

# Group Exercise

## Schedule Effective Sept 23, 2022



SPORTSPLEX

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   | Sunday  |
|---|---|---|---|--|--|---|
| 7:30-8:30am<br><b>Power Barre</b><br>Diana Libicova<br><b>MS</b> FB Live        | 9:00-10:00am<br><b>Yoga Stretch</b><br>Tracy<br><b>YS</b>   | 6:30-7:15am<br><b>Spin</b><br>Aileen<br><b>SS</b>                               | 9:00-10:00am<br><b>Moderate Yoga Flow</b><br>Tracy<br><b>YS</b>   | 8:30-9:30am<br><b>Power Barre</b><br>Diana Libicova<br><b>MS</b> FB Live                     | 8:15-8:45am<br><b>Dirty 30</b><br>Diana Libicova<br><b>MS</b> FB Live                                | 9:00-10:00am<br><b>Interval Training</b><br>Aileen<br><b>MS</b> Zoom:<br>aileenhoma@gmail.com |
| 8:30-9:15am<br><b>Spin</b><br>Darcy<br><b>SS</b>                                | 9:15-10:15am<br><b>SCS</b> <small>Strength, Core, Stretch</small><br>Noelle Manginelli<br><b>MS</b> FB Live | 8:00-9:00am<br><b>Barre</b><br>Susan<br><b>MS</b> Zoom:<br>loglisci89@gmail.com | 9:15-10:15am<br><b>SCS</b> <small>Strength, Core, Stretch</small><br>Noelle Manginelli<br><b>MS</b> FB Live | 9:15-10:30am<br><b>Pilates Sculpt</b><br>Noelle Manginelli<br><b>YS</b> FB Live              | 9:00-9:45am<br><b>Video Spin</b><br>Darcy<br><b>SS</b>   | 9:30-10:30am<br><b>Power Yoga</b><br>Jen<br><b>YS</b>   |
| 8:45-9:15am<br><b>Dirty 30</b><br>Diana Libicova<br><b>MS</b> FB Live           | 10:30-11:30am<br><b>Zumba®</b><br>Jen<br><b>MS</b>  | 9:15-10:30am<br><b>Pilates Sculpt</b><br>Noelle Manginelli<br><b>YS</b> FB Live | 10:30-11:30am<br><b>Zumba®</b><br>Erin<br><b>MS</b>   | 9:45-10:45am<br><b>Power Hour</b><br>Diana Libicova<br><b>MS</b>                             | 9:00-10:00am<br><b>Power Hour</b><br>Diana Libicova<br><b>MS</b>                                     |   |
| 9:15-10:30am<br><b>Pilates Sculpt</b><br>Noelle Manginelli<br><b>YS</b> FB Live | 5:30-6:30pm<br><b>Zumba®</b><br>Shannon<br><b>MS</b> email:<br>shannon.zumba@gmail.com for details          | 9:30-10:30am<br><b>Kickbox</b><br>Robin Ashenfelter<br><b>MS</b> FB Live        | 5:30-6:30pm<br><b>Zumba®</b><br>Shannon<br><b>MS</b> email:<br>shannon.zumba@gmail.com for details          | 11:00-12:00pm<br><b>Zumba®</b><br>Pablo<br><b>MS</b> Zoom:<br>j_lobo32@gmail.com for details | 9:00-10:00am<br><b>Gentle Yoga</b><br>Danielle<br><b>YS</b>  |   |
| 6:00-7:00pm<br><b>Vinyasa Yoga</b><br>Elisabeth Brivic<br><b>YS</b>             | 6:00-6:45pm<br><b>Video Spin</b><br>Darcy<br><b>SS</b>  |   | 6:00-6:45pm<br><b>Video Spin</b><br>Darcy<br><b>SS</b>  |  | 10:05-11:05am<br><b>Zumba®</b><br>Shannon<br><b>MS</b> email:<br>shannon.zumba@gmail.com for details |   |
|   |   |   |   |  | 10:15-11:15pm<br><b>Restorative Pilates</b><br>Donnamarie<br><b>YS</b>                               |   |
|   |   |   |   |  | 11:15-12:15pm<br><b>Barre</b><br>Susan<br><b>MS</b> Zoom:<br>loglisci89@gmail.com                    |   |

### KEY

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

### CLASS REMINDERS

- Please follow all COVID-19 protocols.
- No streaming available for Power Hour or Spin Classes
- Schedule**
- Classes are subject to change or cancellation at any time.
- For Live Stream please refer to link: <https://sportsplex-ct.com/livestream/>
- 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 **grouplex** 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](http://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.

### **YOGA CLASS DESCRIPTIONS**

#### **POWER YOGA**

A fitness-based vinyasa practice. Benefits include; building internal heat, increasing stamina, strength and flexibility, as well as stress reduction. All levels welcome

#### **VINYASA FLOW YOGA**

A dynamic flow class with an uplifting heart oriented philosophy blending the science of biomechanics, alignment principles and balanced action between muscular strength and flexibility. Challenging, but modifications are given, making it appropriate for all level students.

#### **YOGA FLOW / YOGA STRETCH**

A class for all levels. A slower Vinyasa flow focusing on proper alignment for stretching and increasing flexibility. A class heavy on instruction, adjustments and deep stretching, using blocks and straps.