

The Adirondack Club
FALL 2023 GROUP X SCHEDULE

EFFECTIVE:
 11/15/2023
 Updated 11/8/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		SCULPT Jill Studio One		SHRED Jill Studio One	RAMPED UP Sarah Studio One		
	ADK RIDE 45 Maggie Cycle Zone		ADK RIDE 45 Erin Cycle Zone		ADK RIDE 45 Patty Cycle Zone	ADK RIDE 45 Rotation Cycle Zone	
7:30 AM	SCULPT Jill Studio One	RAISE THE BARRE Meg Studio One	PILATES Julie Studio Two	CARDIO STRENGTH Meg Studio One	Total Body Blast Dianna Studio One	LES MILLS BODYPUMP Brandon Studio One	ADK RIDE 60 Patty P. Cycle Zone
		ADK RIDE 45 Christine Cycle Zone	CYCLE STRENGTH Jill Cycle Zone		ADK RIDE 45 Erin Cycle Zone	KRIPALU YOGA Dave Studio Two	
8:00 AM					BARRE Kathy Studio Two		P90X Live Lara Studio One
8:30 AM	CARDIO KICK REMIX Mea Studio One		HIIT/CORE Lara Studio One		ZUMBA Carol Studio One	ZUMBA Carol Studio One	
9:00 AM	ADK RIDE 45 Jill Cycle Zone	Bike Bootcamp Kristen Cycle Zone	Bike2Barre Meg Cycle Zone	ADK RIDE 30 Carol Cycle Zone		ADK RIDE 45 Rotation Cycle Zone	
		VINYASA YOGA Jenn Studio Two				PILATES Kathy Studio Two	HATHA YOGA Jackie Studio Two
9:30 AM		LES MILLS BODYPUMP Karen Studio One	Sweat and Strengthen Eve Studio One	BOOTCAMP Sarah Studio One	SouIFUSION Julie Studio One		
	PILATES Eve Studio Two		WARM VINYASA FLOW Kristen Studio Two	PILATES Julie Studio Two	Yoga and Functional Movement Ann Studio Two		
					ADK RIDE 45 Shahrzad Cycle Zone		
9:45 AM				CIRCUITS 30 Carol QUEENAX			
10:30 AM	SIMPLY FIT Dianna Studio One	SIMPLY STRETCH AND FLOW Elissa Studio two		SIMPLY FIT Dianna Studio One			
6:00 PM	P90X Live Lara Studio One	ZUMBA Carol Studio One					
		ADK RIDE 45 Becky Cycle Zone	ADK RIDE 45 Sarah Cycle Zone				
6:30 PM	ADK RIDE 45 Erin Cycle Zone			LES MILLS BODYPUMP Brandon Studio One			
7:00 PM	CANDLELIT YOGA Ann Studio Two	YIN YOGA Dave Studio Two	VINYASA YOGA Linda Studio Two	KRIPALU YOGA Dave Studio Two			
		BOOTCAMP Sarah Studio One	LES MILLS BODYPUMP Dave C Studio One				

JILL ANZALONE
 Group Exercise Director
 janzalone@adirondackclub.com
 (508) 541-1400 x205

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 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 7:00 PM-CHRISTINE	HYDRO REC POOL 9:00 AM-DONNA		HYDRO REC POOL 7:00 PM KATHY			

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

ALL CLASSES REQUIRE SIGNUP