

The Adirondack Club
FALL 2022 GROUP X SCHEDULE

EFFECTIVE:
 9/6/2022
 Updated: 8/12/2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		SCULPT Jill Studio One	CYCLE JAM 45 Erin Cycle Zone	SHRED Jill Studio One	CYCLE JAM 45 Erin Cycle Zone		
6:00 AM					Sunrise Yoga 45 Marissa Studio Two	CYCLE JAM 45 Rotation Cycle Zone	
7:00 AM	SCULPT Jill Studio One	RAISE THE BARRE Meg Studio One	Rev Up and Restore Marissa Studio Two	CARDIO STRENGTH Meg Studio One	CIRCUITS Dianna Studio One	LES MILLS BODYPUMP Brandon Studio One	CYCLE CLASSIC 60 Patty P. Cycle Zone
		CYCLE JAM 45 Christine Cycle Zone	CYCLE STRENGTH Jill Cycle Zone		CYCLE JAM 45 Maggie Cycle Zone	KRIPALU YOGA Dave Studio Two	
8:00 AM				VINYASA YOGA Jenn Studio Two	BARRE Kathy Studio Two		P90X Live Lara Studio One
8:30 AM	MUSCLE HUSTLE Julie Studio One	BUILD AND BURN Kaylin Studio One	HIIT/CORE Lara Studio One		ZUMBA Carol Studio One	ZUMBA Carol Studio One	
9:00 AM		VINYASA YOGA Jenn Studio Two		CYCLE CLASSIC 30 Carol Cycle Zone		CYCLE JAM Rotation Cycle Zone	
9:30 AM		LES MILLS BODYPUMP Karen Studio One	SWEAT AND STRENGTHEN Eve Studio One	PILATES Julie Studio Two	SouIFUSION Julie Studio One	PILATES Kathy Studio Two	HATHA YOGA Jackie Studio Two
	CYCLE JAM 45 Jill Cycle Zone	CYCLE JAM 45 Shahrzad Cycle Zone	CYCLE JAM 45 Meg Cycle Zone		CYCLE JAM 45 Sarah Cycle Zone	PILATES Eve Studio Two	BOOTCAMP Sarah Studio One
9:45 AM				CIRCUITS 30 Carol QUEENAX			
10:30 AM	SIMPLY FIT Dianna Studio One			SIMPLY FIT Dianna Studio One			
6:00 PM	P90X Live Lara Studio One	ZUMBA Carol Studio One	CYCLE JAM 45 Sarah Cycle Zone				
	CYCLE JAM 45 Laurie Cycle Zone		DANCE CARDIO Jinny Studio One				
6:30 PM				LES MILLS BODYPUMP Brandon Studio One			
7:00 PM	CANDLELIT YOGA Ann Studio Two	YIN YOGA Dave Studio Two	VINYASA YOGA Melissa Studio Two	KRIPALU YOGA Dave Studio Two			
		BOOTCAMP Sarah Studio One	LES MILLS BODYPUMP Dave C Studio One				

JILL ANZALONE
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All CLASSES REQUIRE SIGNUP
 YOU MAY SIGNUP ONLINE USING THE CLUB APP AS EARLY AS ONE WEEK PRIOR TO CLASS.
 There is a \$5.00 non-cancellation fee for classes!

To ensure product quality and member satisfaction, we closely monitor all classes and participation. Therefore, the Group Exercise Schedule is subject to change.

Classes are 55-60 minutes long unless noted with a number next to the class name.

In-Club Virtual Classes are now listed on the back of this schedule.

Live Streaming Class Links:



POOL EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HYDRO REC POOL 7:00 PM-CHRISTINE	HYDRO REC POOL 8:00 AM-DONNA	HYDRO LAP POOL 9:00 AM-DONNA	HYDRO REC POOL 9:00 AM-SHARON	HYDRO LAP POOL 9:00 AM-SHARON	HYDRO REC POOL 9:00 AM-SHARON	HYDRO REC POOL 9:00 AM-Rotation
	HYDRO REC POOL 9:00 AM-DONNA		HYDRO REC POOL 7:00 PM KATHY			

*****SCHEDULE SUBJECT TO CHANGE BASED ON DEMAND*****