



THE SHREWSBURY CLUB

Tennis - Fitness - Athletics

2018 Fall Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:45 AM	Muscle Mix Ellen C.	Spin Julie	Fit Express Liz	Spin Ellen C.	Total Body Blast Julie	5:45 AM		
7:30 AM						7:30 AM	Spin Ellen C.	
8:45 AM	Muscle Mix Liz	Triple Threat Liz	Tabata Kick Liz	Spin Liz	Mash It Up Liz	8:30 AM	Triple Threat Ellen C.	Strength Intervals Melissa
9:00 AM	Barre Stephanie					9:00 AM		
9:45 AM	Spin Liz	Yoga Alicja	Zumba Nicky	Yoga Ellen D.	Pilates Sarah	9:30 AM	Yoga-Pilates Mary	
11:00 AM	Zumba Gold Mary	Fun in Fitness Larisa	Senior Yoga Anne	Senior Triple Larisa		11:00 AM		
5:30 PM	Cardio Barre Niccole	Muscle Mix Ellen C.	Barre Jess	Triple Threat Melissa		5:30 PM		
6:30 PM	Pilates Niccole	Funky Spin Liz	Step It Up Lori	Butts & Gutts Lori		6:30 PM		
7:30 PM						7:30 PM		

Schedule subject to change periodically.

In consideration for the instructor & other participants, please be on time to class.

All 5:45 classes are 45 mins long.

Barre

A mix of yoga, Pilates and ballet that has you maintaining proper body alignment and freeing joints from additional stress.

Butts & Gutts

Moves to target the glutes & core muscles.

Cardio Barre

A faster paced Barre class with cardio intervals incorporated to increase heart rate while working on alignment & joint stress.

Fit Express

A sports-inspired cardio class that brings out the inner athlete! In this challenging format you perform stationary cardio exercises and weighted sets.

Fun in Fitness

Have fun and move through a variety of exercises designed to increase muscular strength and range of motion. A chair is used for extra support if needed.

Mash Up

Intervals of strength & cardio exercises to maximize your calorie burn.

Muscle Mix

A full body weighted workout. All weights, using entire body to maximize the burn.

Pilates

Exercises using special Pilates apparatus, designed to improve strength, flexibility, posture, and to enhance mental awareness.

Senior Triple

A blend of dance aerobics followed by light weights, resistance bands, ball and gliding discs! A highlight of this workout is the focus on balance and agility.

Spin/Funky Spin– Cycle Studio

55 minutes of the best of indoor cycling choreography! Great music, instructor cueing and motivational techniques give you a superior calorie burn.

Step It Up

Step interval class incorporating light weights for a total body work out.

Strength Intervals

A full body weighted workout. All weights, using entire body to maximize the burn.

Tabata Kick

60 minutes of 20 seconds of high intensity (modifiable) and 10 seconds of active rest merging the calorie torching disciplines of HIIT with cardio kickboxing.

Total Body Blast

A high energy class designed for maximum calorie burn in the shortest amount of time while having fun.

Triple Threat

A three-way battle of the best of fitness! 16 minutes of HIIT cardio, 14 minutes of strength sets and ends with rounds of concentrated core work.

Yoga/Senior Yoga/

This mind/body workout will increase strength, flexibility and you will learn meditation and relaxation techniques.

Yogalates/Yoga-Pilates

The best of both worlds! You will experience the traditional asanas of Yoga coupled with the core stabilizing exercises of Pilates.