

# Group Exercise

## Schedule Effective Nov 23, 2021



SPORTSPLEX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am <b>Power Barre</b> Diana Libicova <b>MS</b> FB Live	9:15-10:15am <b>SCS</b> <small>Strength, Core, Stretch</small> Noelle Manginelli <b>MS</b> FB Live	8:00-9:00am <b>Barre</b> Susan <b>MS</b> Zoom: loglisci89@gmail.com	9:15-10:10am <b>SCS</b> <small>Strength, Core, Stretch</small> Noelle Manginelli <b>MS</b> FB Live	8:30-9:30am <b>Power Barre</b> Diana Libicova <b>MS</b> FB Live	8:15-8:45am <b>Dirty 30</b> Diana Libicova <b>MS</b> FB Live	9:00-10:00am <b>Interval Training</b> Aileen <b>MS</b> Zoom: aileenhoma@gmail.com
8:30-9:15am <b>Spin</b> Darcy <b>SS</b>	10:30-11:30am <b>Zumba®</b> Tristan <b>MS</b>	9:30-10:30am <b>Kickbox</b> Robin Ashenfelter <b>MS</b> FB Live	9:30-10:30am <b>Kaia Yoga</b> Signature Flow <b>YS</b> 😊	8:30-9:15am <b>Spin</b> Noelle/Darcy <b>SS</b> ★	9:00-9:45am <b>Video Spin</b> Darcy <b>SS</b>	10:00-11:00am <b>Afro Caribbean-Cardio Dance</b> Riki <b>MS</b>
8:45-9:15am <b>Dirty 30</b> Diana Libicova <b>MS</b> FB Live		10:30-11:45am <b>Pilates Sculpt</b> Noelle Manginelli <b>MS</b> FB Live	10:15-11:15am <b>Afro Caribbean-Cardio Dance</b> Riki <b>MS</b>	9:15-10:30am <b>Pilates Sculpt</b> Noelle Manginelli <b>YS</b> FB Live	9:00-10:00am <b>Kaia Yoga</b> Signature Hot Flow <b>YS</b> 😊	9:00-10:00am <b>Kaia Yoga</b> Vinyasa Flow <b>YS</b> 🕒 😊
9:15-10:30am <b>Pilates Sculpt</b> Noelle Manginelli <b>MS</b> FB Live	5:30-6:30pm <b>Zumba®</b> Shannon <b>MS</b> email: shannon.zumba@gmail.com for details		5:30-6:30pm <b>Zumba®</b> Shannon <b>MS</b> email: shannon.zumba@gmail.com for details	9:45-10:45am <b>Power Hour</b> Diana Libicova <b>MS</b>	10:05-11:05am <b>Zumba®</b> Shannon <b>MS</b> email: shannon.zumba@gmail.com for details	
6:00-7:00pm <b>Kaia Yoga</b> Power Hot Flow <b>YS</b> 😊	6:00-7:00pm <b>Kaia Yoga</b> Power Hot Flow <b>YS</b> 😊	6:00-7:00pm <b>Power Hour</b> Pamela <b>MS</b>	6:30-7:30pm <b>Pilates Sculpt</b> Noelle Manginelli <b>MS</b> 😊	11:00-12:00pm <b>Kaia Yoga</b> Kaia Hot Basics <b>YS</b> 😊	11:30-12:30pm <b>Restorative Pilates</b> Elisabeth Brivic <b>YS</b> FB Live	
	6:00-6:45pm <b>Video Spin</b> Darcy <b>SS</b>		6:00-6:45pm <b>Video Spin</b> Darcy <b>SS</b>	11:00-12:00pm <b>Zumba®</b> Pablo <b>MS</b> Zoom: j_lobo32@gmail.com for details	11:15-12:15pm <b>Barre</b> Susan <b>MS</b> Zoom: loglisci89@gmail.com	

### KEY

- MS** = Main Studio
- YS** = Yoga Studio
- US** = Upstairs Studio
- SS** = Spin Studio
- 😊 = New Class
- 🕒 = New Time
- ★ = New Instructor

### CLASS REMINDERS

- All members must bring their own mat. • Please follow all COVID-19 protocols.
  - Masks must be worn until exercise begins.
  - No streaming available for BodyPump or Spin Classes
- Schedule**
- Classes are subject to change or cancellation at any time.
  - Management reserves the right to substitute or cancel "specialty classes" in cases of instructor unavailability or absence.
- Spin**
- Sign up at the front desk begins 60 minutes prior to class.
  - You may only sign up for yourself.
- Yoga / Pilates**
- Classes are done in stocking/bare feet. Please leave shoes outside classroom and do not enter 10 minutes after class has begun.

Want to know if your favorite class is cancelled before you arrive?

**Sign up for text notifications.**

Text groupex to 90407

**Inclement Weather Policy:** During bad weather, please call ahead for class and nursery schedule changes.

49 Brown House Rd Stamford CT 06902 • 203.358.0066 • FAX 203.359.3431 • www.sportsplex-ct.com

# Group Exercise

## CLASS DESCRIPTIONS

### **AFRO CARRIBEAN CARDIO DANCE**

Burn calories, shake your tail feather and have an awesome time. This is easy to follow dance class is for EVERYONE! You will have so much fun, you will forget you are actually getting your cardio in for the day.

### **BARRE TECHNIQUE**

Have you always wanted to have a lean, toned, dancer's physique? Well now you can. This ballet-inspired sculpting class will transform your body using small targeted movements, isometrics and high repetition.

### **POWER HOUR**

This choreographed weight lifting class focuses on low weight and high repetitions, you'll burn fat and calories, gain strength and quickly produce lean body muscle.

### **CARDIO KICKBOXING**

Takes kicking and punching drills and incorporates music to create a fast paced, high intensity class that targets calorie burning as well as cardiovascular fitness. Strengthen, tone and reduce fat at the same time.

### **CARDIO & CORE CONDITIONING**

A challenging low impact/core strengthening class that focuses on developing cardio and core strength with a variety of exercises. It's a simple way to jump start your metabolism and strengthen your core early- so you reap the benefits for the rest of the day! Modifications provided for all fitness levels.

### **DIRTY 30**

30 minutes of High Intensity Interval Training using just bodyweight exercises. Get it DONE in just 30 minutes!! INTERVAL TRAINING ~ This high-energy class alternates between cardio and strength. You will bring your heart rate up with simple step choreography and challenge your muscles with light weights and high-repetition.

### **PILATES SCULPT**

Class begins with 15 minutes of arm sculpting followed by 60 minutes of intense Pilates core work.

### **RESTORATIVE PILATES**

A slow flow Pilates class emphasizing core strengthening and lengthening with stretching. Great for beginners or intermediate level.

### **POWER BARRE**

Offers all the benefits of Barre Technique with an added cardio component. Come prepared to strengthen, tone and sweat!

### **SCS - Strength, Core, Stretch**

Strength training class using heaving and light weights. Using compound exercises will strengthen and tone your body in a safe and effective way. Effective core work will get you the flat abs you always wanted. Followed by stretches that will elongate your muscles and make you feel ohhhh so good. This class is low impact and appropriate for all fitness levels.

### **SPINNING®**

Cycling class that combines great music with challenging instructor-guided terrain. Low-impact and high calorie burn make this class a consistent favorite. The instructor is there to guide you but ultimately you are in control of how hard you work making this a great class for those who are new to fitness. Sign-up available at front desk 60 minutes prior to class.

### **ZUMBA®**

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Bring dance shoes if you have them, otherwise, sneakers are fine.

### **KAIA YOGA CLASS DESCRIPTIONS**

#### **POWER HOT FLOW YOGA**

Fun, heated power flow class set to upbeat music. Includes Sun Salutations, core work and arm balances. Each class is set to a theme that builds to a peak pose. These classes are designed to leave you feeling worked, detoxed and relaxed

#### **VINYASA FLOW YOGA**

Our Signature Vinyasa Flow. You'll find a fun and light hearted, mid intensity flow that will move you seamlessly from Sun Salutation to a final peak pose. We focus on inversions and breath work to ensure you leave class feeling challenged and balanced.

#### **HOT BASICS YOGA**

Whether you're new to yoga or returning to your practice, this class celebrates the basics. Enjoy a challenging and light hearted exploration of Sun Salutations and foundational poses that will leave you feeling more grounded and connected to your body.