

Group Exercise

Schedule Effective Mar 20, 2023



SPORTSPLEX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30-8:30am Power Barre Diana Libicova MS FB Live	9:00-10:00am Yoga Stretch Tracy YS	6:30-7:15am Spin Aileen SS	9:00-10:00am Moderate Yoga Flow Tracy YS	8:30-9:30am Power Barre Diana Libicova MS FB Live	8:30-9:00am Dirty 30 Diana Libicova MS FB Live	9:00-10:00am Interval Training Aileen MS Zoom: aileenhoma@gmail.com
8:30-9:15am Spin Darcy SS	9:15-10:25am CCSS Noelle Manginelli MS FB Live	8:00-9:00am Barre Susan MS Zoom: loglisci89@gmail.com	9:15-10:25am CCSS Noelle Manginelli MS FB Live	9:15-10:30am Pilates Sculpt Noelle Manginelli YS FB Live	9:00-9:45am Video Spin Darcy SS	10:00-11:00am Power Yoga Jen YS
8:45-9:15am Dirty 30 Diana Libicova MS FB Live	10:30-11:30am Zumba® Jen MS	9:15-10:30am Pilates Sculpt Noelle Manginelli YS FB Live	10:30-11:30am Zumba® Jack MS	9:45-10:45am Power Hour Diana Libicova MS	9:00-10:00am Power Hour Diana Libicova MS	10:00-11:00am Cardio Dance Sara MS 😊★
9:15-10:30am Pilates Sculpt Noelle Manginelli YS FB Live		9:30-10:30am Cardio Kickbox Robin Ashenfelter MS FB Live		11:00-12:00pm Zumba® Pablo MS Zoom: j_lobo32@gmail.com for details	9:00-10:00am Gentle Yoga Danielle YS	
5:30-6:30pm Zumba® Shannon MS email: shannon.zumba@gmail.com for details	6:00-6:45pm Video Spin Darcy SS	5:30-6:30pm Zumba® Shannon MS email: shannon.zumba@gmail.com for details			10:05-11:05am Zumba® Shannon MS email: shannon.zumba@gmail.com for details	
6:30-7:30pm Vinyasa Yoga Elisabeth Brivic YS		6:00-7:00pm Power Yoga Jen YS			10:15-11:15pm Pilates Sculpt Donnamarie YS	
					11:15-12:15pm Barre Susan MS 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

- 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

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CLASS DESCRIPTIONS

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.

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.

POWER BARRE

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

CCSS - Cardio, Core Strength, & Stretch

This class gets it done! A series of compound exercises using heavy and light weights, with heavy emphasis on the core, mixed with bursts of cardio to get you beach body ready in no time. Followed by a series of stretches that will make you feel oh so good. This class is challenging, but can be modified to suit all levels.

VIDEO SPIN

Cycling class that combines great music videos. on a large screen 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.

CARDIO DANCE

A one hour dance class that is so much fun, you will not even realize you are getting your cardio in. Faster paced than Zumba, but just as much fun. A must try!

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

MODERATE YOGA FLOW

This flow class focuses on the fundamental yoga poses that make up a well-rounded yoga practice. Emphasis is placed on safe and effective alignment during poses and during the transition between poses.

VINYASA YOGA

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.

YOGA STRETCH

Stretches and yoga poses directed at increasing mobility, lengthening muscles and releasing tension through focused breathing.

GENTLE YOGA

Slow things down to strengthen, stabilize and mobilize your joints. If you love yoga and want to move a little slower, this is the perfect class for you.