

Group Fitness Classes

787 7th Ave, NY, NY 10019

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Schedule Effective 1/12/2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:15-8:15 Power Yoga	St 1 Ash	6:30-7:30 Yoga	St 1 Ash	6:15-7:00 Sports Drills	St 1 Carlos			6:30-7:30 SPIN*	St 2 Erik	10:30-11:30 Water Workout	Pool Bill
11:30-12:15 SPIN*	St 2 Rika	6:30-7:30 Endurance SPIN*	St 2 Erik	7:00-8:00 Endurance SPIN*	St 2 Ron	7:30-8:15 Stretch	St 1 Linda	7:15-8:00 Sports Drills	St 1 Carlos	11:30-11:45 Ab Blast	St 1 Ron
12:15-1:00 SPIN*	St 2 Lennie	7:30-8:15 Core Strength	St 1 Tony	7:30-8:15 MELT	St 1 Linda	11:30-12:15 Pilates Mat	St 1 Allyson	11:30-12:15 Ultimate Sculpt	St 1 Jamil	11:45-12:30 Muscle Definition	St 1 Ron
12:15-1:00 Work & Sweat	St 1 Rika	11:30-12:15 Pilates Mat	St 1 Tony	11:30-12:15 Ultimate Sculpt	St 1 Jamil	12:15-1:00 Sculpt & Burn	St 1 Jamil	12:15-1:00 SPIN*	St 2 Vinny	12:30-1:30 SPIN*	St 2 Cliff
1:00-1:15 Abs	St 1 Rika	12:00-1:00 Endurance SPIN*	St 2 Phil	12:15-1:00 SPIN*	St 2 Rika	12:15-1:00 SPIN*	St 2 Lennie	12:15-1:00 Boot Camp	St 1 Eric		
1:15-2:00 Stretch	St 1 Linda	12:15-1:00 Cardio Sculpt	St 1 Lennie	12:15-1:00 Boot Camp	St 1 Eric	1:00-1:15 Abs	St 1 Jamil	12:30-1:15 Water Workout	Pool Iris		
5:30-6:15 Muscle Definition	St 1 Ron	1:00-1:15 Ab Blast	St 1 Ron	1:00-1:15 Ab Blast	St 1 Eric	1:15-2:00 MELT	St 1 Linda	1:00-1:15 Abs	St 1 Eric		
6:00-7:00 SPIN*	St 2 Cliff	1:15-2:00 Muscle Definition	St 1 Ron	1:15-2:30 Hatha Yoga	St 1 Karen	5:30-6:15 Master Sculpt	St 1 Mike	1:15-2:30 Flow Yoga	St 1 Orly		
6:15-6:30 Ab Blast	St 1 Ron	2:00-2:15 Stretch	St 1 Ron	5:45-6:30 Pilates Mat	St 1 Carmit	6:15-7:00 Athletic Conditioning /Mike	St 1	6:15-7:30 Yoga Basics	St 1 Cliff		
6:15-7:00 Water Workout	Pool Bill	5:30-6:15 Athletic Conditioning /Mike	St 1	6:00-6:45 SPIN*	St 2 Erik	6:15-7:00 Water Workout	Pool Catalina				
6:30-7:15 Pilates Mat	St 1 Christina	6:15-6:30 Ab Blast	St 1 Mike	6:30-7:45 Hatha Yoga	St 1 Josephine	7:00-8:00 Karate	St 1 Jim & Gisela				
7:15-8:30 Vinyasa Yoga	St 1 Orly	6:30-7:00 Upper Body Blast	St 1 Mike	6:45-7:30 SPIN*	St 2 Erik	8:00-8:30 Meditation	St 1 Jim & Gisela				
		7:00-8:00 Karate	St 1 Jim & Gisela								
		8:00-8:30 Karate Review/Jim & Gisela	St 1								

+ Indicates: PILATES ALLEGRO registration at the Member Service Desk. Class fee applies. Two hour cancellation policy or Member will be charged.

* Indicates: Reservations required at the Member Service Desk, 15 minutes prior to class. No phone reservations.

** Indicates: This is a seasonal class.

⚙ For the safety of all members, please do not enter a class more than 10 minutes late.

⚙ Schedule & instructors subject to change without notice.

CLASS DESCRIPTIONS

YOGA & FLEXIBILITY

Stretch - All Levels

Bring back your flexibility by lengthening and elongating your tired tight muscles. Great class for active people who can't find the time to stretch.

M.E.L.T. Method

A self-treatment technique that helps prevent pain, heal injury and erase the negative effects of aging and active living.

Yoga Basics

Immerse yourself in an end of the week yoga class designed for members with interest, but not always have a chance to take other classes. We will go through the details of the yoga practice with lots of individual attention.

Flow Yoga - All Levels

Designed to teach basic yoga postures (asanas), increase flexibility strength, balance and relaxation.

Hatha Yoga - All Levels

A traditional class that builds the foundation for yoga practice. Combines postures (asanas) with steady breathing (pranayama) to promote strength, flexibility and relaxation.

Power Yoga - All Levels

A vigorous class with an emphasis on flowing from one posture to the next. More emphasis on alignment and physical condition.

Pilates Mat - All Levels

Developed by Joseph H. Pilates this class is designed to strengthen the torso and abdominal (the core) by developing abdominal control and stability.

Pilates Allegro - All Levels

Using the Allegro Reformer, strengthen your core muscles, improve posture and alignment, and increase muscle strength, flexibility and balance. There is a fee for this class.

CARDIOVASCULAR TRAINING

Athletic Conditioning - All Levels

A cardio conditioning class incorporating various plyometric, speed and agility drills to enhance strength, power and coordination needed in sports activities. Sign-up at the Member Service Desk.

Cardio Sculpt - Intermediate Level

A blast of high cardio moves combined with resistance training.

Sculpt and Burn - All Levels

Hi/low cardio moves that combines step, strength training and core work.

Sports Drills - All Levels

A cardio conditioning class combining speed and agility drills with strength and power training.

Sweat and Pump - All Levels

A high-energy athletic workout with cardio/boxing moves, strength, steps and weights.

Work & Sweat - All Levels

A full body workout using slow and moderate speed strength moves, aerobic intervals and balance training.

Zumba - All Levels

Join in the party! This is a fusion of Latin and International music that creates a dynamic, exciting workout using some of the most basic Latin dance moves.

Boot Camp - All Levels

An intense army work out employing basic calisthenics and weight training techniques. A great way to compliment and vary your weekly workouts.

MARTIAL ARTS

Karate - All Levels

Seido Karate is a traditional martial art with a complete program in physical conditioning, developing aerobic fitness and muscular strength. The training is progressive.

Meditation - All Levels

Seido Meditation is a time-proven method for developing a calm focused mind.

STRENGTH

Ab Blast - All Levels

A 15-minute class designed to strengthen and tone the core (abdominal/lower back muscles).

Ultimate Sculpt - All Levels

A total body conditioning class that utilizes traditional and advance body shaping techniques.

Core Strength - All Levels

A strength training class for the core muscles (abdominals, obliques, back) using the stability ball with weights. This class combines the techniques used in Pilates with muscle building and strengthening.

Muscle Definition - All Levels

A total body conditioning class emphasizing heavier weights, slower repetitions.

Upper Body Blast - All Levels

A 30 minute class that targets the muscles in the chest, back, shoulders, biceps and triceps.

GROUP CYCLING

Spin - All Levels

A 45 minute vigorous cardiovascular class that utilizes various indoor cycling techniques for an ideal aerobic workout.

Endurance Spin - All Levels

A 60 minute cardiovascular class that utilizes various indoor cycling techniques.

AQUATICS

Water Workout - All Levels

A low impact aerobic workout that utilizes every muscle group; while bringing a full range of motion to the joints.

Master Swim Clinic - All Levels

Monthly clinic to improve competitive swimming strokes. Please inquire at the Member Service Desk for more information.



**ATHLETIC
& SWIM
CLUB**

HEALTH & FITNESS
FOR BUSY PROFESSIONALS

787 Seventh Avenue, Concourse Level, NY, NY 10019

Tele – 212.265.3490 Fax – 212.265.3493

CLUB HOURS

Monday – Thursday 5:30am - 10:00pm
Friday 5:30am - 9:00pm
Saturday & Sunday 9:00am - 5:00pm

Class schedule available on
www.athleticswim.com