

RE-ENERGIZE.

WITH GROUP FITNESS



IBM – GCL Group Exercise Schedule July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Strength & Stretch 6:45 – 7:15 AM Sean GCL	Basketball 6:30 – 8:00 AM (Pick Up) GCL	Pickleball 6:30 – 8:00 AM (Pick Up) GCL	Basketball 6:30 – 8:00 AM (Pick Up) GCL	
Yoga 12:15 – 1:00 PM Manara GCL	Pickleball 12:15 – 1:00 PM (Pick Up) GCL	Yoga 12:15 – 1:00 PM Manara GCL	Pickleball 12:15 – 1:00 PM (Instructor Led) GCL	Boot Camp 12:15 – 1:00 PM Dee GCL
Total Body Burn 5:30 – 6:15 PM Ryan GCL	Functional Fitness 5:30 – 6:30 PM Domenick GCL	Total Body Burn 5:30 - 6:15 PM Ryan GCL	Functional Fitness 5:30 – 6:15 PM Domenick GCL	
	Futsal 5:30 – 7:00 PM (Pick Up) GCL	Volleyball 5:30 – 7:00 PM (Pick Up) GCL	Pickleball 5:30 – 7:00 PM (Pick Up) GCL	

Classes will begin on time, please arrive a few minutes early to set-up your equipment.
For safety reasons, late arrivals will not be admitted to join the class.



CLASS DESCRIPTIONS

BOOT CAMP:

A great total body class utilizing strength training with cardio challenges. In this fun-and-fast-paced class, you will feel the heart pumping while feeling strong. Boot camp exercises will challenge you to achieve the results you want.

CORE & MORE:

Strengthen your core with this express workout! Focused on feeling and toning your core, with additional full body exercises mixed in for a complete & compact workout.

FUNCTIONAL FITNESS:

Can't reach the top shelf without discomfort? Juggling all those Amazon packages? We can help with that! In this class, you'll be performing exercises to assist in your everyday life. Maximize your strength, mobility, durability, and **fun** with **functional** fitness!

MORNING MAT WORKOUT:

This workout concentrates on strengthening and toning the body with emphasis on the core. Reduce stress and improve posture with controlled movements that also increase flexibility while helping to sculpt the body.

STRENGTH & STRETCH:

A strong muscle is a flexible one. Expect to use foam rollers, bands, and bodyweight stretches combined with effective strength movements to feel refreshed, loose, and better than yesterday!

FUTSAL:

Hard court indoor soccer with a heavier ball. Come put your foot skills to the test with smaller goals and tighter areas.

TOTAL BODY BURN:

A complete workout! Push yourself with upper and lower body exercises that will kick start your metabolism, keep you moving and build strength.

VOLLEYBALL:

Come test your competitive edge on the GCL court playing indoor volleyball. Teams of 3-6 players rotating positions and taking turns serving.

HIIT:

These classes focus on high effort, short bursts or exercise with planned rest. This allows you to push yourself a little extra, knowing a break is right around the corner, and be amazed with your ability to succeed! Beware of serious sweat and improved fitness as a result of this class.

YOGA:

Your midday mini vacation to put your mind and body at ease. Yoga sequences will focus on lengthening your muscles, increasing mobility, and decreasing stress levels. Enjoy the benefits of mental clarity physical relaxation.

PICKLEBALL:

Learn the basics of pickleball, developing your skills during pickup or instructor led sessions and play!

BASKETBALL:

Come test your competitive edge on the GCL court by shooting some hoops and breaking a sweat! Pickup games with teams of 3-5 players and rotating subs to get your morning started right.



Contact the Fitness Center at 914-499-4920

for more information about our group exercise schedule and membership.