are scheduled, and in order to make room for new programs as needed.
- * On holidays a special class schedule may be posted.
- * The schedule may change due to an emergency.
- * There must be a minimum of 3 participants for a class to be held.
- * You must obtain a ticket at the front desk for all Cycle and Balance & Movement classes up to one hour prior to the beginning of class.

CLASS DESCRIPTIONS

Cardio/Aerobic Classes

Members must bring their own boxing gloves for Boxing and Boxing Bootcamp.

Aqua Arthritis Exercise: Arthritis Foundation aqua program-warm water therapy-great for anyone with any type of arthritis or going through rehab.

Ai Chi: Relaxation exercises combined using concepts of tai chi, shiatsu, and Qi Gong. Slow broad movements using the legs, arms and torso.

Special Populations . Classes open to all levels.

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Boxing Bootcamp: An intense combination of bootcamp drills and boxing.

Balance/Movement: Increase your balance and motor skills in a fun and motivating class.

Turbo Kick: Burn tons of calories doing cardio kickboxing and dance fusion set to jammin' music.

Arthritis exercise: Designed by the Arthritis Foundation, these gentle exercises are taught by trained instructors who will help you increase flexibility, mobility, and reduce stress on joints.

20/20/20: Combines cardio, toning and flexibility

Arthritis Tai Chi: The art of tai chi redesigned and modified especially for people suffering from arthritis. Focus on flexibility and mobility of the joints.

Cycle: Join certified instructors on state of the art bikes for a simulated bike ride using high energy music, monitoring heartrate through 5 energy zones. All levels welcome!

Pedal 'n Pump: Join this cycle/sculpting fusion class which has intervals of peddling and pumping!

Chair exercise: Strengthen all your muscles in this seated toning class.

CX30™/CXWORX™ : really hones in on the torso and the sling muscles which connect your upper and lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Mind Body

Body Shop 101: A basic cardio/toning class that works the whole body.

All intensity. No experience necessary except for "power" and "intermediate" classes.

Step N Sculpt: A high intensity step class with toning intervals.

Gentle Yoga: Enjoy the poses taught in a slower, more relaxed technique.

H.I.I.T.: High Intensity (cardio) Interval training.

Sculpt N Sweat: An awesome combination of cardio drills and toning.

Gentle Pilates: Pilates exercises at a slower pace with more modifications. Come away feeling stronger and longer.

Guts 'n Glory- Be prepared to leave it all on the floor! This high -intensity cardio-sculpting class uses high intensity moves and applied resistance. This is for the

Vinyasa Yoga: A full body workout promoting mental stability and concentration. Utilize breath work with asanas geared to generate heat in the body. Some experience needed.

Cardio/Dance Classes

Bokwa- an exciting new dance-aerobics class, fusing elements of dance, Capoeira, martial arts! It is easy and fun, based on the letters of the alphabet!

Power Yoga: "Experience preferred" Build stamina and mental focus. Experience the dynamic breathing and strong challenging pace building on traditional yoga postures. If you like to be

Sh'Bam: is the ultimate fun and sociable way to exercise. Each 45-minute SHΦAMI class is vibrant mix of the hottest music in town!

Hatha Yoga: Come away with a sense of well-being. This ancient form of movement promotes balance, flexibility, strength and relaxation.

Ballroom Dance: NO PARTNER NECESSARY! Learn to tango, fox trot, mambo and more. Ballroom 101 for beginners.

Feldenkrais: A comfortable, easy movement that improves posture, breathing, flexibility, coordination as well as improving chronic muscle pain and movement restrictions. For all levels and aptitude.

Zumba: A high energy featuring steps inspired by International- style dance.

Tai Chi: Discover harmony of the mind and body while performing graceful, fluid and well-balanced movements. Practiced for centuries in China for its effectiveness against arthritis.

Zumba Toning: Zumba using 1-2 lb. weights allowing a fusion of cardio and toning.

Body Flow: is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

Dance Body Blast: A jammin' dance class using contemporary music to hip hop with added Resistance Exercises!

Intermediate Pilates: A more advanced Pilates Mat class. * **Prior Pilates experience preferred.**

Belly Dancing: Move your body while learning isolation and traditional movements that targets and isolates areas of the body that rarely get attention.

Yogalates: Experience strength, flexibility and balance with a mind/body connection for a smokin' physique.

Body Jam™- An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

Muscle Deep: : It feels like a deep tissue massage but it is an exercise class! This class combines active stretching with deep muscle release, using different props!

Strength & Resistance

Drums for Wellness: Drum away on the balance balls as this class improves the synchronization of the brain's two hemispheres, associated with high amplitude alpha waves, possibly increasing feelings of well-being, with a sense of expanded mental powers and flowing creativity.

Body Pump- This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Beginning Pilates Mat: Learn the fundamental basic moves of Pilates Mat.

Warrior Workout: A comprehensive compilation of synergistic exercises, designed to target multiple muscle groups simultaneously!

Pilates Mat: Improve your posture while creating long, lean muscles as well as lines improving your core muscle strength. Including the ABS, back, glutes and inner thighs.

Fit Ball: Develop balance while toning and sculpting your entire body using the stability ball.

Guidelines for Group Fitness Classes:

Ultimate Upper Body: A quick 30 minute toning class that's all about the upper body!

1. Please arrive to class on time. Do not enter class that has been in progress for more than 5 minutes or if the instructor has not arrived. This is for your safety as well as the instructor's safety.

L.A.B.: A quick 30 minute toning class that's all about the legs, abs and buttocks!

2. Water bottles and towels recommended for all cycle classes.

Piloxing: A toning class with aspects of Boxing, Pilates and dance!

3. No cell phone use in the studios. If you need to answer a call, please step outside the studio to do so.

Burn 'n Firm- A mix of low impact Cardio and toning designed to melt away the extra layers!

4. All first time cyclists must arrive 10 minutes early to class for set up.

Think, Feel, and Move- a sculpting class specifically designed to tone your muscle and heighten your awareness of proper movement and alignment.

5. Hand stamps may be necessary for some classes. Hand stamps are required for all Boxing, Power, Chizzel it, Bootcamp, and Aqua Sculpt classes.

Body Combat- a fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

Body Attack- is the sports-inspired cardio workout for building strength and stamina. This high interval training class combines athletic, aerobic movements with strength and stabilization exercises!

6. Hand stamps may be obtained up to 1 hour prior to class.

Aqua

7. Boxing gloves are required for all Boxing, Boxing Bootcamp, and Cardio Box classes.

Aqua Zumba: The thrill of Zumba goes to the water!

Aqua Sculpt: Use noodles, weights, boards and your own resistance to burn fat and define muscles while in the warm water pool. Ideal for the recovering athlete or individuals of all abilities. Ability to swim not required.

8. Please place all personal belongings in lockers, not in studios.

Cool Cardio Conditioning: Mid . High intensity cardio and toning workout in the deep water.

H2O Blast: A high energy cardio workout that combines resistance training while you stay cool in the water.

Aqua Bootcamp : A fun, challenging class that incorporates cardio and strength in a circuit format.

9. Schedule may be changed on holidays.

10. Class schedule subject to change according to class participation.

11. Please, no gum chewing in class.