



GROUP XERCISE SCHEDULE

EFFECTIVE June 3, 2025

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

 *New Class/Instructor

Class	Group Xercise 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 with weightlifting for a total-body workout.			
MELT Method	A gentle self-care technique to enhance mobility, stability, and performance while reducing chronic pain through myofascial release. Clinically proven to help individuals stay active and healthy throughout their lives.			
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	A challenging, high-energy workout disguised as a dance class with 80% fitness and 20% dance. The last 15 minutes are all abs.			
Class	Cycle Guidelines and Class Descriptions			
	The lowdown:		The payoff:	Intensity:
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
914-739-7755 www.premierathletic.com				