

# GROUP EXERCISE

# January

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 - 6:30am <b>Spin Camp*</b> Sharon		5:30 - 6:30am <b>H.I.I.T</b> Rosa	6:00 – 6:45am <b>SuperFit</b> Stacy	5:30 - 6:30am <b>Barre Camp</b> Rosa		
8:15 - 9:10am <b>Dynamic Strength</b> Patti	8:15 – 9:10am <b>ZUMBA®! *</b> Yeye	8:15 - 9:10am <b>Dynamic Interval</b> Patti	8:00 - 9:10am <b>Yoga Flow</b> Allison	8:15 - 9:10am <b>ZUMBA®! *</b> Yeye	8:00 - 8:55am <b>ZUMBA®! *</b> Yeye	8:00 – 8:55am <b>ZUMBA®! *</b> Angelica
9:30 - 10:25am <b>Streamline Sculpt</b> Joan	9:30 - 10:25am <b>Step Fusion</b> Donna	9:15 - 10:00am <b>Cardio Box*</b> Stacy	9:15 - 10:10am <b>ZUMBA®! *</b> Yeye	9:30 - 10:25am <b>Cardio Blast*</b> Cecilia	9:15 - 10:10am <b>FitBarre*</b> Cecilia	9:00 - 9:55am <b>Strength Fusion</b> Sadari
9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	9:30-10:15am <b>Run For It*</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	10:15 - 11:10am <b>Streamline Sculpt</b> Robin	10:00 - 11:15am <b>Yoga All Levels</b> Judy
11:00 - 11:55am <b>ZUMBA®! *</b> Yeye	10:30 – 11:10AM <b>FitBarre*</b> Cecilia	10:30 - 11:45am <b>Yoga</b> Laura	10:20-11:00am <b>Core Sculpt</b> Melanie	10:30 – 11:00am <b>X*CORE*</b> Cecilia	11:30 - 12:25pm <b>Barbell Power*</b> Cecilia	
12:15 - 1:15pm <b>Balance &amp; Strength</b> Joan	11:15 – 12:10PM <b>ZUMBA Gold</b> Angelica	12:30 – 1:25PM <b>Low Impact Resistance</b> Donna	12:15 - 1:10pm <b>TBC Basic</b> Donna	11:00 – 11:55am <b>Pilates Mat</b> Laura	12:30 - 1:45pm <b>Vinyasa Flow Yoga</b> Liz	12:15 - 1:15pm <b>Stretch &amp; Sculpt</b> Jamie
	1:30 - 2:25pm <b>Yoga All Levels</b> Judy			12:15 – 1:15pm <b>ZUMBA Gold®!</b> Yeye		
4:45 - 5:55pm <b>Yoga for Strength</b> Jessica	4:30 - 5:25pm <b>TBC</b> Cecilia	4:45 - 5:25pm <b>Cardio Core</b> Sonya	4:30 - 5:25pm <b>Circuit Blast</b> Robbie	4:30 - 5:25pm <b>Pilates Mat</b> Mary Ellen		4:00 - 5:00pm <b>Pilates Sculpt</b> MJ
6:00 - 6:55pm <b>Interval Circuit</b> Robbie	5:30 - 6:15pm <b>Cardio Blast</b> Cecilia	5:30 - 6:25pm <b>Barre Power*</b> Stacy	5:30 - 6:25pm <b>Vinyasa Flow Yoga</b> Liz	5:30 - 6:15pm <b>Interval KICK</b> Cecilia		
7:00 - 7:40pm <b>Barre Fusion*</b> Stacy	6:20 - 7:00pm <b>ZUMBA®! *</b> Angelica	6:30 - 7:10pm <b>Cardio Box*</b> Stacy	6:30 - 7:30pm <b>ZUMBA®! *</b> Angelica	6:30 – 7:30pm <b>Gentle Yoga</b> Liz		
7:45 - 8:40pm <b>ZUMBA®! *</b> Stacy	6:30 – 7:00pm <b>X*PRESS**</b> Leora					
8:00 - 8:45pm <b>Run For It*</b> Sharon	7:00 - 7:55pm <b>Pilates Sculpt</b> Laura	7:15 - 7:55pm <b>Barre Burn*</b> Stacy	7:45 - 8:45pm <b>TBC</b> Sadari			
	8:00 - 8:45pm <b>Interval BURN</b> Cecilia	8:00 - 9:00pm <b>ZUMBA® SCULPT *</b> Jessica				

\*Reservation required

\*\*XPRESS classes located in Small Group Training Studio

You can sign up for classes online! Sign-ups open 3 days prior to the class start time!

Shaded classes are off peak

Get social with @HealthyFitNY and #SHOWUSYOURHF  
 Mon – Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm  
 914.670.0600 • myhealthyfit.com



# CLASS DESCRIPTIONS

## Balance & Strength

A functional toning class designed to improve posture and balance by focusing on alignment and strength.

## Barbell Power

A challenging strength training and muscle endurance class using the barbell to work the muscles of the upper and lower body. Take weight lifting to the next level with this great new class!

## Barre Camp

Like a little bootcamp with your barre? Then Barre Camp is for you! Get the tightening, toning benefits of a great barre class with the heart pounding fun of bootcamp - it might just be your new favorite!

## Barre Power/Barre Fusion/Barre Burn

Experience the transformational power of this barre inspired class! Light weights and small movements may look easy, but you will feel the fire! Great for tightening and toning! Barre Express is everything you want in a barre style toning class but in a shorter format!

## Cardio Blast

55 minutes of hardcore cardio training that combines hi/lo impact aerobics, kickboxing and total body conditioning followed by focused muscle work. Get ready to SWEAT!

## Cardio Core

This upbeat combo class is a one-stop-shop mix of cardio and strength with a serious focus on the core! Cover all your fitness needs in one hour and have a sweaty good time while you're at it!

## CardioBox

This class combines classic cardio moves with boxing drills to keep your heart rate up – perfect for burning fat and releasing the stress of your day!

## Circuit Blast

This circuit class will take you through strength, cardio and skill intervals to get the maximum burn! A fun and motivating total body approach and a challenging workout!

## Core Sculpt

Create a strong core, test your balance, and build lean muscle with a variety of equipment in this core-focused class.

## Dynamic Interval

Get strong here with power moves and heavier weights! Mixed with cardio intervals, there's no better formula for torching fat! You better work!

## DynamicStrength

More POWER please! Studies show lifting heavy weights is the best way to change the shape of your body for the better! Take your workout up a notch and fear no dumbbells!

## Ellip-t-core

A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

## FitBarre

A fusion of ballet inspired movements, light sculpting and Pilates mat. This class creates strong, sculpted muscle while working on flexibility and posture.

## H.I.I.T.

High Intensity Interval Training is all the rage in fitness right now because nothing changes your body faster! Put in your maximum effort for maximum results!

## Interval BURN

Intense intervals of cardio, strength and core exercises will get your body where you want it to be fast! This is an intense 45-minute blast that will have you sweating and loving every minute of it!

## Interval Circuit

Work your total body with varied intervals of strength and cardio exercises. This is a strong bootcamp-like class sure to get you sweating and smiling in no time!

## Interval Kick

Come get your sweat on with kicks, punches and total body strengthening exercises. Change how you look and feel with this high-energy full body interval conditioning class!

## LowImpact Resistance

Resistance Bands offer a challenging and effective muscle-strengthening workout. That, coupled with a bit of low impact cardio, will leave you feeling strong and energized!

## Pilates Mat/Pilates Sculpt

Sculpt your whole body beautiful with the method that dancers love best - Pilates! Increase your flexibility and strength and create longer and stronger muscles with the format chosen by ballet dancers worldwide!

## Run For It!

A 45 minute cardio interval workout on the treadmill with varying levels of speed and incline. You'll find your inner athlete with this awesome guided cardio workout!

## SpinCamp

By popular demand, SpinCamp is on the schedule for the summer! Half Cycle, half studio class with weights, you get the best of both worlds! Not into Cycle? Join in for the studio segment – yes you can!

## Step Fusion

Get your heart pumping with this fast-paced step class! Add a few powerful weight intervals to the mix and you're in for a killer workout!

## StreamlineSculpt

This class combines barre, Pilates and ballet movements to lengthen, and tone! Using light weights and different types of resistance, you will feel stronger, taller and sleeker in no time!

## Strength Fusion

Strength training is an absolutely essential element for achieving your fitness goals and maintaining long term youthfulness but we want to get our cardio in too! This class brings you both with intervals of strength work and cardio blasts - you really can have it all!

## Stretch & Sculpt

A mix of muscle toning work and moves designed to improve mobility and stability, this class is modifiable and appropriate for all levels.

## SuperFit

A high energy circuit-based class involving strength and cardio intervals. Get your day started right with a great workout!

## TBC

A class designed to target all major muscle groups using a variety of equipment such as weights, bands and bars for total body strength and conditioning.

## TBC Basic

A total body conditioning class for strengthening all major muscle groups in a safe and modifiable way.

## Vinyasa Flow Yoga

Get strong and loose with this energetic and strengthening flow class. Connect with your power by connecting with the breath – you will be amazed at how strong you are!

## X\*CORE

Blast your core and more in this intense class format. Work effectively in a shorter amount of time and see the difference fast!

## X\*PRESS

Do more than core in this intense class format! You'll make every minute count in this fast and efficient class - get in, get out, get fit!

## Yoga

Increase your strength and flexibility with yoga! A hatha style class involving a combination of vinyasa flow and holding poses. Focus on the breath is encouraged, as is listening to your body and modifying as needed.

## YogaAllLevels

This yoga class caters to all ability levels. Precise form is taught and adjustments are made to encourage proper technique. More advanced students will have the opportunity to take poses to a more challenging level.

## Yoga Flow

This class is a moving meditation that offers many of the benefits of restorative yoga with a focused and gentle flow of movement and breath work.

## Yoga for Strength

This strengthening and centering practice builds from a foundation of correct anatomical alignment and power. Holding positions builds strength and heat in the body as you reap the empowering benefits of yoga!

## ZUMBA!®

Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

## ZUMBA Gold!®

This class delivers all the fun of Zumba with less impact in the joints. If you're new to Zumba or need to keep things low impact, Zumba Gold is for you!

## ZUMBA Sculpt

The Zumba you love with a little bit of sculpting weight work mixed in!

## Just a few reminders!

- Studio classes can hold a maximum of 27 participants. Some will have smaller maximum participants due to space required or equipment used.
- There is a 2-minute forfeiture policy for all sign-up classes. If you are not present 2 minutes before class start time, you forfeit your spot. We will fill the open spot on a "first come first served" basis with priority given to members on the waitlist.
- Reservations can be made 72 hours in advance at the front desk. Check in is required. No-shows will be subject to a fee.
- For safety, members may not enter a class 5 minutes after the class has begun and members may not enter the studio or spin room until the previous class is over.
- Class instructor is subject to change without notice. Classes averaging fewer than 10 participants may be dropped in future months.