

### CLASS DESCRIPTIONS:

**AB-SOLUTION:** A half-hour concentrated workout. Challenge your core with balance and strength moves.

**BELOW THE BELT:** A class that concentrates on the lower body. Get ready for shorts weather!

**BODY SCULPT:** using free weights and bars you can mold yourself a new you.

**BOSU BALL / CORE & MORE:** A total body, cardio and strength class that uses the Bosu and the Stability Ball to strengthen our cores and much, much more.

**CARDIO SCULPT:** Use the balls, Bosu and weights to work up a sweat. Get your heart pumping and tone your whole body.

**CYCLE:** Cycle your way to limits you never dreamed possible. Bring a towel and water. Challenge your physical abilities and mental well-being.

**FAT-BURNING PILATES:** Your traditional Pilates class kicked up a notch. Get ready to use weights, Smart Bells and stability balls with your favorite Pilates moves.

**HIGH DEF SCULPT:** Add more definition to your body using weights, balls and bars. Amp up your workout and get into high def shape.

**INTERVAL CYCLE:** An intense 45-minute cycling class. We will test our limits moving from seated to standing sprints, with intervals of low to high intensity... change it up!

**INTERVAL SCULPT:** Challenge your body with intense sculpting and cardio intervals. Increase your strength and endurance while toning your body.

**KICKBOOT:** An interval class combining kickboxing and weights. Get the best of both worlds and an all-over body workout.

**KICKBOXING:** A great all-over body workout using your body's resistance and core strength. Punch and kick your way to a healthier you.

**KRANK'N BOOT CAMP SYTLE:** Krank it up a notch... Join Kerry for a total body transforming class. Cardio and weight training taken to the next level.

**LIFT CYCLE:** A 45-minute workout combining cardio and strength training. Personalized attention in a group setting. All levels.

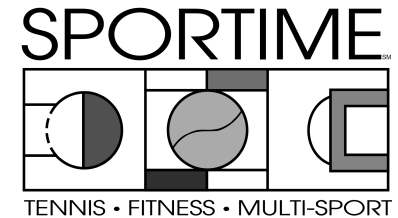
**PILATES:** A class of intense core conditioning. Create long lines, increase flexibility and stability. Using yoga, dance and traditional floor work, try a unique workout!

**YOGA:** Challenge your body and your mind. Increase flexibility, gain strength and clarity in the mind, promote deep relaxation and rejuvenation.

**ZUMBA:** A dance-based aerobic workout. Fun and fitness all in one!



# GROUP EXERCISE SCHEDULE



Kings Park

275 Old Indian Head Rd.  
Kings Park NY 11754

631.269.6300

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

Participating  
IHRSA Facility

**JANUARY 2012**

**Schedule effective:  
Monday, Jan. 2nd**

# Group Exercise Schedule

## JANUARY 2012 (Effective Monday, Jan. 2nd)

Start	End	MONDAY	Instructor
5:45 am	6:45 am	Cycle .....	Amy
8:45 am	9:30 am	Lift Cycle .....	Kerri-Ann
9:30 am	10:30 am	Kickboot.....	Kerri-Ann
10:30 am	11:30 am	Pilates.....	Dianne
6:30 pm	7:30 pm	Interval Sculpt .....	Lisa
7:30 pm	8:30 pm	Cycle .....	Grace

TUESDAY			
5:35 am	6:35 am	Body Sculpt ....	Renee
8:00 am	9:00 am	Cycle .....	Amy
9:00 am	10:00 am	Krank'n Boot Camp Style.....	Kerry
10:15 am	11:15 am	Yoga .....	Kerri-Ann
7:00 pm	8:00 pm	Zumba .....	Claudia
8:00 pm	9:00 pm	Yoga.....	Nicole

WEDNESDAY			
5:45 am	6:45 am	Cycle .....	Renee
8:30 am	9:15 am	Bosu Ball / Core & More .....	Lisa
9:30 am	10:30 am	Cycle .....	Kerri-Ann
10:30 am	11:30 am	High Def Sculpt .....	Dianne
6:30 pm	7:30 pm	Kickboot .....	Kim
7:30 pm	8:30 pm	Cycle .....	Kim

Start	End	THURSDAY	Instructor
5:35 am	6:35 am	Body Sculpt ..	Nicole
8:15 am	9:00 am	Interval Cycle .....	Kerri-Ann
9:00 am	9:30 am	Below The Belt .....	Kerri-Ann
9:30 am	10:30 am	Kickboxing.....	Kerri-Ann
10:30 am	11:30 am	Yoga .....	Desiree
7:00 pm	8:00 pm	Cycle .....	Kim
8:15 pm	9:15 pm	Yoga .....	EstherMarie

FRIDAY			
5:45 am	6:45 am	Cycle .....	Anthony
8:30 am	9:30 am	Interval Sculpt .....	Lisa
9:30 am	10:30 am	Cycle .....	Renee
10:30 am	11:30 am	Zumba .....	Desiree
5:00 pm	6:00 pm	Yoga .....	Desiree

SATURDAY			
7:00 am	8:00 am	Body Sculpt .....	Amy
8:00 am	9:00 am	Cycle .....	Amy
9:15 am	10:00 am	Interval Sculpt .....	Dianne
10:00 am	11:00 am	Fat-Burning Pilates .....	Dianne

SUNDAY			
8:30 am	9:30 am	Cycle .....	Kim
9:30 am	10:00 am	Ab-Solution .....	Kim
10:00 am	11:00 am	Yoga .....	Nicole

**THIS SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE**

For a daily updates to this schedule, please call 631.269-6300 ext. 336

EMAIL: [gekingspark@sportimetfm.com](mailto:gekingspark@sportimetfm.com)

**Please check the Group Exercise Bulletin Board often, for up-to-date information.**

**The following are our CLASS POLICIES:**

- Please consult your physician before starting any exercise program. Start off gradually & work at your own pace.
- Let the instructor know if it is your first class. Bring water and a towel.
- If you are in need of Pre/Post-Natal instruction, please make an appointment with the Assistant Fitness Director, Kerri-Ann.
- Please reserve your bikes 24 hours in advance. The reservation book is at the front desk.
- If you have any questions or suggestions, please see the Assistant Fitness Director, Kerri-Ann.

### YOUTH FITNESS SPEED & AGILITY PROGRAM

**Wednesdays 5pm - 6pm**

**Thursdays 4pm - 5pm**

For more info call Mike Di Sapio  
269-6300

Boxed listings are complimentary classes for T&S members.

#### REGULAR CLUB HOURS

Monday through Thursday 5:30 a.m. – 11:00 p.m.

Friday 5:30 a.m.—10:00 p.m.

Saturday and Sunday 7:00 a.m. – 10:00 p.m.

#### NURSERY HOURS

Monday through Friday 8:30 a.m. – 3:00 p.m.

Tuesday, Thursday, Friday 4:00 p.m. - 8:00 p.m.

Monday, Wednesday 4:30 p.m. - 8:30 p.m.

Saturday, Sunday 8:00 a.m. - 12:00 Noon