



GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE DATE: SEPTEMBER 8, 2025

Subject to change

MONDAY-9/8	TUESDAY-9/9	WEDNESDAY-9/10	THURSDAY-9/11	FRIDAY-9/12	SATURDAY-9/13	SUNDAY-9/14
8:00-8:45 AM (2) TOTAL BODY (Jeanine)	8:00-9:00 AM (P) TRACK/INTERVAL (Jane)	8:00-8:45 AM (2) TOTAL BODY SCULPT (Jeanine)		8:00-9:00 AM (P) INTERVAL TRAINING (Jane/Rotating)	8:00-8:45 AM (2) STRENGTH INTERVAL (Donna)	
9:00-10:00 AM (P) HYDROPOWER (Sally)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) CARDIO-CORE TECHNIQUE (Kai)	9:00-10:00 AM (P) HYDROPOWER (Sally)	9:00-10:00 AM (P) HYDROPOWER (Jane/Monica)	9:00-10:00 AM (P) HYDROPOWER +CORE (Laila/Kathleen)
9:00-9:45 AM (2) STRENGTH & MOBILITY (Carla)	9:30-10:15 AM (2) BARRE STRONG (Jeanine)	9:00-9:45 AM (2) PILATES FUSION (Rachel)	9:30-10:15 AM (2) CARDIO SCULPT+ (Wendy)	9:00-10:00 AM (1) VINYASA YOGA (Aimee)	10:00-10:45 AM (1) PILATES FOR KIDS (Rachel)	
10:00-11:00 AM (1) KRIPALU YOGA (SHERI)	10:30-11:15 AM (2) STRENGTH & CORE (Jeanine)	10:00-11:00 AM (1) KRIPALU YOGA (SHERI)	10:30-11:15 AM (2) BARRE FUSION (Wendy)	10:00-10:45AM (2) DYNAMIC CORE (Wendy)	10:00-10:45 AM (2) DANCEWORX (Elizabeth)	
11:00-11:45 AM (2) CARDIO BARRE (Rachel)	11:00-11:45 AM (1) PILATES FUSION (Rachel)	11:00-11:45 AM (2) Dance Fit (Wendy)	11:00-11:45 AM (1) MAT PILATES (Rachel)	11:00-11:45 AM (2) CARDIO SCULPT+ (Wendy)	11:00 -12:00 PM (1) VINYASA YOGA (Nissa)	
5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) STRETCH & FLOW (Kim)	5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) DYNAMIC CORE Donna - (start 10/2)		CLASS UPDATES <ul style="list-style-type: none"> Kripalu Yoga Start Date 9/8/25 New Classes on Thu 5PM & 6:30PM (Oct 2nd start date) PILATES FOR KIDS Saturday, Sept 6, 13, Oct 4, 11 Studio 1, from 10:00-10:30 AM	
6:30-7:30 PM (1) STRETCH & FLOW (Kim)	6:30-7:30 PM (1) GENTLE YOGA (Kim)	6:30-7:30 PM (1) VINYASA YOGA (Aimee)	6:30-7:30 PM (1) MINDFUL FLOW (Elizabeth-10/2)			
	7:00-8:00 PM (P) HYDROPOWER (Sally)	7:00-8:00 PM (P) MOVE TO THE MUSIC (Kathleen)		7:00-8:00 PM (P) CARDIO-CORE TECHNIQUE (Linda)	POOL (P) 1st Level	STUDIO (1) 1st Level
						STUDIO (2) 2nd Level

Monday–Thursday, 5:15–6:30 PM- NE Tennis Academy will be using Studio 2 on the 2nd level during this time.





GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE DATE: SEPTEMBER 8, 2025

Subject to change

MONDAY-9/15	TUESDAY-9/16	WEDNESDAY-9/17	THURSDAY-9/18	FRIDAY-9/19	SATURDAY-9/20	SUNDAY-9/21
8:00-8:45 AM (2) TOTAL BODY (Jeanine)	8:00-9:00 AM (P) TRACK/INTERVAL (Jane)	8:00-8:45 AM (2) TOTAL BODY SCULPT (Jeanine)		8:00-9:00 AM (P) INTERVAL TRAINING (Jane/Rotating)	8:00-8:45 AM (2) STRENGTH INTERVAL (Donna)	
9:00-10:00 AM (P) HYDROPOWER (Sally)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) INTERVAL TRAINING (Jane)	9:00-10:00 AM (P) CARDIO-CORE TECHNIQUE (Kai)	9:00-10:00 AM (P) HYDROPOWER (Sally)	9:00-10:00 AM (P) HYDROPOWER (Jane/Monica)	9:00-10:00 AM (P) HYDROPOWER +CORE (Laila/Kathleen)
9:00-9:45 AM (2) STRENGTH & MOBILITY (Rachel)	9:30-10:15 AM (2) BARRE STRONG (Leah)	9:00-9:45 AM (2) PILATES FUSION (Rachel)	9:30-10:15 AM (2) CARDIO SCULPT+ (Wendy)	9:00-10:00 AM (1) VINYASA YOGA (Aimee)		
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5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) STRETCH & FLOW (Kim)	5:30-6:15 PM (1) FUNKY GROOVE (Kelly B)	5:00-6:00 PM (1) DYNAMIC CORE Donna - (start 10/2)		CLASS UPDATES <ul style="list-style-type: none"> Kripalu Yoga Start Date 9/8/25 New Classes on Thu 5PM & 6:30PM (Oct 2nd start date) PILATES FOR KIDS Saturday, Sept 6, 13, Oct 4, 11 Studio 1, from 10:00-10:30 AM	
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	7:00-8:00 PM (P) HYDROPOWER (Sally)	7:00-8:00 PM (P) MOVE TO THE MUSIC (Kathleen)		7:00-8:00 PM (P) CARDIO-CORE TECHNIQUE (Linda)	POOL (P) 1st Level	STUDIO (1) 1st Level
						STUDIO (2) 2nd Level

Monday–Thursday, 5:15–6:30 PM- NE Tennis Academy will be using Studio 2 on the 2nd level during this time.



STUDIO CLASSES

CARDIO & DANCE

CARDIO SCULPT+ - Ignite your metabolism, burn those calories, and chisel your core with this electrifying workout that fuses high-energy cardio with powerful core strength! Wrap up your session with an invigorating mix of dynamic and static stretching designed to rejuvenate your body, enhance your recovery, and cultivate a sense of mindfulness and well-being.

CARDIOBOX + - Full Body | Resistance & Cardio. This workout will help improve lower body muscular strength and upper body endurance. Cardioboxing, resistance training, core and balance.

CIRCUIT/INT | CARDIO & STRENGTH - Compound movements are performed to provide the foundation for this total body workout. Options are provided and are low impact.

DANCEWORX - A dynamic and energetic dance class that combines elements of jazz, hip hop, latin and freestyle dance

FUNKY GROOVE | JUST DANCE - All different kinds of dance, free spirit, let yourself go! Freestyle

ZUMBA® - A latin and world influenced dance style class that combines high energy moves and dance-fitness combinations and fun!

MIND & BODY

BARRE FUSION - fusion of mind body and fitness inspired moves and strength that will make you feel strong.

BARRE STRONG - blend of ballet, pilates, fitness, and strength training into a barre format designed for functional movement and powerful results.

CARDIO BARRE - power of boxing, ballet and burn. Barefoot training is the preferred method.

PILATES FUSION - blends Mat Pilates with other workouts. Tone, stretch, and elongate muscles with combination Pilates, yoga and dance inspired moves.

GENTLE YOGA - It focuses on teaching proper alignment to promote flexibility and balance while promoting relaxation for the mind and body.

KRIPALU YOGA - This all-levels class balances gentle, moderate, and challenging postures with a focus on self-inquiry and self-care. It includes breathwork and meditation to encourage inward focus and mind-body connection.

STRETCH & FLOW - A guided practice that combines a sequence of stretching and yoga postures to improve flexibility, balance and strength, while reducing tension and calming the mind.

VINYASA YOGA - Exercise for your mind, body and soul. Experience a flowing style linking flowing movement with breath.

STRENGTH

DYNAMIC CORE - functional training that helps you build strength, stability and endurance in the muscles that support your core.

STRENGTH & MOBILITY - you will challenge your endurance building heat and increasing your heart rate, increase strength, stability, mobility while adding the yoga inspired flow to increase flexibility.

TOTAL BODY is a cardiorespiratory and muscular focused class using Group Exercise barbells and dumbbells. Participants will be challenged through fundamental strength moves that target the entire body by adding weight and a challenging tempo using Pilates principles.

WATER FITNESS

CARDIO-CORE TECHNIQUE - A Gentle Joints class that concentrates on Technique; doing the exercises for optimum results. These classes include the use of noodles & other equipment, focusing on building a stronger core by strengthening back, & abdominal muscles.

HYDROPOWER - Enjoy this total-body, shallow & deep-water workout. The class includes a strong cardiovascular segment, modified for all levels of ability. Additional focus includes strength, core, and flexibility training. This is done SIMULTANEOUSLY for an effective & efficient class. Use of swim gloves, foam dumbbells, or noodles could be included to achieve these goals.

- **"PLUS CORE"** -Additional focus includes CORE, total body muscle conditioning, & flexibility - concentrating on the abdominal, back and oblique muscles that strengthen our core stability and posture.

INTERVAL TRAINING - This is a cardiovascular speed workout, done for all levels of ability. We use the pace clock for timed intervals. This class includes a variety of exercises. Some of these movements are utilized as "resting exercises" for the recovery in between intervals.

MOVE TO THE MUSIC - A fun & effective workout where exercises are done to specific songs. After the warm-up, there is an extensive cardio segment with the goal to work the entire body. The cool down will include core work and a full-body stretch.

TRACK /INTERVAL WORKOUT - This is a high intensity water "track workout" (utilizing the B.A.A. weekly speed workouts). No need to be a runner to benefit from this class. All are welcome! NOTE: This runner's class is designed to use the repetitive motion "running-stride". This is different than our usual classes which include a variety of exercises.