

WINTER GROUP EXERCISE SCHEDULE: EFFECTIVE JANUARY 5TH, 2020

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday								
5:30 AM	PIYO Studio One Marissa	BODYPUMP™ Studio One Stacey	GRIT 30/ABS 30 Studio One Debbie	BODYPUMP™ Studio One Gina	GRIT 30/Pound 30 Studio One Marissa	*CLASSES REQUIRING SIGNUP* ALL CYCLING, POUND AND BARRE CLASSES TAKING PLACE IN STUDIO 2 REQUIRE ADVANCED SIGNUP. YOU MAY SIGNUP ONLINE USING THE CLUB APP AS EARLY AS ONE WEEK PRIOR TO CLASS. *TAKE ONE OR BOTH* LOOK FOR 30 MINUTE CLASSES AND TRY COMBINING TWO 30-MIN CLASSES BACK TO BACK. TAKE YOUR FITNESS TO THE NEXT LEVEL THIS YEAR BY CROSS TRAINING AND MIXING UP YOUR WORKOUTS. SOME WORKOUTS ARE IN DIFFERENT STUDIOS SO STEP OUT OF YOUR BOX AND GIVE THEM A TRY!														
	CYCLEZONE 45 Cycle Zone Linda	VINYASA YOGA Studio Two Erin	*CYCLEZONE 45 Cycle Zone Erin		*CYCLEJAM 60* Cycle Zone Erin															
7:00 AM																				
7:30 AM	CIRCUITS 30 Studio One Debbie	TABATA 30 Studio One Meg	P90XLIVE Studio One Dianna	RAISE THE BARRE Studio One Christine	CIRCUITS Studio One Dianna	SAMPLER SATURDAY Studio One Brandon														
			CYCLEZONE 30 Cycle Zone Debbie		*CYCLECLASSIC 45* Cycle Zone Eve	*CYCLEZONE 45* Cycle Zone Rotation														
8:00 AM	CRAZY FOR BANDS 30 Studio One Debbie	POUND 30 Studio One Meg	BANDS 30 Cycle Zone Debbie		*BARRE* Studio Two Kathy	KRIPALU YOGA Studio Two Dave	*CYCLECLASSIC 60* Cycle Zone Patty P													
		PILATES Studio Two Kathy		POWERFUL YOGA Studio Two Ann																
8:30 AM	*CYCLECLASSIC 45* Cycle Zone Carol	*CYCLEJAM 45* Cycle Zone Christine	RAISE THE BARRE Studio One Lisa	ATHLETIC BEATS Studio One Sarah	ZUMBA® Studio One Carol	BODYPUMP™ Studio One Brandon	P90X LIVE™ Studio One Liz/Lara													
	POWER CARDIO 30 Studio One Dianna	CARDIO BLAST 30 Studio One Eve																		
9:00 AM	POWER CORE 30 Studio One Dianna	NO LIMITS CONDITIONING 30 Studio One Eve																		
	PILATES Studio Two Eve	FLOW YOGA Studio Two @9:05 Ann	YOGA COND/MIXED FLUID FLOW Studio Two Gail	PILATES Studio Two @9:05 Patty B	FLOW YOGA Studio Two @9:05 Ann	PILATES Studio Two @9:05 Kathy	HATHA YOGA Studio Two @9:05 Jackie													
			CYCLEJAM 30 Cycle Zone Susan	*CYCLECLASSIC 30* Cycle Zone Carol																
9:30 AM	POUND 45 Studio One Shahrzad	BODYPUMP™ Studio One Debbie	CLASSIC MOVES Studio One Eve	BODYPUMP™ Studio One Debbie	PIYO Studio One Julie	ZUMBA® Studio One Carol														
	CYCLEJAM 45 Cycle Zone Sarah			CIRCUIT 30 Queenax Unit Carol	*CYCLEZONE 45* Cycle Zone Shahrzad	*CYCLEJAM 45 Cycle Zone Shahrzad														
10:00 AM						 DEBBIE SIMPSON Group Exercise Director dsimpson@adirondackclub.com (508) 541-1400 x205														
10:30 AM	SIMPLY FIT Studio One Patty B			SIMPLY FIT Studio One Patty																
6:00 PM	BODYPUMP™ Studio One David	ZUMBA® Studio One Carol	POUND 45 Studio One Christine/Sarah	BARRE FUSION Studio Two Stacey		PROUDLY OFFERING      														
	CYCLEJAM 45 Cycle Zone Christine		*CYCLEJAM 45* Cycle Zone Ashley	*CYCLEJAM 45* Cycle Zone Susan																
6:30 PM		*CYCLECLASSIC 45* Cycle Zone Lynn																		
7:00 PM	FIGHT CLUB Studio One Brandon			BODYPUMP™ Studio One Brandon																
		YIN YOGA Studio Two Dave	CANDLE LIT SLOW FLOW Studio Two Ann	KRIPALU Studio Two Dave																
POOL EXERCISE CLASSES																				
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday								
	HYDRO 7:00pm(Rec pool) Sharon	HYDRO 9:30am(Rec pool) Donna	HYDRO BOOTCAMP 9:30am (Lap pool) Donna			HYDRO 9:30am (Lap Pool) Sharon	HYDRO 7:45am (Rec Pool) Kathy/Julie													
To ensure product quality and member satisfacation, we closely monitor all classes and participation. Therefore, the Group Exercise Schedule is subject to change.																				
*****INDICATES CHANGES IN SCHEDULE*****																				