

The Adirondack Club
SPRING 2022 GROUP X SCHEDULE

EFFECTIVE:
 3/31/22
 Updated: 3/31/22

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM		SCULPT Jill Studio One	CYCLE ZONE 45 Erin Cycle Zone	SHRED Jill Studio One	CYCLE JAM 45 Erin Cycle Zone	7:30 AM CYCLE ZONE 45 Rotation Cycle Zone		
7:30 AM	SCULPT Jill Studio One	CARDIO STRENGTH Meg Studio One	Rev Up and Restore Marissa Studio One	RAISE THE BARRE Meg Studio One	CIRCUITS Dianna Studio One	8:00 AM LES MILLS BODYPUMP Brandon Studio One KRIPALU YOGA Dave Studio Two	8:00 AM CYCLE CLASSIC 60 Patty P. Cycle Zone	
		CYCLE JAM 45 Christine Cycle Zone	CYCLE STRENGTH Jill Cycle Zone		CYCLE JAM 45 Sarah Cycle Zone			
8:00 AM					BARRE Kathy Studio Two	8:30 AM	P90X Live Jill/Lara Studio One	
8:30 AM	MUSCLE HUSTLE Julie Studio One				ZUMBA Carol Studio One	8:30 AM	CYCLE JAM 45 Rotation Cycle Zone	
9:00 AM		VINYASA YOGA Jenn Studio Two		CYCLE CLASSIC 30 Carol Cycle Zone		9:30 AM	ZUMBA Carol Studio One	
9:30 AM	Total Body Tone Ashley Studio One	LES MILLS BODYPUMP Karen Studio One	SWEAT AND STRENGTHEN Eve Studio One	PILATES Julie Studio Two	SouIFUSION Julie Studio One	9:30 AM	PILATES Kathy Studio Two	HATHA YOGA Jackie Studio Two
	CYCLE JAM 45 Jill Cycle Zone	CYCLE JAM 45 Ashley Cycle Zone	CYCLE JAM 45 Ashley Cycle Zone		CYCLE ZONE 45 Eve Cycle Zone			
	PILATES Eve Studio Two			BOOTCAMP Sarah Studio One	FLOW YOGA Ann Studio Two			
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 Erin Cycle Zone							
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				
			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
	TABATA HYDRO REC POOL 7:00 PM-SHARON	HYDRO REC POOL 8:30 AM-DONNA	HYDRO LAP POOL 9:30 AM-DONNA	HYDRO REC POOL 7:00 PM-KATHY	HYDRO LAP POOL 9:30 AM-SHARON	HYDRO REC POOL 9:30 AM-ROTATION	HYDRO REC POOL 9:30 AM-ROTATION
		HYDRO REC POOL 9:30 AM-DONNA					

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