

# Calhoun Beach Athletic Club Group Fitness Schedule Fall 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

**Piloxing**  
Lisa Main Studio  
9 am 50 min

**Breathe**  
Corey Yoga Studio  
9 am 50 min

**Indoor Cycling**  
Catherine Cycle Studio  
9 am 45 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

**Latin Cardio**  
Esti Main Studio  
7 pm 60 min

## Tuesday

**Kettlebell Conditioning**  
Ericka Main Studio  
6 am 60 min

**Indoor Cycling**  
Aldrin Cycle Studio  
6 am 45 min

**Morning Flow**  
Abra Yoga Studio  
6:30 am 50 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  
9 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

**Indoor Cycling**  
Bill cycle Studio  
6 pm 45 min

**Yin Yoga**  
Jill Yoga Studio  
7 pm 60 min

## Thursday

**Kettlebell Conditioning**  
Ericka Main Studio  
6 am 60 min

**Indoor Cycling**  
Aldrin Cycle Studio  
6 am 45 min

**Morning Flow**  
Abra Yoga Studio  
6:30 am 50 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 50 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

**Yin Yoga**  
Marnie Yoga Studio  
2:15 pm 75 min

**Restorative Yoga**  
Marnie Yoga Studio  
4 pm 75 min

## Saturday

**Yoga 2-3**  
Rebecca Yoga Studio  
8 am 75 min

**Indoor Cycling**  
Bethany Cycle Studio  
9 am 45 min

**Box Sculpt**  
Lisa Main Studio  
9 am 50 min

**Aqua Blast**  
Rotates Indoor Pool  
9 am 50 min

**Yoga 1**  
Rebecca Yoga Studio  
9:30 am 60 min

**Barre Fitness**  
Lindsay/Abra Main Studio  
10 am 50 min

## Sunday

**Yoga 2**  
Phoebe Yoga Studio  
8:45 am 75 min

**Indoor Cycling**  
Bill/Heather Cycle Studio  
9 am 60 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 Fall 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.

**Athletic Conditioning:** Strength, cardio agility, plyometrics and intervals, the best of all combined in one class. The idea is to continually "shock" the body, which is an effective way to improve your cardiovascular system, lose weight and build muscle.

**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.

**Box Sculpt:** A fun and fierce cardio kickboxing workout that delivers both a high energy cardio workout and a sculpt segment for muscular strength and endurance in one amazing class. Get lean and burn maximum calories, while trimming your waist down. All in one class!

**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<sup>®</sup>:** 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!

**Latine Cardio:** This class fuses hypnotic latin rhythm and easy to follow moves to create a dynamic workout system that will blow you away.

**Pound<sup>™</sup>:** 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 experience needed.

**Piloxing:** A cardio infusion designed class that combines cardio, boxing, dance, standing barre and pilates moves, all while wearing weighted hand-gloves. This workout will burn maximum calories, while building lean muscle, increase stamina and whittle that waist down. This fun workout is minimum impact and will have you leaving energized and craving more!

**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.



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