

## 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 are in need of Pre/Post-Natal instruction call the Group Exercise Director.
4. 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.
5. If you have any questions or suggestions, see the Group Exercise Director.

## CLASS DESCRIPTIONS

**ABSOLUTE FITNESS<sup>sm</sup>** – Susie Raz is back in town! Join Susie in her trademarked class for a total body workout. She will challenge your cardiovascular system by using the step; weight training will strengthen muscles and bones; and you'll finish with a mini-gymnastic routine to improve balance and flexibility. The choreography is simple. Don't miss this!

**BODY SCULPT** – A full body weight conditioning workout using dumbbells and other equipment to tone and strengthen the entire body. Define lines and lean muscle mass come forward with this class. All levels are welcome.

**BOOTY CAMP** – Combine sculpting exercises and cardiovascular movements for an intense workout. Work your booty and burn fat!

**CARDIO MIX** – For the 'cardio junkie'! Enjoy step, low impact, kick-box and more. Burn fat and have fun.

**CARDIO CORE** – Combine fat-burning activity with relaxing stretching and this is what you get. Thirty minutes of easy to follow, low impact moves followed by 30 minutes of relaxing exercises that focus on increasing flexibility. All levels welcome.

**CARDIO MOVES** – A choreographed, low-impact dance style class designed to burn fat while having maximum fun! This class will keep you movin', grooving' and coming back for more.

**CARDIO SCULPT** – A total body workout: 30 minutes of cardio and 30 minutes of sculpting. Burn fat and tone muscle in 60 minutes!

**CORE FITNESS** – Strengthen your core, tone your muscles and increase your flexibility in Debbie's fusion of Pilates, body sculpt and stretch.

**CORE SCULPT** – Take core training to the next level by incorporating high-energy dynamic movements. The workout will challenge every muscle in your "power center" while simultaneously improving muscle tone

and cardiovascular fitness.

**KARDIO KICK** – Fundamentals of boxing, circuit training, martial arts and low impact moves that focus on strength, power, speed, balance and endurance. Burn fat and get lean! All levels are welcome.

**M W T (MOVING WITH THE TIMES)** – A class designed to work out your body by opening it up through aerobics, joint exercise, flexibility-improving stretches, tightness and pain release techniques and relaxation/meditation techniques that will help to center your body.

**MUSCLE MAT** – Combine sculpting with Pilates for an intense toning workout. This class will define and tone your body while strengthening your 'core' for the perfect balance. All Levels.

**PLYO SCULPT** – Jayne has incorporated Plyometric Training into her sculpting class. These are exercises in which muscles are repeatedly and rapidly used. Improve muscle power, prevent injury and look great!

**POWER HALF-HOUR** - Enjoy 30 minutes of Patrick's choice: low-impact, step or a powerful sculpt class. Either way, time will not be wasted! You will be working hard and enjoying every minute!

**PUMP** – A serious, total body weight conditioning class that will help to define lines, tone muscle and build strength, utilizing body bars, dumbbells and other equipment. Power Pump is 60 minutes. Pump is 45 minutes.

**SPIN** – A class for all ages and fitness levels that uses a unique stationary bike in a "group" environment. Spin classes focus on cardiovascular conditioning and fat burning.

**SPIN EXPRESS** – This is the expressway to fat burn... 45 minutes of intense riding. Intermediate to advanced.

**STEP** – Fat burning cardio activity utilizing a stepping platform to perform moves to music. Intermediate to Advanced.

**YOGA** – This challenging Vinyasa-based yoga class uses breathing to release tension and improve awareness. Flow from one position to the next while working on strength, flexibility, balance and relaxation. Yoga is for all levels and Power Yoga Sweatshop is for intermediate to advanced level participants.

**IRON YOGA** – This class offers the benefits of yoga while utilizing light weight dumbbells to increase muscular strength and endurance. Improve your muscle tone and flexibility with this challenging class.

**ZUMBA** - A fusion of Latin and International music-dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness intervals.

# GROUP EXERCISE SCHEDULE



Quogue

2571 Quogue-Riverhead Rd.  
Route 104  
in East Quogue

631.653.6767

[www.SportimeNY.com](http://www.SportimeNY.com)

Participating  
IHRSA Facility

**FEBRUARY 2012**

Effective Feb. 1 - Mar. 3

Sportime<sup>sm</sup>...Fitness for Real Life

# Group Exercise Schedule - Quogue

Effective February 1 - March 3, 2012

start	end	MONDAY	instructor
6:00 am	6:45 am	Spin Express .....	Roland
7:00 am	8:00 am	Yoga .....	Tina
8:00 am	9:00 am	Body Sculpt .....	Jayne
8:15 am	9:15 am	M W T (in multi-sport) .....	Sean
9:00 am	10:00 am	Spin .....	Melissa
9:00 am	10:00 am	Step .....	Jayne
10:00 am	11:15 am	Yoga.....	Peter
5:30 pm	6:30 pm	Cardio Mix .....	MaryBeth
6:00 pm	7:00 pm	Spin .....	Roland
6:30 pm	7:30 pm	Body Sculpt .....	MaryBeth

TUESDAY			
8:00 am	9:00 am	Cardio Core .....	Jayne
9:00 am	10:00 am	Spin .....	Joan
9:15 am	10:00 am	Kardio Kick .....	Debbie
10:15 am	11:00 am	Pump .....	Deb/ Rachel
5:00 pm	6:00 pm	Cardio Mix .....	Patrick
6:00 pm	7:00 pm	Zumba .....	Kim

WEDNESDAY			
6:00 am	6:45 am	Spin Express .....	Roland
7:00 am	8:00 am	Yoga .....	Tina
8:00 am	9:00 am	Body Sculpt .....	Francie
9:00 am	10:00 am	Spin .....	Melissa
9:10 am	10:00 am	Core Fitness .....	Debbie
10:00 am	11:00 am	Cardio Mix.....	MaryBeth
11:00 am	12:00 pm	Yoga .....	Carol
6:30pm	7:30pm	Yoga .....	Peter
6:30 pm	7:30 pm	Spin .....	Oscar

start	end	THURSDAY	instructor
7:00 am	7:45 am	Zumba Gold .....	Max
8:00 am	9:00 am	Cardio Core .....	Jayne
9:00 am	10:00am	Spin .....	TBA
9:15am	10:15am	Booty Camp .....	MaryBeth
10:15am	11:00am	Muscle Mat (Pilates) .....	MaryBeth
5:30 pm	6:30 pm	Body Sculpt .....	Oscar
6:30 pm	7:30 pm	Spin .....	Roland

FRIDAY			
6:00 am	6:45 am	Spin Express .....	Roland
8:00 am	9:00 am	Iron Yoga .....	Tina
9:00 am	10:00am	Spin.....	Joan
9:00 am	10:00am	Step .....	Debbie
10:00 am	11:00am	Plyo Sculpt .....	Jayne
11:00 am	12:00 pm	Yoga .....	Amy Hess

SATURDAY			
7:30 am	8:30 am	Yoga .....	Tina
8:30 am	9:30 am	Spin .....	Joan
9:00 am	10:00 am	Cardio Mix .....	Rachel
10:00 am	11:00am	Kettle Bell Sculpt .....	Aimee
11:30 am	12:30 pm	Moving With The Times .....	Sean

SUNDAY			
9:00am	10:00am	Muscle Mat (Pilates) .....	Tara
9:00am	10:00am	Spin .....	Melissa
10:00am	11:00am	Absolute Fitness™ .....	Susie Raz

Classes shown with boxes around them are **complimentary** classes available to SPORTIME Tennis & Sports members.

This schedule is subject to change without notice. For daily updates, please call 631.653.6767 ext 13

REGULAR CLUB HOURS	
Monday through Friday	4:00 a.m. – 10:00 p.m.
Saturday and Sunday	7:00 a.m. – 9:00 p.m.

NURSERY HOURS	
Monday through Sunday	8:00 am - 12:00 pm
Monday through Thursday	5:00 pm - 8:00 pm
Nursery hours are subject to change. Please call ahead to confirm.	

**LOSE-IT  
AT SPORTIME**

**GIVE US 8 WEEKS AND WE'LL  
GIVE YOU A NEW YOU**

**PROGRAM BEGINS FEB. 6TH  
SEE A TRAINER FOR DETAILS**

