

GROUP EXERCISE SCHEDULE

Minimum of 2 people required for class to be held.
Please arrive at least 5 minutes prior to the start of class.

Instructors and classes offered may vary per day, so please call the center for current offerings!

GCL Fitness Center: 914-499-2260

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<p>Spin 6:30 – 7:30am <i>Ellen</i> <i>GCL</i></p>	<p>Full Body Burn 6:30 – 7:30am <i>Brennan</i> <i>GCL</i></p>	<p>Boot Camp 6:30 – 7:30am <i>Ellen</i> <i>GCL</i></p>	<p>Spin 6:30 – 7:30am <i>Guild</i> <i>GCL</i></p>	<p>Boot Camp 6:30 – 7:30am <i>Ellen</i> <i>GCL</i></p>
AFTERNOON	<p>Video Workout 12:15 – 1:00pm <i>TV</i> <i>GCL</i></p>	<p>HIIT It! 12:15 – 1:00pm <i>Brennan</i> <i>GCL</i></p>	<p>Spin/Strength 12:15 – 1:00pm <i>Ellen</i> <i>GCL</i></p>	<p>Spin 12:15 – 1:00pm <i>TV</i> <i>GCL</i></p>	<p>Video Workout 12:15 – 1:00pm <i>TV</i> <i>GCL</i></p>

Boot Camp: A great upper and/or lower body strength training class alternating with various cardiovascular exercises to keep that heart rate pumping. You'll alternate from one exercise to the next, tricking the heart so you'll get that extra burning of calories post workout. Come prepared to sweat! All fitness levels welcome.

Spin: Ready for a great workout? Spin is an indoor group cycling class that is designed to be an individually paced journey to mental and physical well-being. Spinning is an extension of outdoor road cycling and is designed to be a total aerobic workout. Instructors will lead you through hills, jumps, and sprints put to some great motivating music. If you're new to indoor cycling, please come a few minutes before the start of class so the instructor can set you up on your bike and go over some basic commands. All levels of fitness are welcome.

Spin/Strength: This combination class will have you spending 30 +/- minutes on the bike for an amazing cardio workout. To fire up your already tired muscles after a sweaty ride, we will have a series of upper and lower body conditioning workouts. Bring your high energy and we'll crank it out to some great music. All levels of fitness are welcome.

HIIT It!: You won't be bored when you do this combo class. This workout gets your heart rate up and strengthens your muscles at the same time. You'll move quickly through various exercises, working different muscle groups and keeping that heart rate going. As a bonus, you'll keep burning those calories post workout as well. All levels welcome.

Full Body Burn: Upper, lower, core, you won't know what's coming next in this high energy, full body class. Mix in some cardio, grab some dumbbells, body bars, bands, balls, you name it, we use it! This class will burn calories and tone up those muscles. Modifiable for all fitness levels so all are welcome to give it a try if you dare!

Video Workout: Choose one of our DVD's from our collection, pop it in and get moving. We have boot camp, spin, yoga and more for you to choose from. This is based on a first come first served basis.