

**STARTS  
NOV  
14**

FALL 2018 - SPRING 2019

# BLAIRWOOD GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 6:00-7:00am Steve	<b>LIFT</b> 6:00-6:45am \$ Cynthia C	<b>LIFT</b> 6:00-6:45am \$ Cynthia C	<b>LIFT</b> 6:00-6:45am \$ Cynthia C	<b>LIFT METABOLIC</b> 6:00-6:45am \$ Cynthia A	<b>CYCLING</b> 7:15-8:15am Steve	
<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>CYCLING</b> 6:00-7:00am Pat	<b>TRX PERFORMANCE</b> 6:00-6:45am Steve A	<b>CYCLING</b> 6:00-7:00am Pat	<b>CYCLING</b> 6:00-7:00am Steve	<b>CYCLING</b> 8:30-9:30am Steve	
<b>LEAN RX</b> 8:30-9:15am Erin A	<b>RED ZONE</b> 6:00-6:45am Erin B	<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>RED ZONE</b> 6:00-6:45am Erin B	<b>AQUA AEROBICS</b> 7:00-8:00am Pat	<b>WHIPPED!</b> 9:00-9:45am B	
<b>LIFT</b> 8:45-9:30am \$ Cynthia C	<b>STRETCH &amp; ABS</b> 8:30-9:15am Pat A	<b>CORE</b> 8:30-9:15am Rebecca A	<b>LEAN RX</b> 8:30-9:15am Christin C	<b>STRETCH &amp; ABS</b> 8:30-9:15am Pat B	<b>YOGA</b> 9:15am-10:00am Elise C	
<b>KETTLEBLAST</b> 9:30-10:15am Christin A	<b>RED ZONE</b> 8:30-9:15am Christin B	<b>LIFT</b> 8:45-9:30am \$ Cynthia C	<b>LIFT METABOLIC</b> 8:45-9:30am \$ Cynthia A	<b>BODY BLAST</b> 8:35-9:20am Rebecca A	<b>TRX PERFORMANCE</b> 9:45-10:30am Steve A	
<b>CYCLING</b> 9:30-10:15am Rebecca	<b>LIFT</b> 8:45-9:30am \$ Cynthia C	<b>TRX INTERVAL</b> 9:30-10:15am Rebecca A	<b>RED ZONE</b> 9:35-10:20am Erin B	<b>LIFT</b> 8:45-9:30am \$ Cynthia C	<b>BOOTY BARRE</b> 10:30-11:30am Stacey/Linda C	
<b>YOGA VINYASA</b> 10:30-11:30am Rebecca A	<b>CARDIOBELLS</b> 9:35-10:20am Laurie A	<b>YOGA VINYASA</b> 10:30-11:30am Rebecca A	<b>LIFT METABOLIC</b> 9:45-10:30am \$ Cynthia A	<b>KETTLEBELLS</b> 9:30-10:15am Christin A		
<b>BOOTY BARRE</b> 10:30-11:15am Ashley C	<b>LIFT</b> 9:45-10:30am \$ Cynthia C	<b>YOGA</b> 5:30-6:30pm Elise A	<b>PILATES FUSION</b> 10:30-11:15am Ashley C	<b>LIFT</b> 9:45-10:30am \$ Cynthia C		
<b>YOGA</b> 6:30-7:30pm Carrie C	<b>CYCLING</b> 10:30-11:15am Rebecca	<b>LIFT</b> 5:30-6:15pm \$ Cynthia C	<b>LIFT METABOLIC</b> 5:30-6:15pm \$ Cynthia A	<b>BOOTY BARRE</b> 10:30am-11:15am Ashley A		
<b>LIFT</b> 5:30-6:15pm \$ Cynthia C	<b>PILATES FUSION</b> 10:30-11:15am Ashley A	<b>CYCLING</b> 5:30-6:30pm Steve	<b>BOOTY BARRE</b> 5:45-6:30pm Courtney C	<b>DECK OF CARDS</b> 1:00-2:00pm Kelly A		
<b>CYCLING</b> 5:30-6:20pm Steve	<b>BARRE</b> 5:30-6:15pm Amanda C	<b>RED ZONE</b> 6:00-6:45pm Erin B				
<b>TOTAL BODY INSTENSITY</b> 6:30-7:15pm Steve A	<b>ATHLETIC CONDITIONING</b> 6:15-7:00pm Diane A					
	<b>CYCLING</b> 6:00-7:00pm Kelly					

**GROUP X STUDIOS  
BLAIRWOOD**

A - large studio  
B - medium studio  
C - upstairs studio

All cycling classes are held in the Cycle Studio.

Aqua Aerobics classes are held at the Indoor Pool.

**\$ = PAID SMALL GROUP  
PERSONAL TRAINING**

**BLAIRWOOD CHILDCARE HOURS**  
MON-THU: 8:30AM-2PM & 4PM-8PM  
FRI-SAT: 8:30AM-2PM  
SUN: CLOSED

**LTC CHILDCARE HOURS**  
MON-FRI: 9AM-2PM  
SAT-SUN: CLOSED

# LTC GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 9:15-10:15am John	<b>CYCLING</b> 6:00-7:00am Bridget	<b>CYCLING</b> 9:15-10:15am Deb	<b>CYCLING</b> 6:00-7:00am Bridget	<b>CYCLING</b> 9:15-10:15am Deb	<b>CYCLING</b> 8:00-9:00am John	
<b>CYCLING</b> 5:30pm-6:15pm John	<b>YOGA</b> 9:00-10:00am Rebecca		<b>YOGA</b> 9:00-10:00am Rebecca		<b>STRENGTH</b> 9:00-9:45am Rebecca starts 11/3	
			<b>CYCLING</b> 9:15-10:15am Deb		<b>YOGA</b> 10:00-10:45am Rebecca	

# CLASS DESCRIPTIONS

## 4 CROSS TRX

A circuit class with a different strength exercise in each corner of the room (i.e. cardio, kettlebells, jump rope, barbells, etc.) for 2 minutes, followed by intervals of TRX in between corners. The challenge continues as you work your way around the room. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## ATHLETIC CONDITIONING

Improve your performance and fitness for any physical challenge or activity with this challenging class that alternates strength and cardio intervals using weights and body weight. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

## AQUA AEROBICS

Low-impact water workout designed to improve flexibility, range of motion, muscle conditioning, and endurance. ALL FITNESS LEVELS, INCLUDING NON-SWIMMERS.

## BARRE/BOOTY BARRE

Energetic class that combines strength and flexibility training with added cardiovascular benefits through dance, Pilates, and Yoga. This class will raise your heart rate while toning and defining your whole body. ALL FITNESS LEVELS.

## BODY BLAST

An intense fat-burning circuit class combining cardio and strength-training moves to increase your heart rate and boost your metabolism. ALL FITNESS LEVELS.

## CARDIOBELLS

Fast-paced, high energy class targeting the whole body through body weight and kettlebells exercises. MEDIUM-HIGH INTENSITY CLASS.

## CYCLING **NEW INSTRUCTOR** **NEW CLASS**

An upbeat and energetic cycling workout that burns calories and improves cardiovascular fitness. ALL FITNESS LEVELS.

## DECK OF CARDS

Build muscle and endurance with this high volume workout. We'll use a deck of cards and assign a different exercise to each suit. Draw a card and perform the designated exercise for the number of reps on the card. No workout will ever be the same! INTERMEDIATE-ADVANCED FITNESS LEVELS.

## KETTLEBELLS

High energy, fat-burning, total body workout that combines cardio + core + resistance training to sculpt and tone your entire body, with special emphasis on your core and abs muscles. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

## KETTLE BLAST

A whole-body movement cardio and strength class that improves flexibility and strength while burning fat and calories. INTERMEDIATE TO ADVANCED FITNESS LEVELS.

## LEAN RX **NEW ROOM**

This class is designed to provide training centered on building lean muscle mass while developing cardio endurance and strength. Perform a series of intervals using weights, bands, balls and body weight to create a full-body calorie burn that lasts for hours after the class. No two classes are the same. ALL FITNESS LEVELS.

## PILATES FUSION **NEW ROOM**

You'll improve strength, flexibility, and endurance as we focus on exercises that promote core stability, alignment, and posture. Think long and lean! ALL FITNESS LEVELS.

## RED ZONE

This fast-paced class is packed with intense drills that will take you into the "red zone" where you improve speed, strength, and endurance. ALL FITNESS LEVELS.

## STRENGTH

A strength-training class using weights and your own body weight to maximize your strength and define your muscles. ALL FITNESS LEVELS.

## STRETCH & ABS **NEW ROOM**

Combines stretch and abs for a long, lean body and strong core. Complements aerobic workouts such as cycling. ALL FITNESS LEVELS.

## TOTAL BODY INTENSITY

One-size fits all full body workout designed to strengthen and build endurance through heavy lifting combined with cardio. ALL FITNESS LEVELS.

## TRX INTERVAL

A circuit TRX class alternating periods of high intensity with short rest periods to create optimal ratio of work/rest for ideal strength and cardio training. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## TRX PERFORMANCE **NEW TIME**

Non-stop TRX class that uses gravity and body weight to develop strength, flexibility, and core stability simultaneously. MEDIUM-HIGH INTENSITY CLASS FOR MORE ADVANCED FITNESS LEVELS.

## WHIPPED! **NEW**

High intensity cardio drills using various strength equipment and a fast moving conditioning circuit for modern fitness training. ALL FITNESS LEVELS.

## YOGA/YOGA VINYASA **NEW ROOM**

A system of flowing, breath-synchronized movements designed to improve overall physical and mental wellness. ALL FITNESS LEVELS.