

CLASS DESCRIPTIONS

ALL HILLS / ABS: Cycle Interval 10-minute hills focusing on resistance and speed.

BODY BALL SCULPT A full body workout using variations of exercise working with the stability ball, weights and tubing. All levels welcome.

BODY PHYSIQUE Tighten and tone your body through the use of light weights along with short intervals of cardiovascular exercise.

CARDIO KICK BOXING A fast-paced, high energy cardio kickboxing/boxing workout that incorporates working core muscles.

CYCLE A stimulating workout that utilizes an adjustable, stationary bicycle that takes riders up hills, around bends, and travels the "flats" to music and guided imagery.

CYCLE-OLOGY A very effective cardio workout using resistance and speed intervals on the bike, in a fun and hard-working 50-minute class.

CYCLE INTERVAL A cycling class, focusing on the heart rate – taking heart rate to the max and back down - and adding a combination of weights for the upper and lower body.

LEAN AND MEAN Full body strength and endurance training utilizing light and heavy weights alternately

MILITARY ABS - Intense core strengthening and conditioning using weights along with your own body strength

PILATES ESSENTIALS Combining a classical and contemporary approach, this class will enhance body flexibility strength and poise.

POWER LIFT Keep your heart rate at a fat-burning intensity while incorporating weights during the high-energy cardio workout.

POWER PUMP Interval strength training from one muscle group to another, incorporating anaerobic conditioning

PRESEASON This high-intensity class will include running, sprints, sit-ups, push-ups, lunges, etc. A bottle of water is highly recommended.

PURE POWER BOOTCAMP uses reps and weights to keep your heart rate up and to burn fat. You'll be pushed like you have never been pushed before.

ROCK SOLID Working all muscle groups with a variety of strengthening and conditioning exercises. Bursts of cardio will be added to increase your workout.

SUPER STEP AND SCULPT A high energy workout on the step along with intense body sculpting.

(TBC) TOTAL BODY CONDITIONING Head to toe total body workout.

TIGHTEN AND TONE This class will target and tone all muscle groups, including your abdominals, using a variety of weights and equipment

TREADMILL SHREDDING Intense cardio workout utilizing the incline and MPH on the treadmill.

WAKE UP Put your body through a challenge with total body cross training, lifting and conditioning.

YAMUNA BODY ROLLING uses specially designed balls in specific routines to combine the release of massage with the strengthening and toning of exercise, providing an effortless workout and a deep stretch.

YOGA

YOGA FLOW: Increase strength, flexibility and muscle tone in this class designed to bring balance to the body and mind while actively moving through a sequential flow of postures, coupled with breath work and meditation for a complete mind-body experience.

VINYASA FLOW WITH MEDITATION: Experience this yoga practice designed to build heat and open the body's energetic channels. Your practice will finish with a seated meditation.

YOGALATES: A combination of a series of yoga poses along with a Pilates core workout. Be prepared to strengthen and lengthen your entire body through these workouts.

ZUMBA Dance mixed with an interval aerobic workout.



GROUP EXERCISE SCHEDULE



Lynbrook

175 Merrick Road
516/887-1330

www.SportimeNY.com

Participating
IHRSA Facility

FEBRUARY 2012

(Effective Weds. Feb. 1st)

Lynbrook Group Exercise Schedule

FEBRUARY 2012 (Effective Wednesday, Feb. 1st)

start	end	MONDAY	Instructor
6:00 am	6:50 am	Wake Up With M	Mary
8:00 am	8:50 am	Cycle Interval **.....	Meryl
9:00 am	9:50 am	Treadmill Shredding **	Mary
10:00 am	10:50 am	Zumba	Jamielee
4:00 pm	4:50 am	*Teenybop Hip Hop	Teresa
5:00 pm	6:00 pm	*Citidance I	Teresa
6:00 pm	6:50 pm	Cycle**	Meryl
7:00 pm	7:50 pm	Super Step and Sculpt	Toni
7:00 pm	8:00 pm	Preseason (on turf field)	Dani
8:00 pm	8:50 pm	Lean and Mean	Janet

TUESDAY			
6:00 am	6:50 am	Cycle** /Abs.....	Myra
9:00 am	9:50 am	Cycle **	Lori
10:00 am	10:50 am	Power Lift	Meryl
12:00 pm	12:50 pm	*Broadway Babes	Teresa
4:30 pm	5:20 pm	*Teenybop Hip Hop	Katie
6:00 pm	6:50 pm	Pure Power Boot Camp	Stacy
7:00 pm	7:50 pm	Military Abs	Stacy
8:00 pm	9:30 pm	Vinyasa Flow (with meditation)	Stacey

WEDNESDAY			
6:00 am	6:50 am	Total Body Conditioning	Mary
8:15 am	9:20 am	All Hills** / Abs	Mary
9:30 am	10:25 am	Tighten and Tone	Tricia
4:00 pm	4:50 pm	*Kinder Combo	Teresa
5:00 pm	5:50 pm	*Teenybop Hip Hop	Teresa
6:00 pm	6:50 pm	Yamuna Body Rolling	Bobbi
7:00 pm	7:50 pm	Cycle-ology **	Cathy
8:00 pm	8:50 pm	Rock Solid	Cathy

start	end	THURSDAY	Instructor
6:00 am	6:50 am	Cycle**	Myra
8:15 am	8:55 am	Pilates	Mary
9:00 am	9:50 am	Interval Cycle **	Margaret
9:00 am	10:00 am	Preseason (on turf field)	Dani
10:00 am	10:50 am	Power Pump	Margaret
5:00 pm	6:00 pm	*Citidance II	Katie
6:00 pm	6:50 pm	Cycle Interval**	Meryl
7:00 pm	7:50 pm	Zumba	Jamielee
8:00 pm	8:50 pm	Cardio Kickboxing	Janet

FRIDAY			
6:00 am	6:50 am	TBC	Lori
8:00 am	8:50 am	Cycle**	Meryl
9:30 am	10:15 am	Body Ball Sculpt	Maria
10:20 am	11:10 am	Yogalates.	Samantha
2:00 pm	3:00 pm	*Teeny Bop Hip Hop	Teresa
4:00 pm	5:00 pm	*Citidance II	Katie
5:30 pm	6:20 pm	Cycle**	Jodie
6:30 pm	7:20 pm	*Boys Street Dancing	Katie

SATURDAY			
8:10 am	8:50 am	Pilates Essentials	Mary
9:00 am	9:50 am	Cycle **	Dion
11:00 am	11:50 am	*Broadway Babes	Katie

SUNDAY			
8:15 am	9:15 am	Cycle-ology**.....	Linda
9:20 am	10:20am	Body Physique.....	Linda
10:25 am	11:20 am	Yoga Flow	Veronica

CLUB HOURS

Mon. thru Thurs.	5:00 am – 11:00 pm
Friday	5:00 am – 10:00 pm
Sat. & Sun.	7:00 am – 9:00 pm

FITNESS CENTER HOURS

Mon. thru Thurs.	5:00 am – 11:00 pm
Friday	5:00 am – 10:00 pm
Sat. & Sun.	7:00 am – 9:00 pm

CHILD CARE HOURS

Mon. thru Thurs.	8:30 am – 12:30 pm
Mon. thru Thurs. Evenings	4:00 pm – 7:00 pm
Friday	8:30 am — 11:30 am
Saturday	8:30 am – 11:00 am

CLASS POLICIES

Safety Tips & Suggestions:

1. Advise the instructor if you have any specific medical and/or orthopedic problems.
2. If you are taking a class for the first time, please let your instructor know.
3. If you are in need for 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, suggestions or comments, see the Group Exercise Director.
6. Bring water and a towel to class. Towels are available at the front desk when you check in.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE
Boxed listings are complimentary classes available to SPORTIME Tennis & Sports members.

All classes are conducted in the Group Fitness room, unless indicated otherwise.

**** Reservations are required 1 hour prior to class.**

***Children's Dance Class. Pre-registration required.**

