



CLASS SCHEDULE - WINTER 2017

Effective December 1, 2017

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

CLUB HOURS:

Monday – Thursday
5:30 am – 9:00 pm

Friday
5:30 am – 8:00 pm

Saturday
7:00 am – 4:00 pm

Sunday
7:00 am – 2:00 pm

Childcare Hours

Effective December 1, 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 8:30 – 11:00 am

Sunday 8:30 – 10:30 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 7:00 am Group Cycling Matt ●♥	6:00 – 7:00 am Group Cycling Sam ●♥		6:00 – 7:00 am Group Cycling Matt ●♥	6:00 – 7:00 am Tabata Carla ♥■	7:45 – 9:00 am Muscle Isolation Dean ■	7:00 – 8:00 am Group Cycling Janice ●♥
	6:00 – 7:00 am P90X Carla ♥■			7:30 – 8:30 am Turbo Step Kim ♥	8:30 – 9:15 am Group Cycling Shelli ●♥	8:30 – 9:00 am Body Shred Julie ♥■
7:30 – 8:30 am Muscle Max Kim ♥■	8:00 – 9:00 am Yoga Nancy ■▲	7:30 – 8:30 am Muscle Max Kim ■	7:30 – 8:30 am Total Barre Fusion Tonya ■▲		9:10 – 10:10 am Turbokick Plus Jodi ♥■	9:15 – 10:15 am Yoga Jill ■▲
8:30 – 9:15 am Group Cycling Suzanne ●♥	9:15 – 9:45 am Body Shred Julie ♥■	8:30 – 9:15 am Group Cycling Lauren ●♥	8:45 – 9:30 am Group Cycling Jenn ●♥	8:30 – 9:15 am Group Cycling Suzanne ●♥	10:15 – 11:15 am Yoga Trudy ■▲	
9:15 – 10:15 am Yoga Nancy ■▲	9:15 – 10:00 am Group Cycling Janice ●♥	9:15 – 10:15 am Chiseled Jenn ♥■	9:15 – 10:15 am Pound Julie ♥■	9:15 – 10:15 am Muscle Isolation Marci ■		
5:15 – 6:15 pm Tabata Leslie ♥■	10:30 – 11:30 am Ageless Wonders Lizzie ♥	10:30 – 11:30 am Pilates Fusion Tonya ■	10:30 – 11:30 am Ageless Wonders Lizzie ♥■	10:30 – 11:30 am Ageless Wonders Lizzie ♥■		
5:30 – 6:15 pm Group Cycling Shelli ●♥	4:00 – 5:00 pm Yoga Trudy ■▲	5:15 – 6:15 pm Mid-Week Body Blast Julie ♥■	4:00 – 5:00 pm Yoga Lilly ■▲		<p>*Free introductory "FRESH START PROGRAM" to ALL new and existing members including InBody 570 Body Composition Analysis and Functional Movement Screening.</p> <p>MAKE YOUR APPOINTMENT TODAY...</p>	
6:30 – 7:30 pm Yoga Linda ■▲	5:15 – 6:15 pm Muscle Isolation Dean ■	5:30 – 6:15 pm Group Cycling Leslie ●♥	5:15 – 6:15 pm Muscle Isolation Marci ■	5:00 – 5:45 pm Zumba Sara ♥		
	6:15 – 7:15 pm Biker Barre Tonya ■▲	6:30 – 7:30 pm Yoga Andrea ■▲	6:30 – 7:30 pm Tae Kwon Do/Hapkido Matt ♥	5:45 – 6:30 pm Power Yoga Melissa ■▲		

CLASS DESCRIPTIONS - WINTER 2017

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LITCHFIELD
ATHLETIC CLUB

599 Route 202
Litchfield, CT 06759
860.567.3510

www.litchfieldathleticclub.com

Ageless Wonders ♥■

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

Biker Barre ■▲

Biker Barre is a ballet inspired class with isometric movements and high repetitions. Elements of Pilates, dance and functional movement starting with a heart-pumping music-driven cycling class. Get your strength, cardio and core workout in one!!

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.

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.

Chiseled ♥■

This is a non-stop weight-training class that is guaranteed to sculpt & tone your muscles while getting your heart rate up into your fat-burning zone. A variety of weights & strength equipment will be utilized along with body weight exercises. You can expect a maximum calorie burn during AND after class!

Circuit ♥■

This is a heart-pumping, total body workout circuit style!! This class offers timed interval stations of cardio, strength, plyometric and core-focused training. Maximize your calorie burn and total body fitness!

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!

Mid-Week Body Blast ♥■

A Mid-week Body Blast is just what YOUR BODY NEEDS! A distinct variety of HIIT-style, cardio, and fat-burning classes changing each week of the month.

1st) Tabata 2nd) Circuit 3rd) Pound
4th) Total Body Conditioning.

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.

P90X ♥■

P90x LIVE is a total-body cardio and strength training class that uses body weight as well as dumbbells and resistance tubing. The class structure is designed to "keep the body guessing" as to what comes next, therefore creating continual adaptation and fitness improvements.

Pound ♥■

Channel your inner rockstar with this full-body cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Pound combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. The workout is easily modifiable so all levels of fitness are encouraged to join in.

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.

Total Body Conditioning ♥■

A variety of modalities, including basic bodyweight exercises will be applied to build strength and burn fat giving you a total body workout. Modifications and progressions of every exercise will be demonstrated making this class suitable for all fitness levels.

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.

Zumba ♥

Hypnotic Latin and world rhythms with repetitive movements that create a calorie-zapping, energizing hour of fun and fitness. A social atmosphere that will make you think you're at a party... not the gym!

FITNESS FOR LIFE