

Manhattan Country Club

Group Fitness Schedule

Schedule Effective: January 4, 2010



Head Trainer: Ed Vanderfliet
ed.v@manhattanc.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:45am Pilates (GF) Whitney	6-7am Spin** (CS) Dawn	6:30-7:45am Pilates (GF) Whitney	6-7am Spin** (CS) Dawn	6:30-7:45am Pilates (GF) Lori	8-9am Spin** (CS) Emily	8:30-9:30am Spin** (CS) Kristin
8-9am Aqua Aerobics (AQ) Martha	8-9 Stretch (GF) Karen	8-9am Aqua Aerobics (AQ) Martha	6:30-8am Yoga (GF) Heather	8-9am Cardio Circuit (GF) Eli	8-9:30am Yoga (GF) Heather	10-11am Spin** (CS) Samantha
8-9am Spin** (CS) Jen Starts 1/18	9-10:15 Sculpt & Stretch (GF) Karen	8-9:15am Cardio Circuit (GF) Eli	8-9 Stretch (GF) Karen	9:15-10:15am Spin** (CS) Dawn	9:30-11am Step & Kick (GF) Amparo	
9-10am Bootcamp* (SP) Ed	9:15-10:15am Spin** (CS) Lanita	9-10am Bootcamp* (SP) Ed	9-10:15 Sculpt & Stretch (GF) Karen	9:15-10:30am Pilates (GF) Karen		
9:15-10:15am Spin** (CS) Kristin	11-12:30pm Yoga (GF) Andy	9:15-10:15am Spin** (CS) Emily	9:15-10:15am Spin** (CS) Lanita	9:30-10:30 Bootcamp* (SP) Katrina		
9:30-10:30am Pilates (GF) Martha	4-5pm Spin** (CS) Jen	9:30-10:30am Pilates (GF) Martha	9:45-10:45am Kettlebell Kamp* (SP) Emily	10:45-11:45am Yin Yoga (GF) Emily		
10:45-11:45am Power Yoga (GF) Emily		10:45-11:45am Power Yoga (GF) Emily	11-12:30pm Yoga (GF) Andy			
7:15-8:45pm Yoga (GF) Chantal						

* There is a **\$10 fee** for this class. Reserve your spot for this class online. Walk-ins welcome, however classes are limited to **25** participants.

** There is a **\$12 fee** for this class. Reserve your spot for this class online. Walk-ins welcome, however classes are limited to **10** participants.

(CS): Cycle Studio

(GF): Group Fitness Studio

(SP): Shrimp Pond

(AQ): Pool

Class Descriptions:

AQUA AEROBICS – Get cool in the pool while you improve your cardiovascular conditioning and muscle tone in this gentle yet effective water workout. Ideal for all fitness levels, those with back, knee and other issues and pre and postnatal moms. No swimming skills required.

BOOT CAMP – Minimal choreography, maximum intensity! This no nonsense workout will improve your overall fitness level with sports drills, calisthenics, upper and lower body exercises and other high intensity activities. Meet at the Shrimp Pond. Get ready to work!

CARDIO SCULPT – Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched cardio sculpting session. All levels.

KETTLEBELL KAMP - Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using kettlebells. Build power, and condition your body while learning dynamic new exercises using the kettlebell. Swing, Chop, and Crunch your way to a lean and powerful body using the new kettlebells for group fitness.

SPIN – A cardio workout on a stationary bike based on cycling principles. Classes are technique-based and/or terrain-based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging. Our spin bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn. Perfect for all levels of fitness enthusiasts.

PILATES – This class offers a balancing system that strengthens, lengthens, realigns and defines your body. Pilates focuses on the “power center” of the body; abdominals, back, thighs and hips; enabling the rest of the body to move freely. All levels.

POWER YOGA – Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts and tones every muscle in the body. Includes various elements of many different yoga styles. All levels.

SCULPT & STRETCH – This workout lengthens, strengthens and tones using movements inspired from Pilates to build strength and increase flexibility. All levels.

STEP & KICK – A fun and energizing step aerobics class, which includes a warm-up, step, and a cool down. All levels.

YOGA – Hatha yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures and breathing techniques. All levels.

YIN YOGA – Yin Yoga is a meditative practice that utilizes long-held, floor-based stretching postures to rehabilitate the connective tissues around the joints, maintain and restore joint flexibility, reduce stress, and increase vitality. All levels. Great for athletes and seniors.