

Effective January 29th- March 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 Cycle CYC Rick	6:00 - 7:00 Boot Camp GE Steve	6:00 - 7:00 Cycle CYC Kathy	6:00 - 7:00 Triple Fusion GE Steve	6:00-6:40 Cycle Express CYC Christine	7:30-8:45 Power Vinyasa(H) SA Randi	8:15-9:30 Yoga Basics SA Stephanie
6:00 - 7:15 Power Vinyasa(H) SA Randi	6:00 - 7:00 Vinyasa Yoga SA Stephanie	7:00 - 7:55 Core Cond. Plus GE Kim	6:00 - 7:00 Vinyasa Yoga SA Jen	6:00-7:00 Hot Pilates SA Jill	8:00 - 9:00 Cycle CYC TJ	8:30-9:30 Cycle *effective 2/6/11 CYC Doug H
8:00 - 9:00 Cardio Aerobics GE Betty	7:15-8:15 Cycle CYC Susan S.	8:00-9:00 Power Vinyasa(H) SA Randi	8:30-9:20 Step Essentials GE Susan S	7:15-8:15 Vinyasa Yoga SA Suzanne	8:00 - 9:00 Group Power GE Betty	9:00 - 10:00 Cardio Strength Cond GE Roxanne
9:15-10:15 Cardio Strength Cond GE Betty	9:00 - 9:30 Core Express GE Susan D.	8:00 - 9:00 Zumba GE Susan S.	9:30 - 10:30 Cardio Strength Cond. GE Roxanne	8:00 - 9:00 Cardio Aerobics GE Susan S.	9:00 - 10:00 Vinyasa Yoga SA Suzanne	10:00-11:15 Power Vinyasa(H) SA Karyn
9:30 - 10:45 Power Vinyasa(H) SA Randi	9:30 - 10:30 Group Power GE Susan D.	9:00 - 10:00 Cycle CYC Gali	9:30 - 10:30 Cycle CYC Missy	9:00 - 10:00 Cycle CYC Susan D.	9:05-9:30 Ab Lab GE Betty	10:30 - 11:30 Group Power GE Tony
9:30-10:30 Cycle CYC Susan D	9:30-10:30 Cycle CYC Missy	9:15 - 10:15 Boot Camp GE Susan D.	9:30 - 10:45 Power Vinyasa(H) SA Randi	9:30 - 10:30 Group Power GE Betty	9:30 - 10:30 Cycle CYC Tony	10:30-11:30 Cycle CYC Jean
11:00-11:50 Stay FIT GE Betty	9:30 - 10:45 Power Vinyasa(H) SA Laura Z.	9:45-11:00 Power Vinyasa(H) SA Karyn	11:00- 12:00 Vinyasa Yoga Express SA Randi	9:45-11:00 Power Vinyasa(H) SA Karyn	9:30 - 10:30 Group Step GE Bob	11:45-1:00 Iyengar Yoga SA Mary
	11:00 - 12:00 Pilates Mat SA Meghan	11:00-11:50 StayFIT GE Betty		11:00-12:00 Zumba GE Sarah	10:15-11:15 Pilates Mat SA Michele	11:45-12:45 Zumba GE Sarah
	11:00-12:00 Zumba GE Christine				11:00 - 12:00 Group Power GE Tony	
					11:00 - 12:00 Cycle CYC Gali	
12:00-1:00 Vinyasa Yoga Express SA Jen	12:15 - 1:15 Group Power GE Christine	12:00 - 1:00 Cycle CYC Betty	12:15-1:15 Zumba GE Christine	12:15 - 1:15 Group Power GE Betty	12:30-1:30 Spinyasa CYC Doug H	
12:15 - 1:15 Boot Camp GE Bruce	12:15 - 1:30 Gentle Yoga SA Mary	12:00 - 1:15 Yoga Basics SA Jen	12:15-1:15 Power Pilates Flow SA Jill	12:15-1:15 Spinyasa CYC Susan S.	12:30-1:30 MXT *effective 1/29 GE Vinny	
SA Pilates Mat Meghan	4:45 - 5:45 Group Power GE Betty	12:15 -1:15 MXT GE Vinny	4:45-5:45 Group Power GE Tina	4:15-5:15 Vinyasa Express SA Aimee		3:00-4:00 Essential Stretch SA Laura
4:30 - 5:30 Cycle CYC Rick	4:45-6:00 Power Vinyasa(H) SA Carla	4:15 - 5:15 Pilates Mat SA Lorie				4:30 -5:30 Bootcamp GE Inez
5:00-5:50 Total Body Cond GE Tina	5:45-6:40 Cycle CYC Cindy	5:00-5:50 Total Body Cond GE Tina	5:00-6:00 Yoga Basics SA Stephanie	5:30-6:30 Cycle CYC Tony		
5:45 - 6:45 Cycle CYC Susan S	5:50-6:50 Cardio Kickboxing GE Betty	5:45 - 6:45 Cycle CYC Rick	5:30 - 6:30 Cycle CYC Doug R	5:30-6:30 Sports Conditioning GE Bruce		
5:45-6:45 Pilates Mat SA Michele	6:15-7:30 Yoga Basics SA Lindsay	5:45-6:45 Pilates Mat SA Michele	6:00-6:55 Bootcamp GE Inez			
6:00-6:55 Group Step GE Tina	6:45-7:30 Cycle Express CYC Cindy	6:00-6:55 Group Step GE Tina/Bob	6:15 - 7:30 Power Vinyasa(H) SA Stephanie			
7:00 - 8:00 Group Power GE Tony	7:00-8:00 Zumba GE Christine/Staff	7:00 - 8:00 Group Power GE Tony	6:45-7:30 Cycle Express CYC Doug H			
7:00 - 8 :15 Vinyasa Yoga SA Tisah		7:00 - 8 :15 Iyengar Yoga SA Mary	7:00-8:00 Zumba GE Sarah			

Location Key	
Cycle	CYC
Group Exercise	GE
Studio A	SA

CLASS SCHEDULE, WINTER 2011
Effective January 29th- March 31st

200 East Highland Drive
Rochester, New York 14610
Phone: (585) 461-2300
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www.midtown.com

Group Exercise Director
Betty Becker
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Mind Body Director
Randi Lattimore
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Group Exercise General Information:

No additional fees for any class unless otherwise noted.

Instructor substitutions may occur without notice.

Any class offered outdoors may be relocated or cancelled due to weather.

Classes are subject to a minimal participation amount and can be removed at any time.

During class:

Pace yourself—choose classes appropriate to your fitness level.

As a courtesy, please avoid wearing perfume and cologne in the studio.

Please bring drinking water for your workout.

If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls in the hallway.

Please respect the group's workout, excessive talking during classes is not permitted.

For Cycle: Reservations of bikes for other members are not permitted.

Ab Lab: Intense strength training exercises focusing on the abs.

Cardio Aerobics: A fun, cardio calorie burner aerobics class for all fitness levels. May include strength training and abs.

Boot Camp: Back-to-basics workout to build stamina and strength. Includes a combination of cardio and strength drills to work the entire body.

Cardio and Strength Cond: A mix of cardio and strength conditioning. This class incorporates a mix of hi/lo and strength training using a variety of equipment.

Cardio Kickboxing: A multi-level cardio class using martial arts and boxing movements. Includes high intensity strength and cardio exercises to increase your fitness abilities.

Core Cond. Plus: A strength training class focusing on abs and back at a more challenging level.

Core Express: Work the abs and lower back.

Cycle: An indoor cycling cardio workout for all fitness levels.

Cycle Express: A challenging 40-45 minute indoor cycling workout for all fitness levels.

Essential Stretch: Our instructors lead you through a full-body stretch, using ropes and straps to improve flexibility and joint range-of-motion.

Gentle Yoga: Increase range of motion, promote flexibility, and experience deep relaxation while moving slowly through a sequence of poses. Perfect for newcomers and experienced yoga participants.

Group Power™: 60 minute barbell program that strengthens all of your major muscles with simple athletic moves.

Group Step™: Discover new heights! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body, one step at a time. The intensity is up to you!!!

Hot Pilates: Tone up the hips and waistline while detoxing with this unique class. Hot Pilates is designed to strengthen and elongate your entire body.

Iyengar Yoga: This method emphasizes precise alignment and subtle awareness of breath. All levels welcome.

MXT(Midtown Xtreme Training): Combines Kettlebells with challenging body and free weights movements, to give you a complete Strength, Endurance, and Flexibility workout .

Pilates Mat: Lengthen and strengthen the body using the core muscles of the abdominals and back.

Power Vinyasa (H): This dynamic and challenging class builds strength and flexibility, sustains focus and revives your spirit. Previous yoga experience recommended. Room is heated.

Spinyasa: Midtown's newest hybrid class combines cycling and yoga! Spend half the class on an intense bike ride to enliven the heart. Then, move on to the mat for movements focusing on posture, flexibility and strength. This combination is pure harmony!

Sports Conditioning: This challenging, fun class will use various non choreographed strength and conditioning drills to improve flexibility, mobility, strength and conditioning level.

Stay FIT: This program is designed as a low impact, Level 1 basic class that incorporates easy to learn cardio, strength conditioning and balance moves. Appropriate for beginners, older adults and those recovering from injury.

Step Essentials: A low-impact Step class with simple choreography utilizing the steps and floor to complete a cardio workout for all levels.

Triple Fusion: Developing strength, power and endurance using kettlebells, add lower-body agility skills, mid-body core training for a great full-body wake up call

Total Body Cond.: Build muscular strength and endurance, burn fat, and tone muscles of the body using the weighted bars, bands, stability balls, and hand weights making this class suitable for all fitness levels!

Vinyasa Yoga: This class synchronizes movement and breathing while linking poses together in a flow. Cultivate flexibility, strength, balance and serenity.

Vinyasa Yoga Express: Our Vinyasa class taught in a 1-hour format for members on-the-go.

Yoga Basics: For beginning students and those wishing to practice at a more moderate pace. Learn alignment in the poses, build strength, improve circulation and leave feeling relaxed and refreshed.

Zumba: Experience this hot combination of Latin and Caribbean music and dance movements. High-energy cardio training for all levels.

