Group Exercise

Schedule **Effective November 17, 2026**

SPORTSPLEX

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–9:00am **Power Barre** Emily **MS**	7:15-8:15am **Strictly Strength** Aileen **MS**	8:00-9:00am **Barre** Susan **MS** Zoom: loglisci89@gmail.com	7:15-8:15am **Strictly Strength** Aileen **MS**	8:30-9:30am **Power Barre** Emily **MS**	9:00-9:45am **Video Spin** Darcy **SS**	9:00-10:00am **Power Yoga** Anne **YS**
9:15-10:30am **Pilates Strength** Noelle Manginelli **YS** FB Live	9:15-10:15am **Gentle Yoga** Pallavi **YS** ★	9:15-10:30am **Pilates Sculpt** Noelle Manginelli **YS** FB Live	9:15-10:15am **Moderate Yoga** Jen **YS**	9:15-10:15am **Pilates Sculpt** Darryl **YS**	9:00-10:00am **Power Hour** Robbin **MS**	10:15-11:15am **Zumba®** Shannon **MS**
12:15-1:00pm **Tai Chi** Alma **YS** ☺ ★	9:15-10:25am **Super Sculpt** Noelle Manginelli **MS** FB Live	9:30-10:30am **Cardio Drum Beats** Robbin **MS**	9:15-10:25am **Super Sculpt** Noelle Manginelli **MS** FB Live	9:45-10:45am **Strictly Strength** Mel **MS**	9:00-10:00am **Gentle Yoga** Danielle **YS**	
			10:30-11:30am **Zumba®** Jack **MS**	11:00-12:00pm **Zumba®** Pablo **MS**	10:05-11:05am **Zumba®** Shannon **MS**	
					10:15-11:15am **Pilates Sculpt** Donnamarie **YS**	
5:30-6:30pm **Zumba®** Shannon **MS**		5:30-6:30pm **Zumba®** Shannon **MS** 🕒			11:15-12:15pm **Barre** Susan **MS** Zoom: loglisci89@gmail.com	
	6:30-7:15pm **Video Spin** Darcy **SS**	6:30-7:30pm **Pilates Sculpt** Noelle Manginelli **YS**	6:30-7:30pm **Vinyasa Yoga** Trevor **YS**			

KEY

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

CLASS REMINDERS

- 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 **groupex** to **90407**

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

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

Group Exercise

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.

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!

PILATES STRENGTH
Class has 15 minutes of standing arm work followed by intense core work out with light weights. Safe for the spine. Challenging for the core.

Strictly Strength
This class is designed to increase your strength and stability. Muscle endurance is so important for a safe skeletal system. Always remember, muscles protect your joints. This class is appropriate for all fitness levels.

Super Sculpt - 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 Drum Beats
Bored of your cardio? Let Robbin lead you through a drum cardio workout. Your heart will be pumping along with the music and drum sticks. This will be the most fun cardio you have had. Join the party!

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.

Tai Chi
Improve balance, flexibility, and strength through gentle, flowing Tai Chi movements.
Reduce stress, increase body awareness, and promote relaxation and focus.
A low-impact class suitable for all fitness levels.