



THE SPA AT TRUMP®

Group Exercise Schedule September 2018

MONDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (Karen)
7:00 am - 8:00 am: **Swim Training - Strategy & Pace** Pool (Erwin)
8:15 am - 9:15 am: **Multi-Level Yoga** Studio 2 (Claire)
11:30 am - 12:00 pm: **Core Focus** Studio 2 (Karen)
12:00 pm - 1:00 pm: **Total Fitness** Studio 2 (Karen)
5:30 pm - 6:15 pm: **Afterburner** Studio 2 (Jessica)

TUESDAY

7:00 am - 7:45 am: **METCON 312** Studio 2 (Vinnie)
8:15 am - 9:15 am: **Myofascial Release & Recovery** Studio 2 (Claire)
11:00 am - 11:45 am: **Body Blast** Studio 2 (Candy)
12:00 pm - 12:45 pm: **Cycle Power** Studio 1 (Chelsea)
5:30 pm - 6:30 pm: **Vinyasa Flow Yoga** Studio 2 (Anna)
6:00 pm - 7:00 pm: **Flexible Strength** Studio 1 (Vitaliy)

WEDNESDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (Karen)
7:00 am - 8:00 am: **Swim Training - Technique & Speed** Pool (Erwin)
7:30 am - 8:15 am: **BootCamp** Studio 2 (Candy)
8:15 am - 9:15 am: **Multi-Level Yoga** Studio 2 (Cleo)
9:15 am-10:15 am: **Pilates Power Pilates** Studio 2 (Stephanie)
12:00 pm - 12:30 pm: **Strength & Conditioning** Studio 2 (Jeremy)
12:30 pm - 1:00 pm: **Core Focus** Studio 2 (Jeremy)

THURSDAY

7:00 am - 7:45 am: **METCON 312** Studio 2 (Vinnie)
8:15 am - 9:15 am: **Myofascial Release & Recovery** Studio 2 (Claire)
11:00 am - 11:45 am: **Body Blast** Studio 2 (Candy)
12:00 pm - 12:45 pm: **Cycle Power** Studio 1 (Chelsea)
5:30 pm - 6:30 pm: **Vinyasa Flow Yoga** Studio 2 (Karen)
5:30 pm - 6:15 pm: **Afterburner** Studio 1 (Jessica)
6:00 pm - 6:45 pm: **Happy Hour Run Club** Outside Studio 2 (Luke)

FRIDAY

6:00 am - 7:00 am: **Awakening Yoga** Studio 2 (Cleo)
7:00 am - 7:45 am: **Total Fitness** Studio 2 (Luke)
8:15 am - 9:15 am: **Vinyasa Flow** Studio 2 (Stephanie)
9:15 am - 10:15 am: **Pilates Mat** Studio 2 (Stephanie)
12:00 pm - 12:30 pm: **Strength & Conditioning** Studio 2 (Kim)
12:30 pm - 1:00 pm: **Core Focus** Studio 2 (Kim)

SATURDAY

9:00 am - 10:00 am: **Bootcamp** Studio 2 (Candy)
10:00 am - 10:30 am: **Myofascial Release & Recovery** Studio 2 (Jeremy)
10:30 am - 11:00 am: **Glute-Camp** Studio 2 (Jeremy)
11:00 am - 12:00 pm: **Multi-Level Yoga** Studio 2 (Cleo)

SUNDAY

9:00 am - 10:00 am: **Multi-Level Yoga** Studio 2 (Karen)
10:00 am - 11:00 am: **TRX** Studio 2 (Karen)
11:10 am - 12:10 pm: **Multi-Level Yoga** Studio 2 (Claire)

30 MINUTE CLASSES-\$15 60 MINUTE CLASSES-\$30 CLASSES ARE SUBJECT TO CHANGE

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AfterBurner - "It's not a theory, it's a workout" Enjoy the group workout energy combined with instructors coaching participants with exercises, providing regressions and progressions, timing the intervals associated with AfterBurner. AfterBurner is designed with intervals 40-50 seconds on, 10-20 seconds off and repeated for three circuits for a heart pumping and calorie burning class.

BootCamp - There is literally not a minute to waste in this head to toe fitness workout. With every 60 seconds that tick by, you'll be jumping, pumping, pushing, and crunching your way to a fitter you. I won't promise any fancy military talk here, but I will promise a fancy variety of exercises!!!! Load up, lace up, and let's go!!!!

Body Blast - A full body workout that conditions the muscles from head to toe by integrating strength training with heart pumping cardio. The exercises will follow a format that gives little rest in between to give you maximum endurance and strength benefits!

Cardio Dance Zumba - Ditch the workout and join the party - exercise has never been so fun! Get ready to dance yourself into shape! This exhilarating, easy-to-follow, Latin-inspired, calorie-burning cardio dance fitness class will move YOU! Some of the dance styles will include: salsa, merengue, reggaeton, and more! Zumba is the best way to dance away your worries and those calories!

Core Focus - This class will introduce you to new and challenging exercises to strengthen and develop the Core.

Cycle Power - Take your cycle workout to the max with high intensity intervals that will have you burning mega calories. Build your endurance, improve efficiency and strengthen your technique. Adaptable to all levels.

Flexible Strength - This is a total body workout class, focuses on all the training benefits using Wrestling, Boxing, Yoga techniques, feel like a Warrior and become powerful and strong.

Glute-Camp - A class dedicated to strengthen, develop, tone and activate your glute muscles for athletic performance, posture, and relieving knee pain.

MetCon 312 - Metabolic conditioning 312 is about structured patterns of work and rest periods to elicit a desired response from the body. This desired response is usually to maximize efficiency of a particular energy system, where both your muscular strength and cardiovascular system will be challenged. This class will assist with increasing your fitness levels, breakthrough plateaus, and provide an efficient workout to start off your day.

Myofascial Release and Recover - This class is dedicated to assist with myofascial/tight muscle release using foam rolls, lacrosse balls, and stretching bands. Enjoy a deep stretch, and feel looser and relax after the class. Hurts so good!

Pilates Mat - Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace

Pilates Power - This class focuses on lengthening and toning the body and develops a strong "Core" or center of the body and teaches coordination through a series of exercises on the Barre, reformer and Mat. Maximum 6 in the Pilates Area.

Strength & Conditioning - This class will work on all major muscle groups using a variety of resistance equipment to provide a full body workout designed to challenge you, and improve muscular strength and endurance.

Swim Training - This class will improve your swim technique and speed and you will learn/practice all 4 swim strokes in this organized group lap swim workout. This class is suited for people who can already swim.

TRX/Yoga - Burn, Bend and Find Your Zen with a combination of TRX and Yoga. Lengthen and strengthen your muscles with TRX training and then stretch and relax with Yoga.

Total Fitness - This class is a full body dynamic strength and conditioning class, you will use a variety of strength and cardiovascular equipment.

Awakening Yoga - Students will harness concentration, cultivate dedication, strengthen and lengthen their bodies in a holistic, intelligent manner. This Hatha Yoga influenced class is a beautiful way to awaken the body and mind in preparation for the day ahead.

Candlelight Yoga - The Spa at Trump welcomes you to join us for Candle Light Yoga. Soothing warm light incorporated with calming stretches and yoga sets the mood for a true experience.

Yoga - Bend & Mend - During this class, students can expect to lengthen muscles and increase flexibility from head to toe, relieving tension and stress with attention to alignment and biomechanics.

Yoga - Slow Burn - In this class expect to explore foundational yoga postures with longer holds conducive to strength building and deep stretching, while holding postures instructors offer key alignment tips and posture progressions.

Vinyasa Flow Yoga - This class will strategically move through the entire physical body to elongate muscles, release tension and increase flexibility and strength. With a strong emphasis on uniting mind & body.