

# IXL SAUGERTIES GROUP FITNESS SCHEDULE

SPRING 2018 Effective 4/19/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	8:30AM ZUMBA LITE 8:30AM CYCLE* (50) 9:30AM CARDIO n SCULPT	9:30AM CYCLE* 9:30AM NIA 10:30AM RESTORATIVE YOGA (55) 11:30AM GENTLE YOGA (55)	7:30AM FLOW & RESTORE YOGA 8:30AM FITNESS DANCE 9:30AM STRENGTH, CORE & MORE 10:30AM SILVER SNEAKERS CIRCUIT (STARTS 4/4)	9:30AM CYCLE* 9:30AM ZUMBA 10:30 AM ALL LEVELS YOGA (55) 11:30AM SILVER SNEAKERS CLASSIC	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 Front Desk for Rotation) 10:15AM ALL LEVELS YOGA
PM	3:00PM SILVER SNEAKERS CLASSIC 4:30PM P90X (45) 5:30PM ZUMBA 5:30PM CYCLE* 6:30PM P90X	4:30PM CORE & MORE (30) 5:00PM CARVE CHIP CHISEL (30) 5:30PM CYCLE* 5:30PM ZUMBA	4:30PM NIA 5:30PM INSANITY * 6:30PM CYCLE*	4:00PM ALL LEVELS YOGA 5:30PM BOOTCAMP STRENGTH (30) 6:00PM BOOTCAMP CARDIO (30) 6:00PM CYCLE* (45)	4:30PM ZUMBA 6:30PM RESTORATIVE YOGA	<b>SUNDAY</b> 8:30AM CYCLE* 9:30AM BARBELL LIFT(30) 10:00AM CARVE CHIP CHISEL (30) 10:30AM TRX ESSENTIAL (25) 11:00AM ALL LEVELS YOGA 3:30PM CHILL & STILL / AROMATHERAPY & RESTORATIVE YOGA (MONTHLY: 4/22)

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

CORE FORCE (\$) w/ Doreen (60)

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

WARRIOR WORKOUT (\$) w/ Doreen & Serena (60)

WINDJAMMERS (\$) w/ Bill (30)

WEDS 7:00pm - SEE FRONT DESK FOR DATES

SEE FRONT DESK FOR DATES & TIMES

THURSDAYS 6:30am - SEE FRONT DESK FOR DATES

SEE FRONT DESK FOR DATES & TIMES

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 8:30AM - 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  
 \$ 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 fun works for you.

**BOOTCAMP STRENGTH:** Feel like a champ within 30 minutes. Strengthen and make a better body with fun STRENGTH drills for all levels. The difficulty of the class depends on YOUR determination.

**BOOTCAMP CARDIO:** Feel like more of a champ for an additional 30 minutes of cardio. Build endurance and agility and make a better body with fun CARDIO drills for all levels. The difficulty of the class depends on YOUR determination.

**CORE & MORE :** Pack a punch with body weight circuits focusing on the core, glutes & legs to get you sweating!

**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 a 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 CLASSIC :** Designed exclusively for older adults to improve their strength, flexibility, balance and endurance. Focuses on strengthening muscles and increasing range of movement for daily life activities. Use hand-held weights, elastic tubing and a SilverSneakers ball. A chair can be used for seated exercises or standing support.

**SILVER SNEAKERS CIRCUIT :** Designed exclusively for older adults to improve their strength, flexibility, balance and endurance. Experience upbeat standing, low-impact choreography alternated with standing upper-body strength work. Adaptable for all fitness levels.

**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.

## 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.

**CHILL & STILL \* AROMATHERAPY & RESTORATIVE YOGA:** Monthly class with deep relaxation and deep breathing combined with aromatherapy and long held poses.

**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. Enjoy restorative breathing exercises and final relaxation. 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.

**FLOW & RESTORE YOGA:** *A delicious balanced practice to both uplift & relax. A steady nourishing flow leading to big rejuvenation*

**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 & TIMES \* EACH PROGRAM RUNS FOR 6 WEEKS \***

**CORE FORCE (\$):** Indoor/Outdoor training incorporating various equipment such as battle ropes, tires, airayne 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. FOR WOMEN ONLY

**WARRIOR WORKOUT (\$):** Build Stamina and Strength with fun and energizing High Intensity Interval Training (HIIT) program. Be a WARRIOR-Get in the gym and go to war!

**WINDJAMMERS (\$):** It's Cycling with a Twist! Burn, trim, tone & strengthen with a 30 minute workout using the airayne bike- Cycling gone wild!