PREMIER ATHLETIC CLUB

GROUP XERCISE SCHEDULE

EFFECTIVE November 2, 2026

M	T	W	T	F	S	S
6:30-7:15 am Shapes™ Natasha	6:00-6:45am BODYPUMP™ Diana	6:00-6:45 am Fight Club Kathy		6:00-6:45 am BODYPUMP™ Magdalena		
8:45-9:30 am Fight Club Kathy	8:50-9:20 am RPM Rush Courtney	9:00-9:30 am CORE™ Rai	8:50-9:20 am RPM Rush Natalie	9:00-9:30 am CORE™ Supattra	9:15-10:15 am BODYPUMP™ Diana/Magdalena	9:15-10:00 am SWEAT Debbie
9:30-10:30 am ZUMBA Kathy	9:30-10:30 am BODYPUMP™ Magdalena	9:30-10:15 am SWEAT Rai	9:30-10:30 BODYPUMP™ Diana	9:30-10:30 am ZUMBA Supattra	10:30-11:15 am Strength Ride Rachael	10:00-10:30 am CORE™ Rai
10:30-11:30 am Cardio Sculpt Carolann	10:30-11:15 am ZUMBA Express Krishna	10:30-11:30 am Cardio Sculpt Michele	10:30-11:15 am Mat Pilates Donna	10:30-11:30 am Stability Sculpt Vicky	10:30-11:30 am Interval Madness Vicky	10:30-11:30 am ZUMBA Krishna
11:30-12:30 pm Forever Fit Danny	11:30-12:30 pm Mat Pilates	11:45-12:45 pm Beginner Yoga Melissa	11:30-12:30 pm Forever Fit Danny		11:45-12:45 pm Yoga Melissa	11:30-12:45 pm Fire & Flow Todd
5:30-6:30 pm BODYPUMP™ Mari	5:30-6:30 pm Shapes™ Gleice			5:15-6:15 pm BODYPUMP™ Mari		
6:30-7:30 pm ZUMBA Annia/Stephen	6:30-7:30 pm Interval Madness Vicky	5:45-6:15 pm Intro to Cycle Natalie		6:15-7:15 pm Zumba® Abs Chris		
6:30-7:15 pm Pedal & Pump Debbie	7:30-8:30 pm Restorative Yoga Melissa	6:15-6:45 Glute Lab Natalie	6:15-7:15 pm Shapes™ Natasha			
Fire & Flow 7:30-8:30 pm Todd		7:15-8:15 pm ZUMBA Roxana	7:15-8:15 pm ZUMBA Krishna			

*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.
CORE™	A dynamic core workout that strengthens your torso, hips, and glutes to build stability and support your entire body. Designed to improve performance and prevent injury, it leaves you feeling strong, agile, and connected.
Cardio Sculpt	This fun class incorporates intervals of cardio and strength training with the expert use of fitness props.
Fight Club	A fast-paced, full-body conditioning class combining boxing drills, shuffling footwork, partner rounds and nonstop cardio. NO CONTACT, all fitness welcome.
Fire & Flow	Ignite your core strength, improve joint mobility, enhance flexibility, and find balance. This yoga and pilates fusion class integrates stretching with purposeful movement patterns to leave you feeling longer, stronger, and more centered. All fitness levels welcome.
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.
Glute Lab	A focused lower-body strength class designed to build stronger glutes, sculpt the legs, and strengthen the core. Through targeted resistance training and challenging combinations, you'll develop strength, stability, and muscular endurance.
Interval Madness	A versatile class that incorporates high-energy intervals of cardio and low-impact sculpting using dumbbells and barbells.
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.
Stability Sculpt	A full-body mat class using stability balls, and light weights to sculpt, strengthen, and lengthen muscles while challenging core stability, coordination, and balance.
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
Intro to Cycle	This beginner-friendly class designed to build confidence, introduce proper bike setup and riding technique, and cover resistance, cadence, and basic cycling positions.
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!
RPM Rush	Maximize your workout in just 30 minutes! This high-energy cycle class alternates all-out efforts with recovery intervals to boost cardiovascular fitness, burn calories, and improve endurance long after the ride is over!
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.