

# Group Exercise

## Schedule Summer 2010 (effective 7/28/10)

# Mt. Kisco Athletic Club



monday	tuesday	wednesday	thursday	friday
5:30-6:30 Jenn <b>Race Coaching/ Interval Training</b> (spin studio)	5:30-6:30 ★ Ken <b>Spinning</b>	5:30-6:30 Bob <b>Spinning</b>	5:30-6:30 ★ Tony <b>Spinning</b>	5:30-6:30 Alan <b>Spinning</b>
6:30-7:30 Val <b>Strength, Balance &amp; Core</b> ⌚	5:30-6:30 Jen P <b>Boot Camp</b>	6:30-7:25 Val Y. <b>Got Muscle?</b>	6:45-7:45 Michela <b>Zumba</b>	6:30-7:30 Joe F <b>Functional Strength &amp; Fitness</b>
7:30-7:30 ⌚ Val <b>Yoga</b>	6:45-7:45 Michela <b>Zumba</b>	7:30-8:25 Tom <b>Spin</b>	8:30-9:25 ★ Jenn <b>Sculpt and Core</b>	7:30-8:25 Alternating weeks <b>Race Coaching/ Interval Training</b>
9:30-10:30 Amanda <b>Spinning</b>	8:30-9:25 ★ Val <b>Sculpt &amp; Core</b>	8:30-9:25 ★ Melanie <b>BOSU Conditioning</b>	9:30-10:30 Melanie <b>Kickbox</b>	<b>Cardio Blast Spin</b> Jim
9:30-10:30 Melanie <b>Cardio Step</b>	9:30-10:30 Michela <b>Power Plus</b>	9:30-10:30 Jenn M <b>Spinning</b> 😊	9:30-10:30 Jenn <b>Race Coaching/ Interval Training</b> (spin studio)	8:30-9:25 ★ Jen P <b>Boot Camp</b>
10:30-11:30 Val Y <b>All About Core</b>	9:30-10:30 Val <b>Spinning</b> 😊	10:30-11:30 Tita <b>Super Strength</b>	10:30-11:30 Ernest <b>Pilates</b>	9:30-10:30 Elaine <b>Zumba</b>
10:30-11:30 Satveer <b>Yoga: Relax, Restore &amp; Revive</b> (Small Studio)	12:00-12:55 Val <b>ISIS 101</b>	10:30-11:30 Amy <b>Yoga: Relax, Restore &amp; Revive</b> (Small Studio)	12:00-12:55 Val Y <b>Weight Training 101</b>	9:30-10:30 Patti <b>Spinning</b>
1:00-1:45 Patti <b>Spinning 101</b>	1:00-1:45 Val <b>Spinning</b>	1:00-2:00 Michela <b>Zumba</b> 😊	1:00-1:45 Susan <b>Spinning</b>	10:30-11:30 Tita <b>Super Strength</b>
5:00-5:45 Ingrid <b>Spinning</b>	5:00-6:00 Ingrid <b>Body Sculpt</b>	4:00-5:00 Paulette <b>Pilates R &amp; R</b>	4:30-5:15 Jen P <b>BodySculpt</b> ★	10:30-11:30 Geri <b>Vinyasa Yoga</b> (Small Studio) 😊
5:45-6:00 Ingrid <b>Crunch - An Ab Workout</b>	6:00-7:00 Ernest <b>Pilates</b>	5:00-6:00 Paulette <b>Yoga</b>	5:15-6:00 Jen P <b>Step Interval</b>	
6:00-7:15 😊 Jillian <b>Vinyasa Yoga</b>	6:00-7:30 Jack <b>Endurance Spin</b> (come for part or all)	6:00-6:45 😊 Candi <b>Hip Hop Spin</b>	6:00-7:00 Elaine <b>Zumba</b>	
6:30-7:30 Alan <b>Spinning</b>		6:15-7:15 Anna <b>Body Sculpt</b>	6:00-7:00 Art <b>Spinning</b>	
7:30-8:30 <b>Open Studio Tae Kwon Do</b>		7:30-8:30 ★ Dominic <b>Commando Krav Maga</b>	7:00-8:00 <b>Open Studio Tae Kwon Do</b> (Small Studio)	

### NOTE:

Sign up (first and last name) is required for all spin classes as follows:

Tuesday-Saturday classes, call after 5PM the day before class.

Sunday and Monday classes, call after 3PM the day before class.

If you are not present at class start time, you will forfeit your bike.

\* Minimum of six participants to hold class.

- KEY:** ★ = New Class  
⌚ = New Time  
😊 = New Instructor  
\$ = Fee based class

### Inclement Weather Policy:

MAC follows the Bedford School District schedule. Please listen to your local radio/TV stations for announcements.

If there is a school delay the Nursery will open at 9:30AM. If the schools are closed the Nursery will be closed. Please call in advance on Saturdays for delays or closings due to weather.

If there is a school delay classes will start at 9:30AM

### Questions? Comments? Suggestions?

Contact Group Exercise Director Valerie Rosen  
vrosen@mtkiscoac.com

### saturday

7:15-8:00 Jim <b>Cardio Blast Spin</b>
8:05-9:05 Melanie <b>Spinning</b>
8:00-9:00 Michela <b>Kickbox</b>
9:00-10:00 Satveer <b>Hatha Flow with Core Infusion</b>
9:15-10:15 Candi <b>Spinning 101</b>
10:00-11:00 Paulette <b>Strength &amp; Motion</b>
11:00-12:00 Paulette <b>Pilates</b>

### sunday

7:30-8:30 Joe <b>Vinyasa Yoga</b>
8:00-9:00 Bob <b>Spinning</b>
9:00-10:00 ⌚ Michela <b>Zumba</b>
9:15-10:15 Kim/ Ellen <b>Spinning</b>
10:00-11:00 ⌚ Michela <b>Abs &amp; Strength</b>

# Class Descriptions

**101 Series** The 101 series is designed to those members who are new to group exercise. You can expect to learn the basic fundamentals in each class. We offer 101 Spin, 101 Yoga and 101 Weight Training.

**All About Core** Using stability balls and BOSU with light weight, bands, etc to target and emphasis core strength with intermittent periods of cardio target heart range.

**Athletic Nia** an enjoyable cross-training cardiovascular interval workout that blends movement from sports and dance with a touch of martial arts and healing arts. Athletic Nia fits all sizes and fitness levels and will change you where you are!

**Body Sculpting** A well-rounded non aerobic conditioning class designed to strengthen and tone all the major muscle groups. Body bars, free weights and Resist-A-Balls are used to accomplish this goal All levels benefit.

**Boot Camp** A drill based class to increase cardio-endurance & build strength. Each instructor brings their own "bag of tricks" to make the class challenging, fun and NEVER boring.

**BOSU Conditioning** Speed and agility w/high cardio emphasis combined with strength, balance and core stabilization all performed on BOSU Half-Ball and DSL BOSU weighted balls.

**Cardio Interval/Strength Interval**  
An interval training class involving performance of intermittent bouts of high intensity followed by periods of recovery. Combine sports moves, athletic maneuvers and hi/lo choreographed movements for a challenging and fun workout!

**Crunch** A great abdominal workout followed by lower back stretches.

**Functional Strength & Fitness** This class is designed to increase your energy and vitality, make you stronger and leaner and build endurance and speed. It includes core strength exercises, total body resistance training, sprint and agility drills.

**Got Muscle?** Total body sculpt and conditioning involving all the tools of the trade, body bars, dumbbells, bands, ball, etc. to achieve tone and strength.

**I.S.I.S.** (Integrated Strength, Isolated Stretch) This class combines strength training, core conditioning and stretching to produce long, lean muscles and a toned body. This is a non-impact class that still works the entire body.

**Let's Stretch it Out** If you're feeling tight and sore and need a good stretch, this is the class for you. Includes stretching exercises to lengthen and relax your muscles.

**Kickbox** An energizing workout. This high-level class incorporates boxing and kicking drills with cardio conditioning to increase muscular strength, endurance and power.

**Pilates Based Core Conditioning** This one-hour class focuses on the ageless concept of a strong center, positive alignment and mental focus. It addresses torso strength and stabilization and joint mobility by increasing range of motion around a strong and stable core.

**Power Plus** A fun, energetic and high intensity cardio workout using the rebounders while also strengthening and sculpting the upper body and core.

**Rebounding** A high-energy class performed on a mini trampoline! It's fun, effective and kind to your joints. Working against gravity, in a vertical plane, this class gives you the added benefits of a weight workout. Guaranteed to make you sweat and smile.

**Sculpt and Groove:** Athis class uses different strength techniques (dumbbells, body bar, bands, bosu balls) alternating with cardio intervals (choreographed aerobics, rebounding, BOSU).

**Step/Step & Strength** Just when you thought it was over, step is making a comeback! The movement is stepping up and down on a platform and a whole lot more! Choreography that is challenging but do-able, combined with sports drills and bouts of weight work make this one hour class a thorough workout, providing an opportunity to maximize fat-burning and work all major muscle groups.

**Step Express** – ½ hour quick cardio workout!

**Strength, Balance & Core** This class is a four part class. Each class is designed to increase strength, balance and core. One week is ISIS, one week is BOSU Strength & Conditioning, One week is Vinyasa Yoga and one week is Super Strength

**Super Strength** A muscular strength and endurance workout performed in a group fitness setting. – works all major muscle groups and strengthens, tones and defines muscles for beginners through advanced exercisers. The ultimate body sculpt class!

**Zumba~** A Latin inspired dance class that will have you smiling and laughing to a slimmer more shapely you! all levels welcome.

## Yoga

**Vinyasa Yoga** Yoga is an ancient form of movement promoting balance, flexibility and relaxation all types of yoga use postures (asanas), breathing (prana yama) and some form of meditation to achieve a union of the body, mind and spirit. Regular practice brings strength, flexibility, coordination and balance to the body. The nervous system becomes calm, the mind alert and concentration improves. Different styles of yoga emphasize different aspects of the practice.

**Hatha Flow** with Core Infusion "Flow and hold" fusion of hatha and vinyasa styles of yoga to improve concentration, inner strength, and endurance. This includes an emphasis on the core

**Power Vinyasa** A more challenging type of Vinyasa Yoga designed for those with some prior yoga experience.

**Relax, Restore & Revive** Gentle and traditional yoga postures held for extended periods while focusing energy and awareness inwards.

## Spinning

**Spinning** An intense 45-60 minute cardiovascular workout and a complete mind/body training system. On your stationary bike, join us as we guide you on a journey over imaginary terrain and through outdoor environments. The music stimulates, excites you, and allows you to determine the difficulty of the ride. Open to all levels.

**Cardio Blast Spin** Designed for those spinners who want an high intensity "all out" cardio workout. This is not for beginners.

**Endurance Spin** This ride is designed for those who want to work on their endurance. This is a 90-minute ride as opposed to a traditional 45-60 minute ride.

**Hip Hop Spin** This a 45 minute ride for those who want to Spin to current artists with a Hip Hop beat.

**Race Coaching / Interval Training**  
Heart Rate specific Interval Training will be done no less than every other week. This very tightly structured program improves fitness depth, top end, and augments your heart rate efficiency for the most effective cardio vascular training and fat burning workout. HEART MONITORS STRONGLY ENCOURAGED