

ADIRONDACK CLUB GroupX Schedule



MONDAY

5:30AM	ADK Ride 45 - Maggie	Cycle Zone
6:30AM	Warm Vinyasa Flow - Stephanie	Studio 2
7:30AM	SCUPLT - Jill	Studio 1
8:30AM	20/20/20- Meg	Studio 1
9:00AM	ADK Ride 45 - Jill	Cycle Zone
9:30AM	Pilates - Eve	Studio 2
10:30AM	SimplyFit - Dianna	Studio 1
6:00PM	P90X Live - Lara	Studio 1
6:30PM	ADK Ride 45 - Sarah	Cycle Zone
7:00PM	Candlelit Yoga - Ann	Studio 2
7:00PM	Hydro - Christine	Rec Pool

THURSDAY

5:30AM	SHRED - Jill	Studio 1
7:30AM	Cardio Strength - Meg	Studio 1
9:00AM	ADK Ride 30 - Carol	Cycle Zone
9:00AM	Hydro - Sharon	Rec Pool
9:30AM	Ramped Up - Sarah	Studio 1
9:30AM	Pilates - Julie	Studio 2
9:30AM	Circuits 30 - Carol	Queenax
10:30AM	Simply Fit - Dianna	Studio 1
12:15PM	Strength 30 - Jill	Studio 1
6:30PM	BODYPUMP - Brandon	Studio 1
7:00PM	Kripalu Yoga - Dave	Studio 2
7:00PM	Hydro- Kathy/Chris	Rec Pool

TUESDAY

5:30AM	SCULPT - Jill	Studio 1
7:30AM	Raise the Barre - Meg	Studio 1
7:30AM	ADK Ride 45 - Christine	Cycle Zone
8:00AM	Hydro - Donna	Rec Pool
9:00AM	Bike Bootcamp - Kristen	Cycle Zone
9:00AM	Hydro - Donna	Rec Pool
9:30AM	Vinyasa Yoga - Jenn	Studio 2
9:30AM	BODYPUMP - Karen	Studio 1
10:30AM	Simply Stretch & Flow - Elissa	Studio 2
12:15PM	Strength 30 - Jill	Studio 1
5:45PM	Pilates - Eve	Studio 2
6:00PM	ZUMBA - Carol	Studio 1
7:15PM	Yin Yoga- Dave	Studio 2
7:00PM	Build & Burn- Sarah	Studio 1

FRIDAY

5:30AM	Ramped Up - Sarah	Studio 1
5:30AM	ADK RIDE 45- Becky	Cycle Zone
7:30AM	Total Body Blast - Dianna	Studio 1
7:30AM	ADK Ride 45 - Erin	Cycle Zone
8:00AM	Barre - Kathy	Studio 2
8:30AM	ZUMBA - Carol	Studio 1
9:00AM	Hydro - Sharon	Lap Pool
9:30AM	SoulFusion - Julie	Studio 1
9:30AM	Yoga & Functional Movement - Ann	Studio 2
9:30AM	ADK Ride 45 - Shahrzad	Cycle Zone

WEDNESDAY

5:30AM	ADK Ride 45 - Erin	Cycle Zone
7:30AM	Pilates - Julie	Studio 2
7:30AM	Cycle Strength - Jill	Cycle Zone
8:30AM	HIIT/Core - Lara	Studio 1
9:00AM	Bike2Barre - Meg	Cycle Zone
9:00AM	Hydro - Donna	Lap Pool
9:30AM	Sweat & Strengthen - Eve	Studio 1
9:30AM	Warm Vinyasa Flow - Kristen	Studio 2
6:00PM	ADK Ride 45 - Erin L	Cycle Zone
7:00PM	Vinyasa Yoga - Linda	Studio 2
7:00PM	BODYPUMP - Dave	Studio 1

SATURDAY

7:30AM	ADK Ride 45- Rotation	Cycle Zone
8:00AM	BODYPUMP - Brandon	Studio 1
8:00AM	Kripalu Yoga - Dave	Studio 2
9:00AM	Hydro - Sharon	Rec Pool
9:15AM	ZUMBA - Carol	Studio 1
9:30AM	ADK Ride- Rotation	Cycle Zone
9:30AM	Pilates - Kathy	Studio 2

SUNDAY

8:00AM	ADK Ride 60 - Patty	Cycle Zone
8:30AM	P90X Live - Lara	Studio 1
9:00AM	Hydro - Rotation	Rec Pool
9:30AM	Power Up - Vanessa	Studio 1
9:30AM	Hatha Yoga - Jackie	Studio 2
4:00PM	Yin Yoga - Ann	Studio 2

ALL CLASSES REQUIRE SIGNUP

You may signup online using our 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.

QUESTIONS?

Contact
JILL ANZALONE
Group Exercise Director
janzalone@adirondackclub.com
508.541.1400 ext.205



Scan for virtual class information
Enroll on the app

EFFECTIVE 4/14/2024