

**IXL RHINEBECK GROUP FITNESS SCHEDULE**
**(845)876-4100**
**SPRING (Effective 4/2/2018)**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15AM <b>POWER YOGA &amp; CORE</b> (45)	5:15AM <b>CYCLE</b> (45)*	5:15AM <b>TOTAL BODY CONDITIONING</b> (45)	5:15AM <b>CYCLE</b> (45)*	5:15AM <b>ABS &amp; INTERVALS</b> (45)	7:15AM <b>BOOTCAMP</b>
				7:30AM <b>P90X</b>	8:30AM <b>CYCLE</b> (45)*
8:00AM <b>NIA</b>		8:00AM <b>POWER NIA</b>			8:30AM <b>AEROBIC DANCE</b>
				8:30AM <b>POWER PILATES</b> (30)	9:30AM <b>ZUMBA</b> *
		9:00AM <b>AEROBIC DANCE</b>		9:00AM <b>BOOST YOUR GLUTES</b> (30)	10:30AM <b>VINYASA YOGA</b>
	9:10AM <b>ACTIVE YOGA</b>		9:10AM <b>ACTIVE YOGA</b>		
			9:15AM <b>SLIM CYCLE</b> \$		
9:30AM <b>CYCLE</b> (45)* 9:30AM <b>BODY BLAST</b> (30)	9:30AM <b>SLIM CYCLE</b> \$	9:30AM <b>CYCLE</b> (45)*		9:30AM <b>TRX ESSENTIAL</b> (30) 9:30AM <b>CYCLE</b> (45)*	<b>SUNDAY</b>
10:00AM <b>BODY BLAST BANDS</b> (30)		10:00AM <b>YOGA n CORE</b>		10:00AM <b>STEP &amp; SCULPT</b>	8:00AM <b>INSANITY</b> (45)
	10:30AM <b>ZUMBA</b>		10:30AM <b>ZUMBA</b>		8:45AM <b>CYCLE</b> (45)*
11:00AM <b>SENIOR FITNESS</b>		11:00AM <b>SENIOR FITNESS</b>		11:00AM <b>SENIOR FITNESS</b>	9:00AM <b>GENTLE YOGA</b>
	11:30AM <b>SENIOR FITNESS</b>		11:30AM <b>SILVER SNEAKERS</b>		10:30AM <b>COMBAT POWER</b> (30)
			12:30PM <b>RESTORATIVE STRETCH</b>		11:00AM <b>STRENGTH MIX UP</b> (30)
	3:00PM <b>SILVER SNEAKERS</b>				11:30AM <b>CORE &amp; STRETCH</b> (30)
4:30PM <b>ALL LEVELS YOGA</b>	4:30PM <b>TOTAL BODY CONDITIONING</b>	4:30PM <b>CYCLE</b> (45)*	4:30PM <b>P90X</b>	4:30PM <b>CYCLE</b> (45)*	
		5:00PM <b>POWER YOGA &amp; CORE</b>		5:00PM <b>RESTORATIVE YOGA</b> (60)	
5:30PM <b>CYCLE</b> (45)*	5:30PM <b>TRX ESSENTIAL</b> (30) 5:30PM <b>CYCLE</b> (45)*	5:30PM <b>SLIM CYCLE</b> \$ (4/18)	5:30PM <b>CYCLE</b> (45)*		
6:00PM <b>TOTAL BODY CONDITIONING</b> (45)	6:00PM <b>NIA</b>	6:00PM <b>TOTAL BODY CONDITIONING</b>	6:00PM <b>ZUMBA</b>		
	7:00PM <b>FLOW YOGA</b> (60)				

**CLUB HOURS**

Monday - Friday: 5:00AM—9:30PM

Saturday: 7:00AM—7:00PM

Sunday: 7:00AM—5:00PM

**CHILD CARE HOURS**

Monday - Thursday: 8AM—12PM &amp; 4PM—8PM

Friday: 7:30AM - 12PM &amp; 4PM - 7PM

Saturday &amp; Sunday: 8AM - 12PM

\* SIGN UP REQUIRED

\$ ADDITIONAL COST

YOGA CLASSES 75 MINUTES UNLESS OTHERWISE NOTED

ALL OTHER CLASSES 55 MINUTES UNLESS OTHERWISE NOTED

**CLUB**
**COMMIT TO GET FIT**