CHESTERFIELD ATHLETIC CLUB

November Group Exercise

Monday

MORNING CLASSES

6:15-6:55 *Slow Lift Georgette* (A)

7:30-8:25 Body Ball Blast *June (A)*

8:30-9:25 Stretching *Kay(Y)*

8:30- 9:25 Strength with Diane (A)

9:30-10:25 Prana Flow Yoga Laurel (Y)

9:30-10:25 Firm and Burn Heather **(G)**

10:00-10:55 Power Splash* *Karen (Pool)*

10:30-11:25 Total Body Fit *June (A)*

EVENING CLASSES

7-8:10 Power Yoga – Maury (A)

Tuesday

MORNING CLASSES

7:30-8:25 Cardio Strength *Diane (A)*

8:30–9:25 Athletic Pilates *Diane (A)*

9:00-9:55 CAC Cycle *Benita* (CY)

9:30-10:25 Barre & Beyond *Chris (Y)*

10:30-11:25 Stretch & Roll Chris (Y)

9:30-10:30 – HIIT STEP Kim (A)

10:30-11:25-Strength & Abs *Anna*

10:00-10:55am AQUA ZUMBA! Mary (pool)

12-12:45*pm Barre Express Chris(Y)

EVENING CLASSES

5:30-6:25 Yoga* - *Jim (Y)*

7-8:00 Yoga/Pilates/Fusion Maury (Y)

Wednesday

MORNING CLASSES

6:15-6:55 Wake up Wednesday- Georgette (G)

7:30-8:30 Low Impact Intervals and strength.- *Karen (A)*

8:30-9:25 *Stretching Kay*(Y)

8:45-9:25 Step Interval *Renee (A)*

9:30-10:25 Interval Power Hour *Anna (A)*

9:30-10:25 Yoga*-*Renee(Y)*

10:30-11:25 Total Body Fit *June (A)*

EVENING CLASSES

5:30–6:25 True Grit Bootcamp - *Jason (A)*

5:30-6:30 AquaFit * Mike (pool)

7:00-8:10 Power Yoga Maury (Y)

Thursday

MORNING CLASSES

7:30-8:25 Cardio/Sculpt *June(A)*

8:30-9:25 YES Yoga Laurel (Y)

9:00-9:55 Cycle Burn *Heather (CY)*

9:00-10:25 Interval Power - *Renee (A)*

10:30-11:25 Zumba Mary (A)

10:00-10:55 *Stretch & Roll* *Heather (Y)*

10:00-10:55 *Power Splash Mike (Pool)*

EVENING CLASSES

6:00-7:00 Yoga * Maury (A)

Friday

MORNING CLASSES

7:30-8:25 CAC - Cardio, Abs, Calm - *Laurel (A)*

8:30-9:25 Strength & Abs *Becky (A)*

8:30-9:30 Trekking & Strength - *Benita (C)*

8:30-9:25 Stretching *Kay (Y)*

9:30-10:25 Yoga Jim (Y)

9:30-10:25 Tabata Training - *Heather (G*

10:30-11:25 Cardio Dance - *Karen(A)*

LUNCH CRUNCH

12–12:45pm * Barre Express - *Karen (Y)*

EVENING CLASSES

6:00p-7:00p Yoga with Singing Bowls. Maury/Maria (A)

Saturday

MORNING CLASSES

7:45-8:45 Slow Lift *Georgette (G)*

9:00-9:55 CAC Cycle *Benita/Mike* (CY)

9:00-9:55 Interval Power Hour – *Karen(A)*

10:00-10:55 Yoga *Karen (Y)*

10:00-10:55 Power Splash *Helene (Pool)*

Sunday

9:00-10:00 Walking with Diane*

10:30-11:25 *Cardio Mix Diane (A)*

11:45-12;45 Yoga with Maury

*(*Outside Weather* Permitting)

(A)=Aerobics Room (Y)= Yoga Room (CY)=Cycle Room (C) = Cardio Room (G)= Gym (PT) = Personal Training Room (P)= Pool (O)= Outside Activity (OP)=Outside Pool

** Family Friendly Fitness Classes – parents with children ages 10-13 are welcome.* ****NEW TIME!***

Advanced Step Interval
This advanced class will tone, sculpt & burn off those unwanted calories in a 60 minute step interval challenge!

AquaFit
A challenging water aerobics class that combines cardio strengthening & toning exercises for a full body workout.

Athletic Pilates
Strengthen & tone the entire body to maximize core stability, flexibility, strength & muscle tone.

Barre Pilates Fusion
Barre with Pilates Focus-Blends the very best of Barre and Pilates Formats creating a dynamic fusion program for all!

Body Ball Blast
You'll have a ball at this class! Great cardio workout and toning exercises - all using the stability ball.

Body Sculpt!
Tone, lift & sculpt -achieve the body you've always wanted.

Bootcamp Total Fit
Build strength & improve endurance in this challenging, total body bootcamp. You'll leave class feeling exhilarated!

Bootcamp Strong
Cardio combined with strength training to rev up your metabolism & build strong muscles.

Cardio, Abs, Calm
Perfect combination of upbeat cardio, core strengthening & relaxing stretches.

CAC Cycle
Indoor cycling class takes you uphill, downhill & back again for the ultimate cardio workout. All fitness levels welcome!

Cardio Body Blitz Interval
An energizing workout combining interval with strength. High/low cardio intervals, strength, balance and flexibility.

Cardio Body Sculpt / Cardio Sculpt
Intense full body cardio & sculpting workout combining cardio intervals with strength, endurance & stability exercises.

Cardio Mix!
A variety of step aerobics & slides all of which will include resistance training & stability balls for a full body workout.

Cardio Strength
Cardio class that involves strength training, including multi-muscle exercises to tone & strengthen the body & keep your heart rate elevated.

Chisel
Lift, sculpt and tone your way to the body you've always wanted using bands, tubes and weights.

Cycle Burn
Spin your way through major calorie burn, increase core strength & tone major muscles with this high energy cycle class. Intervals with light pound weights for a great workout.

Fit, Firm & Fast
Get your cardio and strength training all in a quick 45 minute burst during this lunchtime workout!

Firm & Burn
Fusion of techniques from Tabata & cardio intervals will target & tone while burning mega calories.

H.I.I.T.
High intensity interval training class guaranteed to get your heart rate up and start your day off right!

Intermediate Yoga
Slightly more advanced yoga with focus on inversion poses. 1hour :15 minutes.

Interval POWER Hour
This class incorporates cardio and strength intervals that are guaranteed to POWER up your workout.

Mat Pilates
Mat-based workout strengthens, tones & lengthens muscles while improving flexibility and posture.

Power Cardio Strength Challenge
High energy cardio intervals with strength training for a full body burn while building strong muscles. No shortage of variety in this upbeat, fast-paced workout. All fitness levels!

Power Splash
Combination cardio & strength training using weights & water resistance. If you thought water wasn't challenging, think again.

Prana Flow Yoga
Connect body and mind with this rhythmic flow yoga class.

Roll & Stretch with It
Release tension & soothe tight muscles using the foam roller, increase flexibility & range of motion with stretching.

Sculpt, Abs & Stretch
The name says it all! Sculpt strong muscles, strengthen abs and stretch it out!

Slow-Lift
This sculpting class focuses on slow intervals of weight resistance & training emphasizing form & fundamentals.

Spinning
Start off your morning with this energizing spin class – sure to rev up your metabolism!

Step Interval
A refreshing take on your average step class, this combination of weight & resistance gives you an intense, total body workout.

Strength & Abs
Strengthen & tone muscles and develop a strong core.

Stretch&Balance
This class is focused on building flexibility and balance by teaching proper stretching techniques.

Strength & Sweat
Get your heart pumping and your muscles burning in this weight training/cardio bursts interval class.

Stretching
Improve flexibility, range of motion, overall joint & muscle elasticity.

Sunrise Total Fit Class
This early morning bootcamp style class will improve your strength, agility & endurance & boost your energy levels.

Tabata Training
High intensity interval training class consisting of intense cardio sessions combined with brief periods of rest.

Total Body Fit
Low impact cardio & sculpting intervals– perfect formula for your total best body results.

Trekking & Strength
This interval treadmill class with weights will help you get in shape in no time. Great for all fitness levels

Walking with Diane
Weather permitting, fast-paced outdoor walking. (No class held in inclement weather, call or check facebook for updates.)

Wake Up Wednesday! Get your motor revved up with this bootcamp, circuit training class. Held in the gym for more room to rumble!

Yoga
Use controlled movements to focus on breathing, balance, posture and relaxation in an energized environment.

Yoga Fusion
Combing the benefits of yoga, strength and pilates to create strong core and spinal muscles.

YES Yoga Yoga, Energy, Strength
Build strength & muscle tone using the natural weight of your body and light weights . Slow, purposeful movements with mind/body alliance.

ZUMBA! *An exciting interval training class with a Latin twist!*