

# IXL RHINEBECK GROUP FITNESS SCHEDULE

SPRING 2017 Effective 5/21/2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM <b>CYCLE*</b> (45)	5:15AM <b>CYCLE*</b> (45)	5:15AM <b>FULL BODY CONDITIONING</b> (45)	5:15AM <b>CYCLE*</b> (45)	5:15AM <b>ABS &amp; INTERVALS</b> (45)	7:15AM <b>BOOTCAMP</b>
8:00AM <b>NIA</b>	9:10AM <b>ALL LEVELS YOGA</b>	9:00AM <b>AEROBIC DANCE</b>	9:10AM <b>ACTIVE YOGA</b>	7:30AM <b>P90X</b>	7:30AM <b>SLIM CYCLE \$</b>
9:30AM <b>CYCLE*</b>	9:30AM <b>SLIM CYCLE \$</b>	9:30AM <b>CYCLE*</b>	9:30AM <b>SLIM CYCLE \$</b>	8:30AM <b>POWER PILATES</b> (30)	8:30AM <b>CYCLE*</b>
9:30AM <b>BODY BLAST BALL</b> (30)	10:30AM <b>ZUMBA</b>	10:00AM <b>YOGA n CORE</b>	10:30AM <b>ZUMBA</b>	9:00am <b>BOSU BLEND</b> (30)	8:30AM <b>AEROBIC DANCE</b>
10:00 AM <b>BODY BLAST BANDS</b> (30)	11:30AM <b>SENIOR FITNESS</b>	11:00AM <b>SENIOR FITNESS</b>	11:30AM <b>SILVER SNEAKERS</b>	9:30am <b>TRX ESSENTIAL</b> (30)	9:30AM <b>ZUMBA*</b>
11:00AM <b>SENIOR FITNESS</b>	3:15PM <b>SILVER SNEAKERS</b>	5:00PM <b>CYCLE*</b>	12:30PM <b>RESTORATIVE STRETCH</b>	9:30AM <b>CYCLE*</b>	10:30AM <b>VINYASA YOGA</b>
4:30PM <b>ALL LEVELS YOGA</b>	4:30PM <b>CARVE CHIP CHISEL</b> (30)	5:00PM <b>BODY BLAST</b> (30)	4:30PM <b>P90X (Cardio &amp; Lower Strength)</b> (30)	10:00am <b>STEP &amp; SCULPT</b>	<b>SUNDAY</b>
4:30PM <b>SLIM CYCLE \$</b>	5:00PM <b>BOSU BLEND</b> (30)	5:30PM <b>BODY BURST</b> (30)	5:00PM <b>P90X (Upper Strength &amp; Abs)</b> (30)	11:00AM <b>SENIOR FITNESS</b>	8:00AM <b>INSANITY</b> (45)
5:30PM <b>CYCLE*</b>	5:30PM <b>TRX ESSENTIAL</b> (30)	6:00PM <b>TREAD n TRIM**</b> (30)	5:30PM <b>TRX ESSENTIAL</b> (30)	4:30PM <b>CYCLE*</b>	8:45AM <b>CYCLE*</b>
6:00PM <b>F.I.T.</b> (45)	5:30PM <b>CYCLE*</b>	6:00PM <b>HIIT CONDITIONING</b>	5:30PM <b>CYCLE*</b>	5:00PM <b>RESTORATIVE YOGA</b> (60)	9:00AM <b>GENTLE YOGA</b>
	6:00PM <b>HIP-HOP FUSION</b>	6:15PM <b>SLIM CYCLE \$</b>	6:00PM <b>ZUMBA</b>		10:30AM <b>GRACE &amp; POWER</b> (30)
	7:00PM <b>FLOW YOGA</b> (60)				11:00AM <b>BOSU BLEND</b> (30)
					11:30AM <b>TRX ESSENTIAL</b> (30)

## **SMALL GROUP TRAINING (SGT \$) & SPECIALTY CLASSES (\$)** Must Register in Advance \* Additional Cost \* See Front Desk for Dates of Sessions

Small Group Training sessions are 6 weeks or more of high energy team style training exercises to give you maximum results and have fun with fitness. Groups are limited in size, call or stop at the Front Desk to get session dates and to reserve your spot today!

**BE STRONG (SGT \$)** w/ Cari Meltzer (30)  
**BUILD & BURN (\$)** w/ Cari Meltzer (60)

TUESDAYS 9:15AM & THURSDAY 6:00AM & 9:15AM (6 Weeks)  
 TUESDAYS & THURSDAYS 8:00AM

### CLUB HOURS

MONDAY - FRIDAY 5:00AM - 9:30PM  
 SATURDAY 7:00AM - 7:00PM  
 SUNDAY 7:00AM - 5:00PM  
**845.876.4100**

### CHILD CARE HOURS

MONDAY - THURSDAY 8:00AM-12:00PM, 4:00PM-8:00PM  
 FRIDAY 7:30AM-12:00PM, 4:00PM-7:00PM  
 SATURDAY - SUNDAY 8:00AM-12:00PM  
[www.ixlhealthandfitness.com](http://www.ixlhealthandfitness.com)

**\*SIGN UP REQUIRED**  
**\*\*CLASS PASS AVAILABLE 30 MINUTES BEFORE CLASS**  
**\$ ADDITIONAL COST**  
**YOGA CLASSES 75 MINUTES UNLESS NOTED**  
**ALL OTHER CLASSES 55 MINUTES UNLESS NOTED**





FOLLOW  
IXL HEALTH & FITNESS

# RHINEBECK GROUP FITNESS DESCRIPTIONS

ALL CLASSES ARE GEARED FOR ALL LEVELS UNLESS OTHERWISE SPECIFIED



## 30 MINUTE CLASSES:

**BODY BLAST :** Start the burn with body blasting sculpting and finish strong with serious abs.

**BODY BURST:** Get calorie crushing cardio bursts with a great interval training workout.

**BODY BLAST BALL:** Blast through whole body toning with the basics of a stability ball and a yoga mat to balance, shape and strengthen.

**BODY BLAST BANDS:** Blast through whole body sculpting/strengthening with the basics of resistance bands to work multiple muscles and joints at one time.

**BOSU BLEND:** Hop on a BOSU (blue half-circle) for unique exercises of total body workouts blending strength and cardio with an EXTRA serving of balance training to give you a serious core workout.

**CARVE CHIP CHISEL:** Enhance your body's capacity with sculpting moves that will carve, chip and chisel.

**GRACE & POWER:** Flow through cardio moves with squats, planks & callisthenic drills to power your body for a very unique challenge. Barefoot optional.

**POWER PILATES:** Push your Pilates practice for a stronger core and alignment using functional patterns that will fuel your body.

**P90X:** Transform your body with intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga (also offered as a 55 minute class).

**TREAD n TRIM\*\*:** Say good bye to that tedious ole treadmill work out that you've been dreading. Work in a group setting with interval walks, sprints & hills. Turn that treadmill into your open road & melt away those calories in a new, fun & exciting way! CLASS PASSES AVAILABLE 30 MINS BEFORE CLASS.

**TRX ESSENTIAL:** Make your Body your Machine. Push, Pull, Lift & Lower your body like never before utilizing a suspension strap for those essential major muscles while building a rock solid core with every move.

## CARDIO/STRENGTH/SCULPT CLASSES

**ABS & INTERVALS:** 45 minute class focusing on strengthening the abdominals & entire body with intervals of strength, endurance & glute work.

**AEROBIC DANCE:** Salsa, Hip-Hop, Jazz...you got it! This class covers it all with a full body workout for anyone who likes to let loose and have fun!

**BOOTCAMP:** Think burpees, box jumps, partner drills, sprints, push-ups, Tabata, H.I.T.T. drills, weights & endurance training, etc. It's intense, it's indoor/outdoor and always delivers results!

**CYCLE\*:** Simulates an outdoor bike ride. Enjoy a group experience improving endurance & cardiovascular health while cycling to energizing music. Sign up required. Reserve a bike a month in advance for \$3.

**HIIT CONDITIONING:** (High Intensity Interval Training) Alternates intense cardio fitness, strength and core training drills utilizing a variety of equipment and training techniques. Classes are challenging, motivating and NEVER the same!

**HIP-HOP FUSION:** Spend the first half cutting loose while following along to high energy dance moves to popular songs from the 90's through today's hits. Second half learn a fun routine filled with spicy hip-hop choreography that is broken down for you to make it your own!

**INSANITY:** Dig deep and push past your limits with a series of explosive and dynamic drills

**F.I.T. (Fitness Interval Training):** High intensity, low choreography old-school workout with cardio/weight training intervals to get your whole workout in one!

**FULL BODY CONDITIONING:** A 45 minute heart pumping class with cardio training, plyometrics and moves that will condition, reshape and motivate you!

**NIA:** Combining dance, martial arts and mindfulness, NIA tones your body while transforming your mind. More than just a workout, NIA is a holistic fitness practice addressing each aspect of your life – body, mind and soul.

**P90X:** Transform your body with intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga (also offered as a 30 minute class)

**SENIOR FITNESS:** Low impact aerobics class designed for the mature IXL member, which includes gentle strength training & cardio conditioning segment.

**SILVER SNEAKERS:** Designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

**STEP & SCULPT:** Invigorating class with intervals of classic step combinations & strength intervals using weights & resistance bands to tone and strengthen.

**YOGA n CORE:** Fusion Style Class to improve core strength, flexibility, balance and focus in everyday life. Yoga Asana will be combined with various disciplines of barre, pilates, strength and functional movement training to create a well rounded, total body workout experience.

**ZUMBA:** A fun “feel-happy” workout incorporating a fusion of Latin and international music with dynamic & exciting dance themes.

## YOGA CLASSES

**ACTIVE YOGA:** Promotes physical endurance as well as flexibility. Emphasis is on the wave-like motion of breath. Flowing posture sequences that increase muscular strength and range of motion will loosen and lengthen while calming the body and mind. Yoga experience recommended.

**ALL LEVELS YOGA :** Open for beginners and people with experience. Combines mindful movements, alignment, and breathe, to renew mind body and spirit.

**FLOW YOGA:** A gentle vinyasa with steady holds to balance and refresh body, mind & spirit.

**GENTLE YOGA:** Intro to basic yoga poses. emphasizes stretching, body alignment, and coordination of breath with movement. Great for beginners or those experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations.

**RESTORATIVE YOGA:** Specific to the individual with previous injuries and/or special needs. Special attention is given to proper alignment of poses.

**RESTORATIVE STRETCH:** A gentle workout that combines elements of yoga with relaxation and breath work techniques.

**VINYASA YOGA:** Same as Flow Yoga but all levels welcomed.

**YOGA n CORE:** Fusion Style Class to improve core strength, flexibility, balance and focus in everyday life. Yoga Asana will be combined with various disciplines of barre, pilates, strength and functional movement training to create a well rounded, total body workout experience.

## SMALL GROUP TRAINING & SPECIALTY CLASSES

\*\$\$ MUST REGISTER IN ADVANCE – SEE FRONT DESK FOR DATES\*

**BE STRONG (SGT \$):** MAXIMUM results achieved with Total body workouts using weights and body weight exercises. A Weight Loss Program to build a stronger and leaner body.

**BUILD & BURN \$:** Build muscle and burn calories in a small group training program that delivers results and satisfaction. Expertly combines weight lifting and toning with cardio intervals. First class is free. Stop by the front desk for details.

**SLIMCYCLE \$:** A specialty 6 week Cycle program created with a special focus on personal health and fitness goals. Ride in candlelight as you engage your mind, body, and spirit—each class is a total body workout (with small hand weights to sculpt/strengthen). First class is free, see front desk for details.