




GROUP XERCISE SCHEDULE

EFFECTIVE April 1, 2025

M	T	W	T	F	S	S
6:00-6:45 am BODYPUMP™ Diana		6:00-6:45 am Kickboxing Fusion Natalie		6:00-6:45 am BODYPUMP™ Magdalena		
8:45-9:30 am SWEAT Natalie			8:30-9:15 am Cycle Strength Michelle			
9:30-10:30 am Zumba® Fitness Kathy	9:30-10:30 am Zumba® Fitness Krishna	9:30-10:30 am SWEAT Rai	9:30-10:30 am BODYPUMP™ Michelle	9:30-10:30 am Zumba® Fitness Supattra	9:15-10:15 am BODYPUMP™ Theresa	9:30-10:15 am SWEAT Nicole
10:30-11:30 am Cardio Sculpt Carolann	10:30-11:30 am BODYPUMP™ Michelle	10:30-11:30 am Cardio Sculpt Michele	10:30-11:30 am Pilates Donna	10:30-11:15 am Kickboxing Fusion Natalie	10:30-11:30 Interval Madness Vicky	10:30-11:30 am Zumba® Fitness Krishna
11:30-12:30 pm Forever Fit Danny	11:30-12:30 pm Mat Pilates Jackie	11:45-12:45 pm Beginner Yoga Melissa	11:30-12:30 pm Forever Fit Danny	11:15-12:15 MELT Method Doreen	10:30-11:15 Cycle Strength Theresa	
					11:45-12:45 pm Yoga Melissa	
						2:00-3:00 Yoga Fran
5:30-6:30 pm BODYPUMP™ Theresa	5:30-6:30 pm Zumba® Fitness Sally	5:30-6:30 pm Zumba® Fitness Krishna	5:30-6:15 pm Barre Above Fusion Jennifer			
6:30-7:30 pm Street Jazz Danielle	6:30-7:30 pm Interval Madness Vicky		6:15-7:00 pm SWEAT Rai	6:15-7:15 Zumba® Abs Chris		
6:30-7:15 pm Cycle Interval Cherisse	7:30-8:30 pm Restorative Yoga Melissa	6:30-7:15 pm SWEAT Nicole	7:00-8:00 pm Zumba® Fitness Alexander			

 *New Class/Instructor

Class	Group Exercise Guidelines and Class Descriptions
	All instructors are certified. All classes must consistently have eight participants to remain on the schedule. Morning classes follow Hendrik Hudson Schools' inclement weather schedule; no school, class, or nursery. PLEASE ARRIVE AT CLASS ON TIME. <i>There will be no admittance to class after warm-up is complete.</i>
Barre Above Fusion	A high-energy fusion of Ballet, Yoga, Pilates, cardio, and strength training, all set to upbeat music! Sculpt your body with dynamic movements, core-focused exercises, and light weights for a fun, full-body burn.
Beginner Yoga	Introduction to Yoga. This yoga practice is appropriate for all levels. Align body, mind, and spirit through physical postures, breathing exercises, and meditation.
BODYPUMP™	The original barbell class that strengthens your entire body. Challenge all your major muscle groups using exercises like squats, presses, lifts, and curls.
Cardio Sculpt	This fun class incorporates intervals of cardio and strength training with the expert use of fitness props.
Forever Fit	Strength training class designed to increase the muscular strength, endurance and flexibility of our mature members'. Members rave about the excellent playlist and accessible teaching style.
Interval Madness	A versatile class that incorporates high-energy intervals of cardio and low-impact sculpting using dumbbells and barbells.
Kickbox Fusion	Combines high-energy kickboxing combos with weightlifting for a total body workout.
Pilates Fusion	This class combines the movements of Pilates with Barre and fitness elements.
Pilates Mat	A series of exercises designed to strengthen the core by developing pelvic stability and abdominal control. In addition, the exercise improves flexibility and joint mobility and builds strength.
Restorative Yoga	Restorative Yoga focuses on relaxing the body in restful postures, your body finds the shape of the posture and melts into place, the nervous system switches to calmness and the body has the opportunity to renew and heal.
SWEAT	A dynamic full-body workout combining circuit-style resistance with heart-pumping cardio. Designed to strengthen and sculpt your body while boosting endurance.
Yoga	An ancient practice of uniting all aspects of a person - body, mind and spirit - through physical postures, breathing exercises and meditation. Flexibility, strength and muscle tone, improve quickly.
Zumba®	Zumba® is a dance-based fitness craze! Dynamic movement to a fusion of Latin and International music.
Zumba® Abs	Challenging high-energy workout disguised as a dance class with 80% fitness and 20% dance. Last 15 minutes are all abs.

Class	Cycle Guidelines and Class Descriptions
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	The lowdown:	The payoff:	Intensity:
Endurance Ride	Often the most neglected training sessions, it provides your fitness foundation and should constitute the bulk of your workouts. The Energy Zone™ includes a variety of aerobic profiles.	Perfect for higher fat metabolism and increasing your base fitness level, as well as lowering your resting HR.	65%-80% HRmax
Strength Ride	Uses high resistance and a slower cadence, you hover between aerobic and anaerobic zones, climbing some challenging mountains as you go.	A great workout for toning your legs (without building muscle size) and developing your mental and cardiovascular strength.	75%-85% HRmax
Interval Ride	A versatile workout throughout the whole spectrum of intensities, these rides alternate bursts of speed and power with recovery.	You'll increase your aerobic and anaerobic capacity, which will lead to bolstered stamina.	65%-92% HRmax

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