

IXL SAUGERTIES GROUP FITNESS SCHEDULE

SUMMER 2018 Effective 7/20/2018

| | 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 (55) 8:30AM FITNESS DANCE 9:30AM CARDIO KICKBOXING & CORE 10:30AM SILVER SNEAKERS CIRCUIT | 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 POWER YOGA & CORE (55) 5:30PM CYCLE* (45) 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) | 4:30PM ZUMBA 6:30PM RESTORATIVE YOGA | SUNDAY 8:30AM CYCLE* 9:30AM BARBELL LIFT (30) 10:00AM CARVE CHIP CHISEL (30) 10:30AM TRX ESSENTIAL (25) 11:00AM ALL LEVELS YOGA |

SMALL GROUP TRAINING (SGT \$) & SPECIALTY CLASSES (\$)

CARDIO BOXING (\$) w/ Santo (30)
CORE FORCE (\$) w/ Ethan & Doreen (60)
WINDJAMMERS (\$) w/ Bill (30)

TUES & THURS 7:30am
SEE FRONT DESK FOR DATES & TIMES
SEE FRONT DESK FOR DATES & TIMES

Must Register in Advance * Additional Cost * See Front Desk for Dates/Times
Small Group Training sessions are 4-6 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

*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 fitness 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.

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 KICKBOXING & CORE: Jab, hook, upper cut and kick your way through combat combinations to sculpt and lean your body. Includes an intense core sequence for added sweat and toning!

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 your 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.

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.

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*

POWER YOGA & CORE: A combination of CORE, STRENGTH and BALANCE yoga poses to tone your body. Adaptable for beginner & intermediate.

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 4- 6 WEEKS ***

CARDIO BOXING (\$) Experience interval training, basic boxing combinations, coordination, agility, footwork and mild weight training. Benefit from this unique fitness regime for weight loss, gaining strength, or to simply keep active and try something new.

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.

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