



THE SHREWSBURY CLUB

Tennis - Fitness - Athletics

Effective December 31, 2018

2019 Winter 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.	
8:30 AM	Muscle Mix Liz	Tabata Kick Liz	Triple Threat Liz	8:45 *Spin Candice	Mash It Up Liz	8:30 AM	Triple Threat Ellen C.	Strength Intervals Melissa
9:00 AM	Barre Stephanie					9:00 AM		
9:30 AM	Spin Liz	Yoga Alicja	Zumba Nicky	Yoga Ellen D.	Pilates Sarah	9:30 AM	Yoga-Pilates Mary	Tabata Kick Liz
11:00 AM	Zumba Gold Mary	Fun in Fitness Tracy	Senior Yoga Anne	Senior Triple Liz		11:00 AM		
5:30 PM	Cardio Tone Julie	Muscle Mix Ellen C.	Tighten & Tone Lori	Triple Threat Melissa		5:30 PM		
6:30 PM	PiYo Katie	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 Tone

Body toning moves to strengthen and lean the body with cardio to spike the heart rate.

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.

PiYo

This workout is designed to life, redefine, and tighten the entire backside of your body, the ab-centric portion hits your powerhouse from every angle to build a strong core, flat, sculpted abs and obliques.

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.