



# CLASS SCHEDULE - WINTER 2017

Effective January 28, 2017

- ♥ Cardio Class
- Strength Training
- Cycling Class
- ▲ Body/Mind

## CLUB HOURS:

Monday – Thursday  
5:30 am – 9:00 pm

Friday  
5:30 am – 7:00 pm

Saturday  
7:00 am – 4:00 pm

Sunday  
7:00 am – 2:00 pm

## Childcare Hours

Effective January 28, 2017

Monday 8:45 – 11:00 am  
5:00 – 6:30 pm

Tuesday 8:45 – 11:00 am  
5:00 – 6:30 pm

Wednesday 8:45 – 11:00 am  
5:00 – 6:30 pm

Thursday 8:45 – 11:00 am  
5:00 – 6:30 pm

Friday 8:45 – 11:00 am  
5:00 – 6:30 pm

Saturday 9:00 – 11:30 am

Sunday 8:30 – 10:30 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am <b>Group Cycling</b> Matt ●♥	6:00 – 7:00 am <b>Group Cycling</b> Sam ●♥	6:00 – 7:00 am <b>Group Cycling</b> Suzanne ●♥	6:00 – 7:00 am <b>Group Cycling</b> Matt ●♥	6:00 – 7:00 am <b>Tabata</b> Carla ♥■	7:45 – 9:00 am <b>Muscle Isolation</b> Dean ■	7:30 – 8:30 am <b>Group Cycling</b> Suzanne ●♥
	6:00 – 7:00 am <b>Boot Camp</b> Carla ♥■			7:30 – 8:30 am <b>Turbo Step</b> Kim ♥	8:30 – 9:15 am <b>Group Cycling</b> Shelli ●♥	8:30 – 9:00 am <b>Body Shred</b> Julie ♥■
7:30 – 8:30 am <b>Muscle Max</b> Kim ♥■	8:00 – 9:00 am <b>Yoga</b> Nancy ■▲	7:30 – 8:30 am <b>Muscle Max</b> Kim ■	7:30 – 8:30 am <b>Total Barre Fusion</b> Tonya ■▲		9:15 – 10:30 am <b>Turbokick Plus</b> Jodi ♥■	9:15 – 10:15 am <b>Yoga</b> Jill ■▲
8:30 – 9:15 am <b>Group Cycling</b> Leslie ●♥	9:15 – 9:45 am <b>Body Shred</b> Julie ♥■	8:30 – 9:15 am <b>Group Cycling</b> Lauren ●♥	8:45 – 9:30 am <b>Group Cycling</b> Jenn ●♥	8:30 – 9:15 am <b>Group Cycling</b> Jessica ●♥	10:45 – 11:45 am <b>Yoga</b> Trudy ■▲	
9:15 – 10:15 am <b>Yoga</b> Nancy ■▲	10:30 – 11:30 am <b>Ageless Wonders</b> Lizzie ♥	9:15 – 10:15 am <b>Cardio Core</b> Suzanne ♥■	9:15 – 9:45 am <b>Body Shred</b> Julie ♥■	9:15 – 10:15 am <b>Muscle Isolation</b> Marci ■		
5:15 – 6:15 pm <b>Tabata</b> Leslie ♥■	4:00 – 5:00 pm <b>Yoga</b> Trudy ■▲	10:30 – 11:30 am <b>Pilates Fusion</b> Tonya ■	10:30 – 11:30 am <b>Ageless Wonders</b> Lizzie ♥■	10:30 – 11:30 am <b>Ageless Wonders</b> Lizzie ♥■		
5:30 – 6:15 pm <b>Group Cycling</b> Shelli ●♥	5:15 – 6:15 pm <b>Muscle Isolation</b> Dean ■	5:15 – 6:15 pm <b>Tabata</b> Julie ♥■	4:00 – 5:00 pm <b>Yoga</b> Lilly ■▲		<p><b>*Free introductory "FRESH START PROGRAM" to ALL new and existing members including InBody 570 Body Composition Analysis and Functional Movement Screening.</b></p> <p><b>MAKE YOUR APPOINTMENT TODAY...</b></p>	
6:30 – 7:30 pm <b>Yoga</b> Linda ■▲	6:30 – 7:15 pm <b>Total Barre Fusion</b> Tonya ■▲	5:30 – 6:15 pm <b>Group Cycling</b> Leslie ●♥	5:15 – 6:15 pm <b>Muscle Isolation</b> Marci ■	5:15 – 6:15 pm <b>Cardio Dance</b> Jodi ♥		
		6:30 – 7:30 pm <b>Yoga</b> Andrea ■▲	6:30 – 7:30 pm <b>Tae Kwon Do/Hapkido</b> Matt ♥			

# CLASS DESCRIPTIONS - WINTER 2017

Effective January 28, 2017

- ♥ Cardio Class
- Strength Training
- Cycling Class
- ▲ Body/Mind

## CLUB HOURS:

Monday – Thursday  
5:30 am – 9:00 pm

Friday  
5:30 am – 7:00 pm

Saturday  
7:00 am – 4:00 pm

Sunday  
7:00 am – 2:00 pm



LITCHFIELD  
ATHLETIC CLUB

599 Route 202  
Litchfield, CT 06759  
860.567.3510

[www.litchfieldathleticclub.com](http://www.litchfieldathleticclub.com)

### Ageless Wonders ♥■

Focuses on cardiovascular endurance, flexibility and functional strength training for the mature adult who wants to move and groove.

### Body Shred ♥■

A 30 minute high-intensity interval training class designed by fitness guru Jillian Michaels. This class uses a “3-2-1 format”- 3 minutes of weights, 2 minutes of cardio, and 1 minute of abs repeated four times for a killer workout. Perfect for the average gym goer on up to the elite athlete.

### Boot Camp ♥■

A high intensity workout that combines cardio drills, weight training, agility, core, and balance.

### Cardio Dance ♥

Cardio dance is a fun, energetic workout choreographed to a variety of types of music including swing, jazz, modern pop and rock. You will use simple dance steps to burn calories, sweat out your stress, strengthen and sculpt your body.

### Cardio Core ♥■

A total body workout that will fire your metabolism with foundational core strength exercises using body weight and strength equipment. Cardio bursts will keep calories burning long after the class ends!

### Group Cycling ●♥

Intense and exhilarating workout on a stationary bike. Set to heart-pumping music and varying in speed and resistance. Many styles to choose from, or simply try them all!

### Muscle Isolation ■

This class targets different parts of the body each week. You'll zero in on specific muscle groups to shape your body and build strength.

### Muscle Max ■

A resistance training class using various equipment- from balls to weights to bands. This class works on strengthening the body from head to toe.

### Pilates Fusion ■

Capture your energy, remove stress, & revitalize your mind as you experience the class that combines the basic elements of a Pilates mat class with various yoga moves & postures.

### Tae Kwon Do/Hapkido ♥

Begin with aerobics and stretching to warm up and burn calories, then learn forms, fighting and defense techniques to get you feeling confident and in shape while working toward your black belt.

### Tabata ♥■

A high intensity class, with timed-interval training. An amazing fat burning workout. This class will push you hard and take you to the next fitness level.

### Total Barre Fusion ■▲

This is a fitness class that incorporates the ballet barre as a prop for balance enabling isometric movement combined with high repetitions and smaller range of motion. Fusing ballet foot positions with elements of Pilates, dance, and functional training. All moves are combined with motivating music.

### Turbo Kick Plus ♥■

45 minutes of shadow boxing, kickboxing, sports drills, yoga and martial arts are combined to give you a heart-pumping cardio blast. 30 minutes will be devoted to strengthening and toning your upper body and abs to complete your full-body workout.

### Turbo Step ♥

Energized with a sharper mind and a toned body as you work the elevated platform by repeating sequential movements to the beats of some great music. All levels are welcome!

### Yoga ■▲

Increases flexibility, strength and balance through breath and mindful movement.