

Calhoun Beach Athletic Club Group Fitness Schedule Summer 2016

Monday

Circuit Training
Aldrin Main Studio
6 am 45 min

Indoor Cycling
Bill Cycle Studio
6:30 am 45 min

Aqua Blast
Alex Indoor Pool
9 am 50 min

H.I.I.T.
Cathrine/Greg Main Studio
9 am 50 min

Breathe
Corey Yoga Studio
9 am 60 min

Mat Pilates
Heather Main Studio
10 am 55 min

Yoga 2
Susan Yoga Studio
10 am 60 min

Yoga 1-2
Aldrin Yoga Studio
5:30 pm 60 min

Athletic Conditioning
Lisa Main Studio
6 pm 45 min

Zumba
Esti Main Studio
7 pm 60 min

Tuesday

Kettlebell Conditioning
Ericka Main Studio
6 am 60 min

Outdoor Cycling
Aldrin Dean Parkway
6 am 75 min

Morning Flow
Abra Yoga Studio
6:30 am 55 min

Barre Fitness
Catherine Main Studio
9 am 50 min

Cardio Sculpt
Catherine Main Studio
10 am 50 min

Yoga 1
Aldrin Yoga Studio
10 am 60 min

Yin Yoga
Marnie Yoga Studio
2:15 pm 75 min

Restorative Yoga
Marnie Yoga Studio
4 pm 75 min

Yoga 2-3
Rebecca Yoga Studio
6 pm 75 min

Barre Fitness
Sara Main Studio
6:30 pm 50 min

Pound™
Esti Main Studio
7:30 pm 45 min

Wednesday

Circuit Training
Aldrin Main Studio
6 am 45 min

Cycle Sculpt
Abra Cycle Studio
6:30 am 45 min

Indoor Cycling
Catherine Cycle Studio
8:30 am 45 min

Aqua Blast
Carole Indoor Pool
9 am 50 min

Cardio Sculpt
Abra Main Studio
9 am 50 min

Mat Pilates
Heather Main Studio
10 am 55 min

Yoga 2
Rebecca Yoga Studio
10 am 75 min

Yoga 1-2
Jill Yoga Studio
5:45 pm 70 min

Yin Yoga
Jude Yoga Studio
7 pm 60 min

Thursday

Kettlebell Conditioning
Ericka Main Studio
6 am 60 min

Outdoor Cycling
Aldrin Dean Parkway
6 am 75 min

Morning Flow
Abra Yoga Studio
6:30 am 55 min

Yoga 1-2
Jill Yoga Studio
8 am 75 min

Barre Fitness
Mary Main Studio
9 am 50 min

Cardio Fusion
Greg Main Studio
10 am 50 min

Yoga 1
Aldrin Yoga Studio
10 am 60 min

Barre Fitness
Kate Main Studio
6 pm 55 min

Friday

Indoor Cycling
Bill Cycle Studio
6:30 am 45 min

Aqua Blast
Carole Indoor Pool
9 am 50 min

Cardio Sculpt
Aldrin Main Studio
9 am 50 min

Mat Pilates
Amy Main Studio
10 am 55 min

Yoga 2
Aldrin Yoga Studio
10 am 60 min

Restorative Yoga
Marnie Yoga Studio
4 pm 75 min

Saturday

Breathe
Corey Yoga Studio
8 am 60 min

Indoor Cycling
Bethany Cycle Studio
9 am 45 min

Cardio Sculpt
Rotating Main Studio
9 am 50 min

Aqua Blast
Rotates Indoor Pool
9 am 50 min

Yoga 1-2
Jude Yoga Studio
9 am 60 min

Yoga 2-3
Rebecca Yoga Studio
10:15 am 75 min

Barre Fitness
Jenn Main Studio
10:30 am 60 min

Sunday

Yoga 2
Phoebe Yoga Studio
8:45 am 75 min

Indoor Cycling
Bill Cycle Studio
9 am 60 min

Sculpt
Abra Main Studio
9 am 45 min

Yoga 1-2
Jill Yoga Studio
10:15 am 75 min

Hatha Yoga
Melissa Yoga Studio
4 pm 75 min



*Follow us on social media for specialty classes and workshops offered monthly!



calhoun
BEACH ATHLETIC CLUB

Calhoun Beach Athletic Club Group Fitness Class Descriptions Summer 2016

Aqua Blast: This class is a mix of cardio and strength using various pool "toys". The aqua environment is great for developing a strong core. These workouts put less stress on the joints than land workouts. No swimming skills are needed.

Barre Fitness: A unique conditioning program targeting the whole body, which utilizes light weights, positions, postures and techniques traditionally used at the ballet barre. This floor barre approach to conditioning will help to strengthen and shape long, lean muscles.

Breathe: Breathe is a relaxing journey into the art of stretch. Breathing and stretching are synonymous. It gently unlocks the body's potential to overcome stress and soft tissue imbalances that might otherwise prematurely age the person. In this soft exploration of health, we will uncover many techniques of stretch including P.N.F. stretch, A.I.S. stretch, Static/Dynamic stretch, and Ballistic stretch. So join us, leave your stress at the door, relax and just breathe.

Body Weight Circuit Training: Requires no equipment that will help you achieve great gains in strength, flexibility and overall fitness. Challenging for all fitness levels.

Cardio Fusion: Combine cardio kickboxing, athletic drills, step, traditional aerobics high-impact moves and low-impact/dynamic moves and you have one, high-energy, tough cardio workout.

Cardio Sculpt: Enjoy non-stop body sculpting using a variety of equipment and your own body weight accompanied by heart pumping cardio.

Circuit Training: Your muscular strength and endurance will be tested when put through key circuits, isolating on specific muscular groups and body movements. A total body workout that is challenging and feels like you are training one-on-one with a Personal Trainer. All fitness levels are welcome.

Cize™: A professional dance for everyday people! Learn the hottest professionally choreographed dance routines, step by step.

From your first class, you'll be bustin' out moves you can take anywhere! It's so fun, so exciting, you'll forget you're actually working out!

Cycle Sculpt: Get ready for an intense, full body, 45-minute ride. This class will incorporate light weights and core exercises while on the bike. Guaranteed to tone you up with maximum endurance!

Hatha Yoga: A group yoga class that encompasses a variety of yoga components in each session. The practice consists of asanas (poses) that seek to balance the mind, body and spirit. All levels welcome.

H.I.I.T.: High Intensity Interval Training is designed to burn more fat, improve endurance, and build strength. All exercises can be modified for any fitness level.

Indoor Cycling: A group cycling class for all fitness levels. This class will simulate riding over various types of terrain; hills, flats, intervals and more. A great class for the beginner to advanced cyclists.

Kettlebell Conditioning: A high intensity pairing of endurance and strength, based on the proper technique and power of kettlebell weight training; this class combines thorough instruction to enhance progression and correct form, with a variety of exercises in a circuit setting. You never know what you're going to get!

Pound™: A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series. All fitness levels welcomed, no previous dance experienced needed.

Outdoor Cycling: An outdoor bike ride for different fitness levels. Members must bring their own bikes and helmets are required. Pace for slow (s) rides will be ave. 15mph, with rolling speeds of 16-17mph. Pace for medium (m) rides will be 17-18pmh, rolling speeds of 18-20mph. Pace for fast (f) rides will be 18-20pmh, rolling speeds of 20-22mph. Medium and fast rides will be drop rides, meaning riders who cannot keep pace will be left behind. For questions, ride options or to sign-up for our cycle mailing list, please email Aldrin.Dsouza@activeness.com or call 612-817-3136

Restorative Yoga: A yoga class which uses props to support the body in active relaxation. Helps lower blood pressure, ease back pain, combat stress, and restore general health. Listen to soft music, unwind, and let go.

Mat Pilates: Designed to provide a well-informed foundation to begin the series of exercises that strengthen the core muscles of the body. Classes focus on the Pilates principles including: alignment, breathing, flowing movements and stamina. Open to all levels.

Morning Flow: Morning flow combines static stretching followed by dynamic movement in a gentle flow created to get the morning energy moving.

Sculpt: Use weights and calisthenics to sculpt and shape muscle in this fun and upbeat class.

Strength & Stretch: Come and rebalance, breathe and strengthen your body as we use weights, movements and bodywork to strengthen your body. Great for all fitness levels.

Yin Yoga: Yin Yoga is a subtle form of working out your fascia, the connective tissue that runs throughout your body, using props for support, Yin allows you to open deeply into asanas (poses) to increase and maintain your health and vitality while bringing greater balance to your life.

Yoga 1: This class is for those who are new to Yoga or need a gentle refresher course on the basics of traditional Yoga practice. Learn to gain strength, stamina, flexibility, and relaxation as you control mind, body and the breath.

Yoga 1-2: Designed for the yogis who have been through basics of traditional Yoga practice and are looking for a step up. Don't worry, it's just a few baby steps. We'll be going through Yoga 1 practices with that little extra push you need to begin to understand and incorporate new styles into your routine.

Yoga 2: Traditional Yoga classes incorporated with a compilation of yoga styles including: Ashtanga, Hatha and Vinyassa. Yoga experience is recommended.

Yoga 2-3: A more challenging and vigorous led class, focusing equally on strength and functional mobility, incorporating traditional yoga postures, inversions, and some dynamic movement. Yoga experience recommended.

Zumba: Zumba fuses hypnotic Latin rhythm and easy to follow moves to create a dynamic workout system that will blow you away.

 Like us on Facebook for the latest information on group fitness classes, cancellations, sub schedules and club events. www.facebook.com/thecalhounbeachclub

*If you have questions or concerns regarding the content of the schedule or questions pertaining to Group Exercise or Pilates please call 612-928-7631.

The Calhoun Beach Club management team reserves the right to make changes to the schedule at any time. Any classes with low attendance will be cancelled.