

IXL RHINEBECK GROUP FITNESS SCHEDULE

SPRING(Effective 4/2/2018)

845-876-4100

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15AM POWER YOGA & CORE (45)	5:15AM CYCLE* (45)	5:15AM TOTAL BODY CONDITIONING (45)	5:15AM CYCLE * (45)	5:15AM ABS & INTERVALS (45)	7:15AM BOOTCAMP
				7:30AM P90X	8:30AM CYCLE *
8:00AM NIA		8:00AM POWER NIA			8:30AM AEROBIC DANCE
				8:30AM POWER PILATES (30)	9:30AM ZUMBA *
		9:00AM AEROBIC DANCE		9:00AM BOOST YOUR GLUTES (30)	10:30AM VINYASA YOGA
	9:10AM ACTIVE YOGA		9:10AM ACTIVE YOGA		
			9:15AM SLIM CYCLE \$		
9:30AM CYCLE * 9:30AM BODY BLAST (30)	9:30AM SLIM CYCLE \$	9:30AM CYCLE *		9:30AM TRX ESSENTIAL (30) 9:30AM CYCLE *	SUNDAY
10:00AM BODY BLAST BANDS (30)		10:00AM YOGA n CORE		10:00AM STEP & SCULPT	8:00AM INSANITY (45)
	10:30AM ZUMBA		10:30AM ZUMBA		8:45AM CYCLE *
11:00AM SENIOR FITNESS		11:00AM SENIOR FITNESS		11:00AM SENIOR FITNESS	9:00AM GENTLE YOGA
	11:30AM SENIOR FITNESS		11:30AM SILVER SNEAKERS		10:30AM COMBAT POWER (30)
			12:30PM RESTORATIVE STRETCH		11:00AM STRENGTH MIX UP (30)
	3:00PM SILVER SNEAKERS				11:30AM CORE & STRETCH (30)
4:30PM ALL LEVELS YOGA 4:30PM SLIM CYCLE \$	4:30PM TOTAL BODY CONDITIONING	4:30PM CYCLE *	4:30PM P90X	4:30PM CYCLE *	
		5:00PM POWER YOGA & CORE		5:00PM RESTORATIVE YOGA (60)	
5:30PM CYCLE*	5:30PM TRX ESSENTIAL (30) 5:30PM CYCLE *	5:30PM SLIM CYCLE \$ (4/24)	5:30PM CYCLE *		
6:00PM TOTAL BODY CONDITIONING (45)	6:00PM NIA	6:00PM TOTAL BODY CONDITIONING	6:00PM ZUMBA		
	7:00PM FLOW YOGA (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 & 4PM—8PM
 Friday: 7:30AM - 12PM & 4PM - 7PM
 Saturday & Sunday: 8AM - 12PM

* SIGN UP REQUIRED

\$ ADDITIONAL COST

YOGA CLASSES 75 MINUTES UNLESS OTHERWISE NOTED

ALL OTHER CLASSES 55 MINUTES UNLESS OTHERWISE NOTED

