

# IXL SAUGERTIES GROUP FITNESS SCHEDULE

SUMMER 2017 Effective 8/23/2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	8:30AM ZUMBA LITE 8:30AM CYCLE* (50) 9:30AM <b>CARDIO n SCULPT</b>	9:30AM CYCLE* 9:30AM NIA 10:30AM RESTORATIVE YOGA (55) 11:30AM GENTLE YOGA (55)	8:30AM FITNESS DANCE 9:30AM <b>STRENGTH, CORE &amp; MORE</b> 10:30AM SENIOR FITNESS	9:30AM CYCLE* 9:30AM ZUMBA 10:30 AM ALL LEVELS YOGA (55) 11:30AM SILVER SNEAKERS	8:30AM TRX ESSENTIAL (30) 9:00AM F.I.T. 10:00AM SENIOR FITNESS 11:00AM GENTLE CHAIR YOGA	7:00AM P90X/INSANITY FUSION 8:00AM P90X/INSANITY FUSION 9:00AM CYCLE* (45) 9:00AM ZUMBA / DXF DANCE (See Back or Front Desk for Schedule) 10:15AM ALL LEVELS YOGA
PM	3:15PM SILVER SNEAKERS 4:30PM P90X (45) 5:30PM ZUMBA 5:30PM CYCLE* 6:30PM P90X	5:30PM CYCLE* 5:30PM ZUMBA 6:30PM DEMOS: FLOW & RESTORE YOGA (9/12 & 9/19)	4:30PM NIA (STARTS 9/13) 5:30PM INSANITY * 6:30PM CYCLE* 6:30PM <b>CARDIO KICK</b> (30) 7:00PM <b>CARVE CHIP CHISEL</b> (30)	4:00PM ALL LEVELS YOGA 5:30PM <b>CARDIO n SCULPT</b> 6:30PM CYCLE*	4:30PM ZUMBA 6:30PM RESTORATIVE YOGA	SUNDAY 8:30AM CYCLE* 9:30AM <b>BARBELL LIFT*</b> (30) 10:00AM <b>CARVE CHIP CHISEL</b> (30) 10:30AM TRX ESSENTIAL (30) 11:00AM ALL LEVELS YOGA

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

**CORE FORCE (\$)** w/ Ethan & Doreen (60)

MONDAYS & WEDNESDAYS • STARTS SEPT 18

**CORE FORCE STRONG WOMEN (\$)** w/Bill (60)

SATURDAYS 8:00AM • STARTS SEPT 23

Small Group Training sessions are 6 weeks 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!

### CLUB HOURS

MONDAY - FRIDAY 5:00AM - 9:30PM

SATURDAY 7:00AM - 7:00PM

SUNDAY 7:00AM - 5:00PM

845.246.6700

### CHILD CARE HOURS

MONDAY - FRIDAY 9:00AM - 12:00PM, 4:00PM - 8:00PM

SATURDAY 8:00AM - 12:00PM

SUNDAY 8:15AM - 12:15PM

[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

# SAUGERTIES GROUP FITNESS DESCRIPTIONS

ALL CLASSES ARE GEARED FOR ALL LEVELS UNLESS OTHERWISE SPECIFIED



## 30 MINUTE CLASSES:

**BARBELL LIFT\*:** Pure strength training using barbell & body bar equipment. It's not about lifting heavy weights, it's about finding the weight that works for you.

**CARDIO KICK:** Fun and action-packed with a perfect combination of martial arts, boxing and dance moves. Kick, punch, block and squat for a serious cardiovascular workout.

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

**TRX ESSENTIAL:** Make your body your machine. Push, pull, lift and 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:

**CARDIO n SCULPT:** Enjoy intervals of fun cardio & sculpt exercises using various equipment, body resistance & plenty of core work.

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

**DXF DANCE:** Feel the energy! A mix of various movements set to R&B, African, Soca, Motown, Latin, Hip Hop music and more! It's not about the moves, it's about the FEEL!

**INSANITY\*:** Dig deep and push past your limits with a series of explosive and dynamic drills. Sign up required. Reserve a spot a month in advance for \$3.

**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!

**FITNESS DANCE:** Salsa, Hip Hop, and Jazz – it covers all with an upbeat aerobic rate! A great full body workout for anyone who likes to let loose and have fun while working up a sweat!

**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.

**SENIOR FITNESS:** Gentle strength training & cardio conditioning segment with low impact aerobics class designed for the mature IXL member.

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

**STRENGTH, CORE & MORE:** Train for improvements in everyday activities. Strengthen, lengthen & tone with assorted equipment for more core, more strength & more balance.

**ZUMBA:** A fun “feel-happy” workout incorporating a fusion of Latin and international music with dance themes that create a dynamic, exciting and effective fitness system!

**ZUMBA LITE:** Modified Zumba class that recreates the original moves you love at a lower intensity for beginner and active older adults.

**ZUMBA STEP:** Step right up! Strengthen & tone your legs & glutes with the power of Step Aerobics combined with the fun-fitness party that only Zumba brings to the dance floor.

## YOGA CLASSES:

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

**GENTLE CHAIR YOGA:** A complete series of seated and standing yoga poses. Chair support is offered to safely perform postures designed to increase flexibility, strength and balance. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. NO FLOOR WORK.

**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 given to proper alignment of poses.

## SMALL GROUP TRAINING & SPECIALTY CLASSES

\*MUST REGISTER IN ADVANCE, ADDITIONAL COST – SEE FRONT DESK FOR SESSION DATES\* EACH PROGRAM RUNS FOR 6 WEEKS

**CORE FORCE (\$):** Indoor/Outdoor training incorporating various equipment such as battle ropes, tires, airlyne bikes & free weights—Be ready to have a lot of fun and get a lot of results.

**CORE FORCE STRONG WOMEN (\$):** Indoor/Outdoor ADVANCED training for women. Workouts are functional, challenging and fun. Push, pull, jump, run, carry, slam and flip. Using a variety of equipment both indoors and outdoors, this workout is for women only.

## SATURDAY ZUMBA/DANCE ROTATION

9/2 Toni	10/7 Toni	11/4 Toni
9/9 CLUB CLOSED	10/14 Serena	11/11 Stacey (DXF Dance)
9/16 Serena	10/21 Stacey (DXF Dance)	11/18 Serena
9/23 Stacey (DXF Dance)	10/28 Janice	11/25 Janice
9/30 Janice		