PREMIER ATHLETIC CLUB

GROUP XERCISE SCHEDULE

EFFECTIVE March 6, 2026

M	T	W	T	F	S	S
	6:00-6:45 am BODYPUMP™ Diana	6:00-6:45 am Kickbox Fusion Kathy		6:00-6:45 am BODYPUMP™ Magdalena		
8:45-9:30 am Kickbox Fusion Natalie	8:45-9:30 am Pedal & Pump Courtney	9:00-9:30 am CORE Rai	Pedal & Pump 8:45-9:30 am Rachael			
9:30-10:30 am ZUMBA Kathy	9:30-10:30 am ZUMBA Krishna	9:30-10:15 am SWEAT Rai	9:30-10:30 am BODYPUMP™ Diana	9:30-10:30 am ZUMBA Supattra	9:15-10:15 am BODYPUMP™ Theresa	9:30-10:15 am SWEAT Debbie
10:30-11:30 am Cardio Sculpt Carolann	10:30-11:30 am BODYPUMP™ Magdalena	10:30-11:30 am Cardio Sculpt Michele	10:30-11:15 am Mat Pilates Donna	10:30-11:15 am Mat Pilates Jackie	10:30-11:30 am Interval Madness Vicky	10:30-11:30 am ZUMBA Krishna
11:30-12:30 pm Forever Fit Danny	11:30-12:15 pm Mat Pilates Jackie	11:45-12:45 pm Beginner Yoga Melissa	11:30-12:30 pm Forever Fit Danny		11:45-12:45 pm Yoga Melissa	10:30-11:15 am Strength Ride Rachael
						11:30-12:30 pm Yoga Todd
5:30-6:30 pm BODYPUMP™ Theresa	5:30-6:30 pm ZUMBA Sally	5:30-6:30 pm ZUMBA Krishna	6:00-6:45 pm Shapes™ Natasha			
6:30-7:15 pm Pedal & Pump Alexander	6:30-7:30 pm Interval Madness Vicky	5:30-6:15 pm Pedal & Pump Natalie	6:45-7:15 pm CORE Rai	6:15-7:15 pm Zumba® Abs Chris		
7:15-8:15 pm ZUMBA Alexander	7:30-8:30 pm Restorative Yoga Melissa	6:30-7:15 pm BODYPUMP™ Diana/Magdalena	7:15-8:15 pm ZUMBA 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 Hendrick Hudson Schools' inclement weather schedule; no school, class, or nursery. **PLEASE ARRIVE TO CLASS ON TIME.** *There will be no admittance to class after warm-up is complete.*	
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.
Mat Pilates	Mat Pilates class uses body weight for resistance with light hand weights, pilates circle and a small ball to target core strength, flexibility and improve posture.
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.
Shapes™	An invigorating blend of Pilates, sculpt, and power yoga set to modern beats. This low impact class uses small, controlled movements, to sculpt and strengthen all major muscle groups, improve alignment and increase flexibility.
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 Class Descriptions
Cycle Studio is located next to Valerio's Restaurant	
Pedal & Pump	A high energy, music-driven class that blends the rhythm of dance with the power of strength training. Ride to the beat, then hop off the bike for dynamic strength moves, return to the saddle for weighted tracks, then cap it off with a solo ride, a celebratory song and a refreshing cooldown!
Strength Ride	Using high resistance and a slower cadence, you hover between aerobic and anaerobic zones, climbing some challenging mountains as you go. This workout is great for toning your legs and developing your mental and cardiovascular health.