

# CARDIO & STRENGTH

**20/20/20:** Start your workout with 20 mins of cardio. Next spend 20 mins targeting the major muscle groups of the upper and lower body by using dumbbells with bodyweight exercises Finish with 20 mins focused on your core and stretching.

**BODYPUMP™:** The original Les Mills BODYPUMP™ barbell class will sculpt, tone, & strengthen your entire body, fast! This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, & curls.

**BUILD AND BURN:** Build and Burn is a total body workout. You'll get core, upper and lower body strength as well as cardio. Throughout class you will build your blocks and ramp up the intensity by adding exercises to each circuit.

**EXPRESS CIRCUIT:** A 30-minute express class using the Queenax Machine on the Deck.

**HIIT/CORE:** 30 min. of High Intensity Cardio blocks followed by 30 min. of CORE.

**P90X LIVE™:** Total body strength class that includes cardio, lower, upper body, & core. P90X is fun, challenging, & for all levels.

**RAMPED UP:** You will work in groups, with partners and by yourself. Most exercises are ramp up sets which will increase power and strength in your lifts. Free weights, med balls, bands, and gliders will be used. Modifications provided, all levels welcome!

**RAISE THE BARRE:** A complete workout focusing on posture alignment and intervals of small, isometric movements for sculpted, longer, and leaner physiques. Using both aerobic and strength training for continuous individual results combines modification and equipment for all levels.

**SCULPT:** Total Body Strength Class targeting each muscle group. This class will involve Lower Body, Upper Body and Core blocks. Light, medium and heavy weights along with bands and gliders will be used to sculpt and tone your body.

**SIMPLY FIT:** This class utilizes simple, low-impact, aerobic choreography, resistance training & mind/body techniques to deliver a total body workout. Perfect for anyone new or returning exercise, or looking for a class that takes it back to the basics.

**SHRED:** Total Body Power Class. This class will be a combination of strength and power blocks. AMRAPs, EMOMs, HIGH ENERGY and FUN!

**SoulFUSION:** This class involves yoga-inspired flows, cardio bursts to boost your heart rate and balance sequences that will crush your core. A combination of weights and bands are used to sculpt and tone your muscles.

**SUNRISE STRENGTH:** A total body strength and conditioning class focusing on all muscle groups using dumbbells and bands. Great for all ages and all levels. Get your workout in before the sun comes up!

**SWEAT AND STRENGTHEN:** From step to kickboxing, cardio to Tabata. each class is always different. The last 15 minutes focuses on core. Perfect for ALL ages and skill levels!

**TOTAL BODY BLAST:** Cardio/weight interval class. We'll get you moving with kickboxing, step and strength. The class will finish with core training for a complete workout. All levels welcome!

**ZUMBA®:** This Latin inspired dance fitness program fuses national and international rhythms. Anything from Salsa, Merengue, Cumbia, Reggaeton, and many other rhythms will have you participating in the BEST PARTY IN TOWN!

# MIND & BODY

**BARRE-** a hybrid class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Most classes incorporate a ballet barre and use classic dance moves such as plies, alongside static stretches. Barre also focuses on high reps of small range movements.

**CANDLE LIT SLOW FLOW:** Relax, unwind, and let go after a busy day. Enjoy a soothing slow flow and restorative yoga practice by candlelight. Begin with a slower-paced Vinyasa practice, moving with attention to the breath and alignment, and then settle into stillness with restorative and yin postures. Let tension melt away, Leave feeling recharged and renewed.

**HATHA YOGA:** Hatha promotes balance, flexibility, strength, and relaxation through various asanas and breathing techniques. This class aims to clear the mind, improve concentration, enhance your overall well-being, and experience inner peace. Suitable for beginners and those wanting a gentle practice.

**KRIPALU YOGA:** Kripalu Yoga is a gentle class, focused on finding the bliss in any given moment. In this style of yoga practice, you will focus on your own body's energy or "prana." Breathing techniques, prolonged poses, and gentle concentration make this class ideal for beginners and those looking for a slower practice spending more time in poses.

**PILATES:** Concentrate on your body's core muscles and building strength without excess bulk. By emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth movement, you become aware of how your body feels, and how to control its movement.

**PILATES CIRCUITS:** Blocks of work will alternate between traditional Pilates mat exercises and low impact cardio sequences to leave you just a bit sweaty but still fully energized for your day!

**WARM VINYASA FLOW:** is a dynamic combination of strength, flexibility, and balance, leveraging the gentle heat to move deeper into the poses. The class moves at a fluid pace and on the breath but offers plenty of space for modifications as well as advancements. Studio will be 82-83 degrees.

**WARM VINASYA FLOW & MEDITATION:** 45 min. Warm Vinyasa Flow / 15 min. Meditation, You will be guided through a series of postures involving both strength and stretch, linked by fluid transitions creating balance between effort and ease. Students will cultivate an awareness of breath and the ability to tune into the present moment. Practice will culminate in a supported and guided meditation.

**SIMPLY STRETCH AND FLOW:** Floor based and standing stretches that prepare the body for a moving flow of yoga poses to develop strength, flexibility and balance. Transitions are slow paced and gentle. The class includes breathing and mindfulness techniques to relax and refresh. The support of blocks, straps, bolsters, the wall or a chair allow accessibility for all fitness levels. This class is suitable for newcomers, those returning to yoga after lapsed practice and those seeking a back to basics approach.

**SIMPLY YOGA AND NIDRA MEDITATION:** This class incorporates a combination of Yin Yoga (holding poses) and a gentle flow of yoga. Stretches, poses and slow movement make up the first half of the class. In the second half of class, you will be verbally guided into Yoga Nidra meditation while in a restorative (resting) pose. This form of meditation relaxes, nourishes and refreshes through deep rest with awareness.

**VINYASA YOGA:** Vinyasa yoga is a dynamic blend of postures and breathwork. It aims to produce relaxation, self-healing in the body and mind along with strength and balance. Join us in a warm studio which will enhance your flexibility and healing systems of the body.

**YIN YOGA:** Poses are held for several minutes at a time in order to stretch the connective tissue around the joints. The Yin practice includes powerful mental and emotional benefits as its practitioner becomes quiet, still, and mindful of the present. Suitable for beginners and those wanting a gentle practice.

**YOGA & FUNCTIONAL MOVEMENT:** This class combines functional movement with creative and intelligent yoga sequencing to improve the way we move. There is a focus on proprioception, exteroception (sensing the outside), interception (sensing the inside), nociception (how we perceive discomfort), Kinesthesia (how movement is performed) in space and how we move through space.

# HYDRO

**HYDRO:** Improve your cardiovascular conditioning while strengthening your entire body! This is the perfect class to challenge your body using water resistance in a low impact environment.

# GROUP CYCLING

**ADK RIDE 45:** 45 minute cycle ride with mind-blowing playlists, pumped up energy, volume and lighting. Instructors will take you through a class consisting of hills, sprints, jogs and power pushes.

**CYCLE STRENGTH:** 30 minutes of cardio on the bike followed by 30 minutes of total body strength training and core work. It's a perfect blend of cardio and strength.

**BIKE2BARRE :** A class that combines cardio with low-impact strength exercises. The class begins with a powerful 30-minute cardio ride. The second 30 mins of class consists of focusing on toning the entire body through small movements and high repetitions. Various equipment will be used in barre, such as bands, small weights, balls and gliders.



THE ADIRONDACK CLUB

# Group X SPRING '25

# ADIRONDACK CLUB GroupX Schedule



## MONDAY

5:30AM	ADK Ride 45 - Maggie	Cycle Zone
7:30AM	SCULPT- Jill	Studio 1
8:30AM	20/20/20- Meg	Studio 1
9:00AM	ADK RIDE- Shahrzad	Cycle Zone
9:30AM	Pilates - Eve	Studio 2
10:30AM	SimplyFit - Dianna	Studio 1
12:15 PM	Express Strength- Jill	Studio 1
5:30PM	Barre- Amy	Studio 2
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	Build and Burn- Meg	Studio 1
8:00AM	Vinyasa Flow- Mila	Studio 2
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
12:15 PM	Express Strength- Jill	Studio 1
6:30PM	BODYPUMP - Brandon	Studio 1
5:30PM	Barre- Amy	Studio 2
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	Cycle Strength- Erin K	Cycle Zone
9:00AM	Hydro - Donna	Rec Pool
9:00AM	Vinyasa Yoga - Jenn	Studio 2
9:30AM	BODYPUMP - Karen	Studio 1
10:30AM	Simply Stretch & Flow - Elissa	Studio 2
5:45PM	Pilates- Lindsey	Studio 2
6:00PM	ZUMBA - Carol	Studio 1
7:15PM	Yin Yoga- Dave	Studio 2

## FRIDAY

5:30AM	Sunrise Strength-Toni	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
9:00 AM	ADK Ride- Vanessa	Cycle Zone
9:30AM	SoulFusion - Julie	Studio 1
9:30AM	Yoga & Functional Movement - Ann	Studio 2

## WEDNESDAY

5:30AM	ADK Ride 45 - Erin	Cycle Zone
7:30AM	Barre- Amy	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- Stephanie	Studio 2
11:00AM	Simply Yoga and Meditate- Elissa	Studio 2
12:15 PM	Express Barre- Meg	Studio 2
5:45PM	Pilates- Sarah	Studio 2
6:00PM	ADK Ride 45 - Erin L	Cycle Zone
7:00PM	Warm 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 sign up online using our app as early as one week prior to class.

To ensure class 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  
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Scan for  
virtual class  
information



Scan for  
GroupX  
Schedule

**EFFECTIVE**  
**4/13/2025**