

CLASS DESCRIPTIONS

ABS & ARMS – Just enough time to get it in before or after you cycle. This class will define those abs & arms in no time.

ABS PLUS – Concentration on the core with a few extra exercises to provide a balance.

ADVANCED STEP (DOUBLE STEP) – Complex combinations for the very enthusiastic stepper. A fast-paced class which moves through various types of step choreography. Step speeds are in excess of 130 bpm. Incorporates two steps in front and behind for a serious action-packed hour!

- **STEP EXPRESS:** All the intensity in 45 minutes

BODY DEFINITION - An intense conditioning class which exercises several muscle groups together using tubing, body bars and more.

CARDIO BOOT CAMP – A fusion of high energy movements combined with intervals of core/weight work

CARDIO COMBAT – A non-stop, multi-intensity class. Includes skills and drills to enhance muscular endurance and strength, using bags, ropes, weights, balls—anything!

CARDIO KICKBOX – Fundamentals of boxing, circuit training, martial arts and aerobic moves that focus on strength, power, speed, balance and endurance.

- **EXTREME CARDIO KICKBOX** – an extra 15 minutes for a more intense challenge.

CARDIO SCULPT – An intense aerobic conditioning class using different equipment or techniques combined with body strengthening activities.

CARDIO MIX – This class allows you to experience strength and cardio exercise in an exciting format.

CARDIO TO THE CORE – This class works on strength, conditioning, agility and balance as well as overall fitness. We will concentrate on strengthening the 'core' (abs and lower back) while providing a full body workout, utilizing Smart Bells®, Step and Body Bar.

CYCLE – A class for all ages and fitness levels that uses a unique stationary bike in a "group" environment and incorporates heart rate training techniques. Heart rate monitors are advisable, but not mandatory.

DANCE THROUGH THE DECADES – A once-a-month treat of dance and dance instruction.

EXTREME RIDE – A high-intensity cycling workout designed to keep your heart rate intense.

HULA & BOOT - An exciting way to amp up your workout; cardio and core all wrapped up in one. Uses hula hoops and weights for a great interval workout.

"PILATES" – Exercises based on the teachings of Joseph Pilates. These are a series of stretching and strengthening exercises which develop abdominal and back strength, help alignment and increase flexibility.

PILATES SCULPT – Incorporates light weights to really 'rev' up your workout.

SCULPT EXPRESS – A 45-minute workout using varied equipment to tone and strengthen the entire body.

STRETCH & SCULPT – This class will lengthen and strengthen major muscle groups.

TROPICAL YOGA - In the cold of winter step into the warmth of this dynamic and vigorous 80 degree tropical yoga class. The many benefits of this class include strength, detoxification, mental and physical balance, flexibility, and stamina. Prepare to sweat, be challenged and stretch the limits of mind and body.

YOGA – Yoga uses breathing to release tension and improve awareness. Slow postures and upbeat movement work on strength, flexibility, balance and relaxation.

- **COGA** - An athletic-based yoga class. Come to sweat.
- **IYENGAR YOGA** is a profound, intelligent and transformative approach, appropriate for all. The focus is on alignment, precision and integrity of poses.
- **KRIPALU YOGA** is a dynamic, yet gentle yoga. Posture and breathing both help touch the peace and tranquility that lies within you. Continuous flow of postures guide you to an awareness of body, mind and spirit.
- **OPEN YOGA** – Yoga for all comfort levels. Focus on posture and breathing. Enjoy!
- **POWER VINYASA YOGA** is a higher endurance, body resistance Yoga, linking one movement to the next.
- **RELAX & UNWIND** - The name says it all... tough day... come on in and relax and unwind
- **SLOW FLOW YOGA** – A slower-paced Vinyasa class incorporating creative sequencing that links breath to movement with attention to alignment and form
- **VINYASA FLOW** - a dynamic form of yoga that sculpts and tones every muscle in the body by linking one movement into the next.
- **YOGA-LATES** – This class incorporates Yoga and Pilates methods to encourage strength and balance.

YOGA BOOT CAMP – This class combines the classic with a little something extra to maximize your body's potential and health.

YOGA SCULPT – This class combines the essentials of mind/body energizing yoga class with the challenge of a sculpt class. Light equipment may be used.

ZUMBA - A fusion of Latin and International dance music creates a dynamic, exciting, and effective fitness class. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. You DO NOT have to know how to dance— just come and have fat-blasting fun!

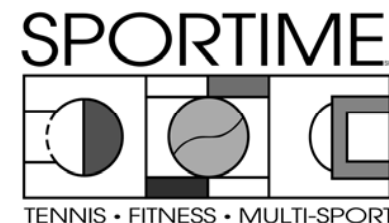
CLASS POLICIES

Safety Tips & Suggestions:

1. Advise the instructor if you have any specific medical and/or orthopedic problems.
2. If you are a beginner and need extra help learning step moves make an appointment with the Group Exercise Director.
3. If you cannot follow a class, it is advisable to move to the back of the room so as not to disrupt other members in class.
4. If you have any questions or suggestions, please see the Group Exercise Director.
5. **Bikes** are on a first-come, first-served basis. Please be considerate of others and select a bike for yourself only. Riders must be present to select their own bikes.



GROUP EXERCISE SCHEDULE



Syosset Fitness
& Racquetball

10 Gordon Drive
516.496.3100

www.SportimeNY.com

Participating
IHRSA Facility

AUGUST 2011

Effective Monday, Aug. 1st
through Weds., Aug. 31st

Sportimesm...
Fitness for Real Life

start	MONDAY	Instructor	Studio
7:00 am	Stretch & Sculpt	Danielle	Main
8:00	45-Minute Cycle	Caren	Spin
8:30	Body Definition	Laurie	Main
9:15	Cycle	Caren	Spin
9:30	Kickbox Extreme	Laurie	Main
9:30	Yoga	Adrienne	M/B
10:45	Zumba	Claire	Main
11:15	Pilates	Gail	M/B
12:15 pm	Lunchtime Yoga (Power Vinyasa)	Michele M	M/B
4:30	Zumba	Jaime	Main
5:30	Pilates Sculpt	Victoria	Main
6:30	Yoga	Anita	M/B
6:30	Body Definition	Marie	Main
7:30	Cycle (45 minutes)	Marie	Spin
TUESDAY			
6:45 am	45-minute Sunrise Cycle	Marie	Spin
7:30	Abs & Arms (30 minutes)	Marie	Main
8:15	Cycle (45 minutes)	Lisa	Spin
8:30	Body Definition	Cari	Main
9:30	Cycle	Lisa	Spin
9:30	Double Step	Cari	Main
9:30	Pilates	Michele M	M/B
10:30	Hula Hoop Express	Maureen	Main
11:00	Zumba	Michele	Main
12:00 pm	Vinyasa Flow	Lisa F	M/B
5:00	Express Sculpt (45 mins) (new time)	Ilene	M/B
6:00	Cardio Combat (45 minutes)	Nicole	Main
6:45	Abs Plus (30 minutes)	Nicole	Main
7:30	Vinyasa Flow	Cindy	M/B
8:30	Yoga for Athletes	Cindy	M/B

start	WEDNESDAY	Instructor	Studio
6:45 am	Cardio Sculpt	Laurie	Main
8:00	Pilates	Marissa	M/B
8:30	Cycle	Grainne	Spin
8:45	Body Definition	Tiffany	Main
9:45	Zumba	Claire	Main
12:15 pm	Slow Flow Yoga	Elyce N	M/B
5:00	Pilates/Sculpt (45 minutes) new class; new time	Victoria	Main
5:45	Boot Camp (45 minutes)	Nancy	Main
6:30	Abs Plus (30 minutes)	Nancy	Main
6:45	Relax and Unwind Yoga (No class in July; resumes 8/17/11)	Anita	M/B
7:30	Cycle	Marie	Spin
THURSDAY			
6:45 am	Extreme Ride	Pam	Spin
8:00	Core Yoga	Cindy	M/B
8:15	Cycle (45 minutes)	Lisa	Spin
8:30	Body Definition	Joyce	Main
9:30	Cycle	Lisa	Spin
9:30	Pilates	Marissa	M/B
9:40	Cardio Combat	Laurie	Main
10:30	Hula Hoop Express	Maureen	Main
11:00	Zumba	Liz	Main
4:30 pm	Tropical Yoga	Christine	M/B
6:15	Step Express (45 minutes)	Nancy	Main
7:00	Body Sculpt (45 minutes)	Nancy	Main
7:00	Candlelight Yoga & Meditation	Lisa F	M/B
8:00	<i>Dance Through the Decades (suspended for the summer - watch for return date)</i>	<i>Liz M.</i>	<i>Main</i>

time	FRIDAY	Instructor	Studio
6:45 am	Cycle (45 min)	Grainne	Spin
7:00	Pilates	Emma	M/B
7:30	Abs and Arms (30 min)	Grainne	Main
8:15	Cycle	Grainne	Main
8:45	Hula and Boot (45 minutes)	Maureen	Main
9:30	Vinyasa Flow	Christine	M/B
9:30	Cardio Boot Camp	Laurie	Main
10:45	Zumba (new time)	Marsha	Main
SATURDAY			
8:00 am	Kickboxing Extreme	Pam/Alison/Tiffany	Main
8:00	Cycle	Bob/Marie	Spin
9:30	Advanced Step	Nancy	Main
9:30	Kripalu Yoga	Lorili	M/B
10:45	Body Definition	Nancy	Main
SUNDAY			
8:15 am	Cycle	Lisa/Grainne	Spin
8:30	Zumba (additional instructor)	Debbie/Jamie Farino	Main
9:15	Yoga	Anita	M/B
9:30	Cycle	Lisa/Grainne	Spin
9:30	Body Definition	Ilene/Robin	Main
10:30	Iyengar Yoga (1 hour)	Theresa	M/B

Group Exercise Schedule

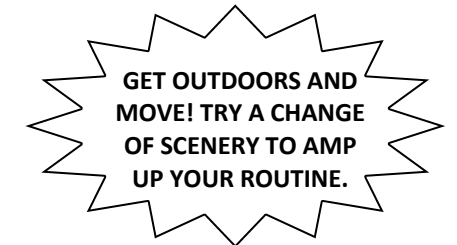
AUGUST 2011 (8/1 - 8/31)

THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

TYPE THAT IS **BOLD**ED INDICATES SOMETHING IS NEW - THE TIME, THE CLASS, THE INSTRUCTOR....

CLASSES *HIGHLIGHTED, IN ITALICS* AND IN **BOLD** TYPE ARE ONES CAN BE ATTENDED BY FAMILY MEMBERS AGES 12-14 IF ACCOMPANIED BY PARENT MEMBER.

BOXED LISTINGS ARE COMPLIMENTARY CLASSES AVAILABLE TO SPORTIME TENNIS & SPORTS MEMBERS.



CLUB HOURS	
MONDAY-THURSDAY	5:30 am – 11:00 pm
FRIDAY	5:30 am – 8:00 pm
SATURDAY	7:00 am – 6:00 pm
SUNDAY	7:00 am – 6:00 pm

NURSERY HOURS	
Minimum age: 3 months. Reservation required 24 hours in advance for 3-to-12-month-old children.	
Monday through Friday	8:15 am – 12:30 pm
Monday	4:30 pm – 7:30 pm.
Tuesday & Thursday	4:00 pm – 7:30 pm
Wednesday	4:30 pm - 7:00 pm
Saturday	8:00 am – 12:30 pm
Sunday	8:30 am – 12:30 pm

STUDIOS	MAIN: Step, Body Sculpt, Kick-box, Dance
	SPIN: Spin
	MIND/BODY: Yoga, Pilates

DANCE THRU THE DECADES
Suspended for the summer. Watch this space for info on when class resumes.