

CLASS DESCRIPTION

SPINNING

High intensity Cardio workout endurance work at its finest.

YOGA SPIN

Yoga Spin is a combination class format that trains your heart and strengthens your lower body with a Spinning ride, and then stretches your hard-worked muscles with yoga asanas.

BASIC AEROBICS

Aerobic movements for endurance and muscle tone.

CARDIO COMBO

A cardiovascular workout that includes various combinations of step, hi/low and cardio kickboxing techniques

CIRCUIT TRAINING

Strength exercises based around body maintenance and weight loss principles.

Group X 101

Variety of group ex favorites such as cardio conditioning, strength training, Pilates, core training and more.

YOGA

Basic Postures and Breathing Technique as well as alignment and flexibility work.

GENTLE YOGA

Basic Postures and Breathing Technique as well as alignment and flexibility work.

ZUMBA®

Latin International Dance & Exercise Class. No experience needed—just come and join the fun!

HIGH PERFORMANCE TRAINING

Train your body for the rigors of the court. Increase your strength, balance, and coordination.

CLASS DESCRIPTION

BALLET BARRE

An hour long group fitness class, that aims to sculpt muscles by combining Pilates, ballet, and traditional calisthenics. The class is fast paced and uses a combination of dumbbell and isometric.

SILVERSNEAKERS®MUSCULARSTRENGTH

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

SILVERSNEAKERS®CARDIOFIT

Get Up & Go with aerobic class for you - safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

BODY SCULPTING

Combination of free weights and resistance machines. Low impact cardio will be incorporated between one exercise and another. Core training and finally stretching! Beginners are welcome.

BOOT CAMP

Attennnn-tion! Train with military intensity and get in shape. Try a variety of exercises using free weights, resistance machines, and body weight. Cool down with a good stretch. All levels are welcome.

EXPRESS CORE

Sculpt your entire body and burn calories with basic dance steps. Light weights and core training for strength. The class ends with special stretching techniques for increased flexibility. Beginner to intermediate levels.

2011-2012

WINTER
GROUP
FITNESS
schedule

December 5, 2011

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March 18, 2012

SPORTIME Schenectady

2699 Curry Road
Schenectady, NY 12303

Phone: 518-356-0100
Fax: 518-356-4797

E-mail: memberships@sportimetfm.com
www.SportimeNY.com



CLASSES

MONDAYS


Silver Sneakers@CardioFit

09:00 am—10:00 am TBA


Body Sculpting

 09:30 am —10:30 am Morgana

Express Core

 10:30 am—11:30 am Morgana

Boot Camp Beginner

 01:00 pm —02:00 pm Morgana

Spinning

05:30 pm—06:30 pm Phil

Cardio Combo

05:30 pm—06:30 pm Morgana

High Performance Training—Juniors

06:30 pm—07:30 pm Juliano

TUESDAYS


Spinning

06:00 am—07:00 am Marilyn

Silver Sneakers@Muscular Strength

09:00 am—10:00 am TBA

Boot Camp Advanced

 12:00 pm —01:00 pm Morgana

Spinning

06:00 pm—07:00 pm Nicki

Basic Aerobics

06:30 pm—07:30 pm Morgana


CLASSES

WEDNESDAYS

Silver Sneakers@CardioFit

09:00 am—10:00 am TBA

Express Core

 10:30 am—11:30 am Morgana

Body Sculpting

 04:00 pm —05:00 pm Morgana

Zumba

05:30 pm—06:30 pm Laurie

Spinning

06:00 pm—07:00 pm Nicki

High Performance Training—Family


 06:30 pm—07:30 pm Juliano

THURSDAYS

Silver Sneakers@MuscularStrength

09:15 am—10:15 am TBA

Boot Camp Advanced

 12:00 pm —01:00 pm Morgana

High Performance Training—Adults

05:30 pm—06:30 pm Juliano

Spinning

05:45 pm—06:45 pm Marilyn

Yoga

06:30 pm—07:30 pm Karen

FREE Classes

FREE Classes - reservation required—
\$10 no show fee or 1 hr cancellation notice.

 FEE applicable

CLASSES

FRIDAYS

Spinning

09:15 am—10:15 am Nicki

Body Sculpting

09:30 am—10:30 am Morgana

Gentle Yoga

10:30 am—11:30 am Karen

Body Sculpting

12:00 pm—01:00 pm Morgana

Group X101

06:00 pm—07:00 pm Morgana

SATURDAYS

Spinning

08:30 am—09:30 am Marilyn

Zumba

08:30 am—09:30 am Laurie

Circuit Training

09:30 am—10:30 am Morgana

Ballet Barre

10:45 am—11:45 am Karen

SUNDAYS

Yoga Spin

08:30 am—09:45 am Marilyn