



# January Group Exercise Calendar


## MON

7:00 - 8:00AM  
**Yoga Flow**  
K.T.


9:00 - 10:00 AM  
**Gentle Stretch**  
Susan

10:00 - 11:00 AM  
**STRONG by Zumba**  
Susan

11:00AM - 12:00PM  
**Chair Yoga**  
Ian

12:15 - 1:15PM  
**Water Fitness**  
Ian 

6:30 - 7:30PM  
**Power Hour**  
Belkis


7:00 - 8:00PM  
**CXT Mountain Cycle**  
Eugene  
Signup Suggested! 

7:30 - 8:30PM  
**Another Kind of Crazy**  
Naomi

## TUE

7:00 - 8:00AM  
**Yoga & Movement**  
Patrick

8:30 - 9:15AM  
**Another Kind of Crazy EXPRESS**  
Naomi

9:30 - 10:15AM  
**CXT 45**  
Naomi 

10:00 - 11:00 AM  
**Aligned Movement**  
Patrick

11:00AM - 12:00PM  
**\$ Pilates Reformer \$**  
w/ Eugene

11:15AM - 12:15PM  
**Body Pump**  
Ian **LM**


12:30 - 1:30PM  
**Yoga for Beginners**  
Ian

6:30 - 7:30PM  
**PIYO**  
Ian

7:30 - 8:30PM  
**ZUMBA**  
Susan


## WED

6:15AM - 7:00AM  
**CXT 45**  
Diana

9:00 - 10:00AM  
**CXT 60**  
Eugene 


10:00 - 10:50AM  
**Torch It**  
Ian

11:00 AM - 12:00PM  
**Chair Yoga**  
Ian

12:15 - 1:15PM  
**Water Fitness**  
Ian 

6:30 - 7:30PM  
**Body Pump**  
Susan **LM**

7:00 - 8:00PM  
**\$ Pilates Reformer \$**  
w/ Eugene  
Drop-Ins Accepted

7:30 - 8:15PM  
**Sprint**  
Susan   
**LM**

## THU

7:00 - 8:00AM  
**Yoga & Movement**  
Patrick

9:30 - 10:30 AM  
**Body Pump**  
Susan **LM**

10:30 - 11:15 AM  
**ZUMBA GOLD**  
Susan

11:15AM - 12:15PM  
**Aligned Movement**  
Patrick

12:30 - 1:30 PM  
**Tai Chi**  
w/ Bruce

6:30 - 7:30PM  
**Fun Fit**  
Lauren

7:00 - 8:00PM  
**50/50 Yoga**  
K.T.  
Located in Golf Center


7:00PM - 7:45PM  
**Queen Ax Express**  
Jonathan

7:30 - 8:30PM  
**Body Pump**  
Ian **LM**

## FRI


6:15AM - 7:00AM  
**CXT 45**  
Diana

9:00 - 10:00 AM  
**Strength & Tone**  
Melissa

9:30 - 10:15AM  
**Sprint**  
Susan   
**LM**

10:00AM - 10:45AM  
**Chisel XT**  
w/ Eugene

11:00AM - 12:00PM  
**Chair Yoga**  
Ian


12:15 - 1:15PM  
**Water Fitness**  
Ian 

6:30PM - 7:30PM  
**Hatha/Vinyasa Yoga**  
Ian

## SAT

7:40 - 8:55AM  
**Aligned Movement**  
Patrick

9:00 - 10:00AM  
**Body Pump**  
Ian **LM**

10:00 - 11:00AM  
**CXT 60**  
Naomi / Eugene 

10:00 - 11:00 AM  
**Kick IT**  
w/ Susan


11:00AM - 12:00PM  
**Barre Fitness**  
Susan


12:00 - 1:00PM  
**ZUMBA-licious**  
Susan

## SUN

8:00 - 9:30 AM  
**Yoga & Movement**  
Patrick

9:30 - 10:30AM  
**Body Pump**  
Ian **LM**

9:30 - 10:15AM  
**CXT Mountain 45**  
Naomi 

10:45AM - 11:45AM  
**CXT Crazy**  
Naomi 

11:00AM - 12:00PM  
**\$ Pilates Reformer \$**

## JANUARY ANNOUNCEMENTS

- **Happy New Year!** New Year's Day Limited Schedule: 11AM AKC w/ Naomi & 12PM CXT Mountain w/ Eugene
- **Member Social – Topic: That New Fit** : January 10<sup>th</sup> @ 11AM or 7PM.
  - Ditch the resolution and start anew! Are you making resolutions every year and not keeping them? Find out how to stick to them with Eugene and the fitness Staff Topics covered:
    - New Fitness plans
    - New Fitness breakthroughs
    - New/Old fitness paradigms
- **Cocktail Party:** Have a friend looking to start their New Year's resolution? Invite them to our Member Roundup Cocktail Party and come for free! Email Manny@tcr-nyc.com for more info.

**50/50 Yoga** – This all level yoga class consists of half classic vinyasa flow to get the body loose and limber and finishes with restorative yoga postures to relax the body and ease the mind.

**Aligned Movement** – Building on Yoga and natural movement, this All levels session emphasizes alignment principles to restore optimal body mechanics and function.

**Another Kind of Crazy!** Fine-tune and strengthen with the use of weighted and non-weighted movements. Moderate intensity for maximal results. All levels welcome! EXPRESS class is a shortened high-intensity 45-minute version.

**Barre Fitness:** The fastest and safest way to change your body! Barre is a low impact method focusing on the common “problem areas.”

**Chisel XT** – Your new lean & tone body awaits in this 45-minute strength conditioning, cardio-caloric total body blast.

**CXT 45/CXT 60:** The 45-min. stationary cycle class is for the beginner cyclist or the advanced rider looking for a quick ride. These classes focus on shorter intervals and technique. 60-min class will torch the calories with sprints, rolling hills and metabolic conditioning.

**CXT Mountain Cycle** – Club X-Training has arrived! This 60-minute intermediate to advanced cycling class challenges every energy system of your body through hill intervals, sprint intervals and race day rides.

**CXT Crazy:** Get the best of both worlds! Intense Cycling Drills coupled with functional strength conditioning. No cycling shoes recommended for this class.

**Fun Fit** – Put the fun back into your fitness with this total body workout where bodyweight resistance and cardio will keep you feeling like a kid again.

**Kick IT** – Kickboxing interval training. Kick, punch, elbow and knee your way to a brand new body in this 60 minute calorie burning, stress busting kickboxing workout!

**Les Mills BODYPUMP** – Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. A class will burn around 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music!

**Les Mills SPRINT** – 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

**Power Hour** – Blast away the calories with this 60-min combination of cardiovascular intervals and total body strength training.

**Pilates Reformer\***: Take the principles of Pilates to the next level with the integration of the Allegro Reformer. In these 60 minute small-group workouts you will strengthen your core, as well as lengthen and strengthen muscles. \*Additional fee\*

**PIYO** - a challenging class fusing Pilates and Yoga. You will burn, tone, enhance balance and get a great stretch!

**Strength & Tone:** Blast away the calories and challenge yourself with this invigorating and high intensity class!

**STRONG by Zumba:** Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training. In a one-hour class you will burn calories while toning arms, legs, abs and glutes.

**Tai Chi:** Ancient Chinese art form to improve balance, reflexes, body awareness, alignment, mental focus & relaxation.

**Vinyasa Yoga:** Developing both strength and flexibility, this intermediate/advanced class is a vigorous approach to a vinyasa style that will challenge both body and mind. Emphasis on honing balance and focus through fun and challenging pose positions.

**Water Fitness:** Splash your way to greater fitness! Increase joint mobility, improve cardiovascular conditioning, and increase total body strength in this fun, challenging, no-impact water workout. Open to all ages and fitness levels!

**Zumba/Zumba-licious/Gold:** The popular dance/fitness workout which incorporates hip-hop, soca, samba, salsa, merengue, mambo and martial arts. Gold version is the lower-impact version geared towards newcomers and seniors.

**Yoga Flow:** This Hatha and Vinyasana inspired, all level yoga class will work your core, balance, alignment, strength and flexibility through classic yoga postures

# Group Exercise Calendar

## JANUARY 2019



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