



Group Fitness Training Sports Barn East

SUMMER SCHEDULE

STARTING MAY 15

www.sports-barn.com



Phone 855-0091

EAST GFT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Flex 6:30-7:30 a.m. No Flow Yoga 8:00-8:45 a.m. Athletic Conditioning 9:00-10:00 a.m. Washboard Abs & Stretch 10:00-10:15 a.m. X-Flex 5:00-5:45 p.m. Washboard Abs 5:45-6:00 p.m. Night Moves 6:00-7:05 p.m. Flow Yoga The Studio 6:15-7:15 p.m.	Power Flex 5:15-6:15 a.m. Stretch & Flex 8:15-9:00 a.m. Power Flex 9:15-10:15 a.m. Aquatics Class Pool June 5th-July 31st 9:00-10:00 a.m. Power Flex 5:00-5:45 p.m. Washboard Abs 5:45-6:00 p.m. Combat Zone 6:00-7:15 p.m. 3rd Tuesday 5:30 Free Nutrition Lecture	Power Flex 6:30-7:30 a.m. Power Flex 8:30-9:30 a.m. Freestyle Cardio 9:30-10:25 a.m. X-Flex 5:00-5:45 pm Washboard Abs 5:45-6:00 p.m. Cardio Fusion 6:00-7:00 p.m. Mat Express The Studio 6:00-6:30 p.m.	Power Flex 5:15-6:15 a.m. Stretch & Flex 8:15-9:00 a.m. Power Flex 9:15-10:15 a.m. Rocket Yoga 10:30-11:45 p.m. Power Flex 5:00-5:45 p.m. Washboard Abs 5:45-6:00 p.m. Athletic Conditioning 6:00-7:15 p.m.	 Freestyle Friday 9:00-9:45 a.m. Destination Definition 9:45-10:30 a.m. Yoga The Studio 10:30-11:30 a.m. Friday Night Family Workout 6:00-close	Power Flex 8:15-9:15 a.m. Sunday Power Flex 3:15-4:15 p.m. Youth Exercise Class The Studio 2:00-3:00 pm

A minimum of eight participants is required for a class to be continued.

For more information contact: Teresa Potts Wade
teresa_wade@sports-barn.com

GRANDMASTERS' SENIORS CLASSES

LEGEND

GM - GRANDMASTERS' SENIORS

MONDAY	WEDNESDAY	FRIDAY
Group Exercise for Fit Seniors GFT Room GM 10:30-11:30 a.m.	Group Exercise for Fit Seniors GFT Room GM 10:30-11:30 a.m.	Group Exercise for Fit Seniors GFT Room GM 10:30-11:30 a.m.

COME TO OUR NEW FREE NUTRITION LECTURE ON THE 3RD TUESDAY OF EACH MONTH FROM 5:30-6:30 PM WITH DENISE BROCHETTI, PH.D, RN



East

SUMMER CYCLIN' SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interval Cyclin' 5:05-5:50 a.m.		Interval Cyclin' 5:05-5:50 a.m.		Interval Cyclin' 5:05-5:50 a.m.	
Basic Cyclin' 6:00-7:00 a.m.	Interval Cyclin' 6:00-7:00 a.m.	Basic Cyclin' 6:00-7:00 a.m.	Interval Cyclin' 6:00-7:00 a.m.		Cyclin' 7:05-8:00 a.m.
Strength Cyclin' 8:30-9:30 a.m.	Interval Cyclin' 8:00-9:00 a.m.	Interval Cyclin' 8:30-9:30 a.m.	Strength Cyclin' 8:00-9:00 a.m.	Race Day 8:30-9:30 a.m.	Endurance Cyclin' 9:30-10:30 a.m.
Endurance Cyclin' 5:30-6:30 p.m.	Interval Cyclin' 5:30-6:15 p.m.	Basic Cyclin' noon-1:00 p.m.			
		Basic Cyclin' 5:30-6:30 p.m.	Interval Cyclin' 5:30-6:15 p.m.		

ENDURANCE CYCLIN':..... Consistent energy usage, complete mental focus (Heart Rate 65-75%)
STRENGTH CYCLIN':..... Slow, steady hard resistance work (Heart Rate 75-85%)
INTERVAL CYCLIN': Flats, hills, acceleration drills and jumps (Heart Rate 65-92%)
RACE DAY: A solid aerobic base must be built..... (Heart Rate 80-92%)
ATHLETIC WORKOUT:..... Mimics an outdoor workout

GROUP FITNESS, & GRANDMASTERS' SENIORS CLASS DESCRIPTIONS

ATHLETIC CONDITIONING:

A HIGH INTENSITY CLASS THAT WILL INCLUDE: PLYOMETRICS, SPRINTS, KICKBOXING DRILLS, BALANCE WORK, AGILITY DRILLS, SOME MUSCLE WORK AND ABS.

CARDIO FUSION:

INTERMEDIATE CARDIO CLASS ALLOWING YOU TO SAMPLE: 15 MIN EACH OF STEP, KICKBOXING AND BOSU BALL.

CIRCUIT TRAINING/FITNESS CIRCUIT:

COMBINES CARDIOVASCULAR EXERCISE AND STRENGTH TRAINING IN ONE CLASS.

COMBAT ZONE:

A HIGH LEVEL KICKBOXING CLASS FOR A TOTAL BODY WORKOUT TO TAKE YOU TO YOUR ULTIMATE LEVEL OF FITNESS. 60-90 MINUTES

DESTINATION DEFINITION:

THIS IS A 45-60 MINUTE TOTAL BODY TONING AND STRENGTH CLASS. SOME OF THESE CLASSES INCORPORATE ABS.

FLOW YOGA:

TRADITIONAL YOGA ASANAS PRACTICED IN UNION WITH BREATH AND MOVEMENT TO CREATE A FLOW.

FREESTYLE CARDIO/FREESTYLE FRIDAY:

A VARIETY OF CARDIOVASCULAR WORKOUTS TO INCLUDE: INTERVAL STEP, SPEED WALKING, RUNNING, ENDURANCE TRAINING.

GROUP EXERCISE FOR FIT SENIORS:

INCREASE STRENGTH, FLEXIBILITY, BALANCE, COORDINATION, AND POSTURE

ROCKET YOGA:

A CLASS DESIGNED FOR THE FITNESS ENTHUSIAST INTERESTED IN ENHANCING THEIR CORE STRENGTH. THIS CLASS USES FLOW YOGA, BOSU, STABILITY BALLS, CORE BALLS, AND LIGHT WEIGHTS ON THE MAT.

NIGHT MOVES:

ARE YOU READY TO WORK? THIS 60-90 MINUTE FUN-FILLED, HIGH ENERGY CLASS WILL PUSH YOU TO WORK AT YOUR MAX - INCLUDES STEP, HI/LO, JUMP ROPE, TONING AND ABS.

NO FLOW YOGA:

THIS CLASS IS IDEAL TO TOP OFF YOUR WORKOUT WITH AN EMPHASIS ON STANDING POSES AND CREATING FLEXIBILITY IN YOUR TIGHT SPOTS (HIPS, SHOULDERS AND BACK)

POWER FLEX:

INCORPORATING THE SCIENCE OF RESISTANCE TRAINING THROUGH THE USE OF VARIABLE WEIGHT BARBELLS. THE EXERCISES ARE PERFORMED TO MUSIC IN A GROUP SETTING.

STRETCH AND FLEX:

LOW INTENSITY FLEXIBILITY CLASS

WASHBOARD ABS:

THIS IS A 15 MINUTE CLASS DEDICATED TO THE ABDOMINALS. COME PREPARED!

X-FLEX:

KICK BOXING, STEP AND ATHLETIC CONDITIONING MIXED & MATCHED WITH INTENSE CHUNKS OF MUSCLE PUMPING RESISTANCE SETS.

YOGA FUSION:

TRADITIONAL YOGA ASANAS GEARED TOWARDS THE NOVICE PARTICIPANT

YOUTH EXERCISE CLASS:

AGES 6-13. BASIC FITNESS EXERCISES PERFORMED IN A CIRCUIT FORMAT