

IXL RHINEBECK GROUP FITNESS SCHEDULE

WINTER 2018 Effective 1/3/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM CYCLE* (45)	5:15AM CYCLE* (45)	5:15AM FULL BODY CONDITIONING (45)	5:15AM CYCLE* (45)	5:15AM ABS & INTERVALS (45)	7:15AM BOOTCAMP
8:00AM NIA	9:10AM ALL LEVELS YOGA	9:00AM AEROBIC DANCE	9:10AM ACTIVE YOGA	7:30AM P90X	8:30AM CYCLE*
9:30AM CYCLE*	9:30AM SLIM CYCLE \$	9:30AM CYCLE*	9:15AM SLIM CYCLE \$	8:30AM POWER PILATES (30)	8:30AM AEROBIC DANCE
9:30AM BODY BLAST BALL (30)	10:30AM ZUMBA	10:00AM YOGA n CORE	10:30AM ZUMBA	9:00am BOOST YOUR GLUTES (30)	9:30AM ZUMBA*
10:00 AM BODY BLAST BANDS (30)	11:30AM SENIOR FITNESS	11:00AM SENIOR FITNESS	11:30AM SILVER SNEAKERS	9:30am TRX ESSENTIAL (30)	10:30AM VINYASA YOGA
11:00AM SENIOR FITNESS	3:00PM SILVER SNEAKERS	5:00PM CYCLE*	12:30PM RESTORATIVE STRETCH	9:30am CYCLE*	SUNDAY
4:30PM ALL LEVELS YOGA	4:30PM CARVE CHIP CHISEL (30)	5:00PM CORE & MORE (30)	4:30PM P90X (Cardio & Lower Strength) (30)	10:00am STEP & SCULPT	8:00AM INSANITY (45)
4:30PM SLIM CYCLE \$	5:00PM BOSU BLEND (30)	5:30PM CARDIO n SCULPT (30)	5:00PM P90X (Upper Strength & Abs) (30)	11:00AM SENIOR FITNESS	8:45AM CYCLE*
5:30PM CYCLE*	5:30PM TRX ESSENTIAL (30)	6:00PM HIIT CONDITIONING	5:30PM TRX ESSENTIAL (30)	4:30PM CYCLE*	9:00AM GENTLE YOGA
6:00PM F.I.T. (45)	5:30PM CYCLE*	6:15PM SLIM CYCLE \$	5:30PM CYCLE*	5:00PM RESTORATIVE YOGA (60)	10:30AM COMBAT POWER (30)
	6:00PM NIA		6:00PM ZUMBA		11:00AM STRENGTH MIX UP (30)
	7:00PM FLOW YOGA (60)				11:30AM CORE & STRETCH (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)

SEE FRONT DESK FOR CURRENT DATES/TIMES
 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

*SIGN UP REQUIRED
 \$ 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 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.
- BOOST YOUR GLUTES:** Target the hard-to-reach muscles that add up to your shapeliest backside yet. A fast-paced lower body workout designed to tone and strengthen your glutes and legs.
- 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.
- CARDIO n SCULPT:** Enjoy intervals of fun cardio & sculpt exercises using various equipment, body resistance & plenty of core work.
- CARVE CHIP CHISEL:** Enhance your body's capacity with sculpting moves that will carve, chip and chisel.
- COMBAT POWER:** Jab, hook, upper cut and kick your way through combat combinations to sculpt & lean your body
- CORE & MORE:** Pack a punch with body weight circuits focusing on the core, glutes & legs to get you sweating!
- CORE & STRETCH:** Work your core in different ways followed by a deep full body stretch.
- 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).
- STRENGTH MIX UP:** Break out those muscles and use body weight, free weights & TRX to give you a great mix of strength
- 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!
- 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.