

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

9:15 Gentle Yoga Louise - 55 min.	6:30 *Studio Cycling Sue - 50 min.	9:00 Body Beautiful Lateefah - 55 min.	6:30 *Studio Cycling Lateefah - 50 min.	8:05 Yoga Flow Ulli/Wanda - 60 min.	8:05 Pilates Michelle - 60 min.
9:15 *Studio Cycling Esther - 50 min.	9:00 Power Sculpt Wanda - 70 min.	*Studio Cycling Liz - 50 min.	7:45 Yoga Ulli - 60 min.	8:30 *Studio Cycling Andrew - 50 min.	
10:30 *Zumba Esther/Fely - 55 min.	10:15 Intermediate Yoga Wanda - 70 min.		9:00 Power Sculpt Nikki/Adeena Platt - 70 min.	9:15 STEP III Alicja/Liz - 60 min.	9:15 *Zumba Claudia - 55 min.
10:30 Aquacise Polina - 45 min.	10:00 Body Sculpt Joan - 55 min.	10:15 Pilates Lateefah - 55 min.	10:30 Aquacise Christina - 45 min.		
11:30 Body Sculpt Lateefah - 55 min.	10:30 Aquacise Polina - 45 min.	10:30 Aquacise Christina - 45 min.		9:15 Aquacise Mona - 45 min.	9:15 Aquacise Christina - 45 min.
12:30 STEP II Liz - 55 min.	11:30 Golden Sneakers Muscular Strength Louise - 55 min.			10:20 Body Sculpt Alicja/Viv - 60 min.	9:30 *Studio Cycling Bronwyn/Mary Ann/Esther - 50 min.
5:30 Pilates Deborah/Hedy - 55 min.	12:30 Fit Ball Matt - 45 min.		4:30 Body Sculpt Esther - 55 min.		10:20 Body Sculpt Sue/Kim - 60 min.
6:00 *Studio Cycling Sergio/Kim - 50 min.	4:30 Body Sculpt Adeena - 55 min.		5:30 Stretch Esther - 25 min.		
6:00 Aquacise Elsie - 45 min.	5:45 Pilates On The Ball Deborah - 55 min.	5:30 Ballet Workout Lee - 55 min.	6:00 Aquacise Katonya - 45 min.		
	6:00 Power Aquacise Katonya - 45 min.	6:00 Aquacise Christina - 45 min.	6:00 Interval Kickboxing Viv - 55 min.		
	6:30 *Studio Cycling Mary Ann - 50 min.	6:30 *Zumba Jackie - 55 min.			
7:00 X-Training Christian - 75 min.	7:00 *Zumba Claudia/Fely - 55 min.	7:00 *Studio Cycling Adeena/Sue - 50 min.	7:00 Specialty Class See Front Desk for details		
	8:00 Yoga Lateefah/Ulli - 60 min.	7:30 Yoga Strength Tom - 75 min.			

**Effective June 1, 2009**

Lateefah Fleming - Group Exercise Director

\*Sign up for Studio Cycling and Zumba is at the Front Desk 30 minutes prior to the start of class. Must be present to sign up for class.

The pool is closed to lap swimming during aquacise classes if there are at least 15 participants in class.

Please be on time for classes. Members/guests may not enter a class 10 minutes after posted start time.

The Spa reserves the right to change the class schedule, format or instructor of any class at any time.



201.836.5400

200 Frank W. Burr Blvd.

**Hours of operation:**

Monday - Thursday ..... 5:30am - 10:00pm  
Friday ..... 5:30am - 9:00pm

Saturdays ..... 7:00am - 6:00pm  
Sundays ..... 8:00am - 6:00pm

# THE SPA AT GLENPOINTE CLASS DESCRIPTIONS

(B =Beginner I=Intermediate A =Advanced)

## **Aquacise**

A great low impact workout providing cardio conditioning, muscular strength and endurance through joint-friendly water resistance. (B, I, A)

## **Power Aquacise**

This class is a higher level of cardiovascular and muscular conditioning using the properties of water. (I, A)

## **Ballet Workout**

Tone and Stretch your body with ballet exercises and choreographed combinations which will enable you to develop a lean, strong dancer's body and increase flexibility and grace. (B, I, A)

## **Body Beautiful**

A unique all in one class. Dance movement for cardiovascular combined with the balance of Pilates for strength and stability. (I, A)

## **Body Sculpt/Power Sculpt**

A muscle conditioning workout which uses a variety of training to strengthen your total body. (B,I,A). Power Sculpt is a longer class that strengthens the body with an elevated heart rate. (I, A)

## **Golden Sneakers Muscular Strength**

Have fun and move to the music with this low-key, therapeutic - but active workout. Designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and balls are used for resistance (B)

## **Kickboxing**

High energy class combining punches and kicks for a total body cardiovascular workout. Workout can be modified for low or high impact. (I, A)

## **On The Ball/Fit Ball**

Functional stability and balancing routines using the Physioball and the BOSU for optimal strength and toning. (B, I, A)

## **Pilates**

Body-Mind integration to increase full body strength and flexibility with a toning component to create long, lean muscle. Non-impact exercises with emphasis on abdominal and back strength. (B, I, A)

## **Pilates On The Ball**

Classical pilates exercises enhanced with the use of a stability ball, BOSU or hand held ball. Challenge your core by adding balance to these already intense exercises. Prior pilates mat experience required. (I, A)

## **STEP II, III**

An aerobic workout using The Step. Intervals, Power movements, Plyometrics and Dance Choreography are a part of this exciting workout. Step III is for advanced students only. (I, A)

## **Stretch**

Deep stretching to increase flexibility and help correct posture. You are required to warm up on your own before this class since it does not include a thorough warm up. (B, I, A)

## **Studio Cycling**

Stationary cycling class where you control the difficulty. Participants should sign up for the class at the front desk 30 min. before class begins. Cycling shoes are highly recommended. Please bring a water bottle with you. No water-no class! (B, I, A)

## **X-Training**

Cross-Train your body with this intense cardiovascular conditioning and muscle strengthening class where anything goes! (I, A)

## **Yoga/Yoga Strength/Yoga Flow**

Yoga postures are used to develop strength, flexibility, breath, alignment and mental focus. (B,I,A) Yoga Strength places more emphasis on strength. (I,A) Basic Yoga places more emphasis on stretching and relaxation. (B,I) Yoga Flow places emphasis on movement with increased heart rate. (I, A)

## **Zumba**

An intense, energetic, dance-aerobics workout that incorporates a variety of Latin and Caribbean dances with pulsating Latin music. No dance experience required, just have a good time! Participants should sign up for the class at the Front Desk at least 10 minutes prior to class. (B, I, A)