

The Group Scoop

IXL Health and Fitness ♥ Commit to Get Fit

Spring ▼ 2018

What are the Benefits of Group Fitness? ...well we asked you and the answers speak for themselves. Group Fitness provides members with accountability, an opportunity to workout with friends, access to great instructors who motivate, inspire, and teach! And there were so many other reasons you provided as well. A big thank you to all of you who participated in our February Valentines Promotion and congratulations to **Phillip Smith and Rachel Scorca** for winning the raffle!



Upcoming Events

- ◆ April 22, 2018:
Charity Cycle Class for the Astor Home for Children & Families
- ◆ Chill & Still with Ava Gerber: April 8, May 5th from 3:30—4:30

New classes on the calendar include:



- **Power Yoga and Core:** Power Yoga and Core is a combination of core, strength and balancing Yoga poses meant to tone the body. Adaptable for beginner and intermediate levels.

Power Yoga and Core is offered in Rhinebeck on Mondays at 5:15 am

- **Combat Power:** Combat Power is a full body workout of throwing punches and kicks to music. Most of all it builds confidence and skill while working the entire body. Combat Power can be modified for all levels.

Combat Power is offered in Rhinebeck Sundays at 10:30 am

- **Strength Mixup:** Strength Mixup is all about building strength by using free weights and body weight along with different equipment for body weight strength work. Strength Mixup can be modified for all levels.

Strength Mixup is offered in Rhinebeck Sundays at 11:00 am



"Motivate Each Other!"

What is TRX?

Total Body Resistance Exercise: Born in the Navy SEALs, Suspension Training body-weight exercise develops strength, balance, flexibility and core stability simultaneously. Why we love it...because YOU'RE in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Why you're gonna love it...it helps build a Rock Solid Core, it delivers a fast, effective total-body workout, and it benefits people of all fitness levels (pro athletes to seniors). From bicep curls, to reverse lunges, to sit ups and rows, the TRX are unique and tailored for each class.



IXL
Health
&
Fitness
CLUB
COMMIT TO GET FIT

Feedback? Talk to an instructor or Front Desk staff.

Cycle for All Levels

It's as easy as riding a bike.Cycle classes are offered every day and our SlimCycle program adds another 4 classes a week.

With great music, new bikes, and motivating instructors, cycle classes are sure to work your legs, your core, and get you breathless (if you want). Want a quick lesson or introduction to the bikes, see the front desk and we'll help you out!



Early morning or After work?

A debate for the ages and there are pros and cons to both. A morning workout initiates the bodies metabolism and helps you to burn calories throughout the day.

Workouts at the end of the day help reduce stress and clear your mind for a good night's sleep. And in the end, there is no bad time to work out!



Small Group Training

A new option to offer small, personalized training in a small group environment.

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00 AM Be Strong (30)		6:00 AM Be Strong (30)	
	8:00 AM Build & Burn (60)	9:00 AM Be Strong (30)	8:00 AM Build & Burn (60)	9:00 AM Be Strong (30)
	9:30 AM Slim Cycle (45)	10:00 AM Boot-y Camp (30)	9:15 AM Slim Cycle (45)	
4:30 PM Slim Cycle (45)	5:30 PM Tabata Circuits (30)	6:15PM Slim Cycle (45)	5:30 PM Tabata Circuits (30)	

Must register in advance—see front desk for dates.

Be Strong: A thirty minute class on the weight floor to achieve MAXIMUM results with total body workouts using weights and body weight exercises. A weight loss program to build a stronger and leaner body.

Boot-y Camp: Focused thirty minutes dedicated to the booty and lower body. Expect to learn dedicated exercises to boost lower body strength. Utilize dumbbells and bars on the weight floor.

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

Slim Cycle: 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.

Tabata Circuit: Burn calories with 5 quick 4 minute workouts. From Battle ropes to squat sequences, this fast paced, high energy circuit program will burn fat and build muscle.

Class Spotlight



NIA: The NIA Technique is a mind/body physical conditioning program that initially stood for Non-Impact Aerobics, a health and fitness alternative that emerged in the '80's. Taught by Serena it's a unique blend of Tai Chi and yoga, the grace of modern dance, and the energy of martial arts. NIA is said to boost both physical and emotional well-being. One of our members adds, "It's a class like no other and it's really fun!"

*NIA is offered in Rhinebeck
Mondays at 8am, Tuesdays at 6pm and Wednesdays at 8am*

Contact Us

Give us a call for more information

IXL Health & Fitness

3752 Route 9G

Rhinebeck, NY 12572

Phone: (845) 876-4100

Fax: (845) 876-8652

Email:

rhinebeck@ixlhealthandfitness.com



Feedback? Talk to an instructor or Front Desk staff.