



# GROUP XERCISE SCHEDULE

**EFFECTIVE September 6, 2025**

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



\*New Class/Instructor

| Class                                                                                                                                                                                                                                                                                                                                      | Group Xercise Guidelines and Class Descriptions                                                                                                                                                                               |  |  |
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| All instructors are certified. All classes must consistently have eight participants to remain on the schedule. Morning classes follow Hendrick Hudson Schools' inclement weather schedule; no school, class, or nursery.<br><b>PLEASE ARRIVE TO CLASS ON TIME.</b> <i>There will be no admittance to class after warm-up is complete.</i> |                                                                                                                                                                                                                               |  |  |
| 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 Jam                                                                                                                                                                                                                                                                                                                                 | A high-energy dance fitness class that blends fun, easy-to-follow moves with upbeat music for a full-body cardio workout. All levels welcome-bring your energy and get ready to jam!                                          |  |  |
| 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.                                                                                                                                           |  |  |
| 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                                                                                                                                                                                                                                                                                                                                 | 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                                                                                                                                                                                       |  |  |

| 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](http://www.premierathletic.com)**

