





# group fitness winter 2012

# Bay Ridge

Effective through April 22

am

pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	<p>9:00-10:15 <b>Balanced Yoga</b></p> <p>9:30-10:30* <b>Spinning</b></p> <p>10:30-11:30 <b>Ripped Sculpt</b></p>	<p>6:30-7:15* <b>Spinning</b></p> <p>8:45-9:45 <b>Pilates Props</b></p> <p>9:45-10:30 <b>Cardio Kick</b></p> <p>10:30-11:15 <b>Bottoms Up</b></p>	<p>6:30-7:30 <b>Circuit City</b></p> <p>8:45-9:45 <b>Vinyasa Yoga</b></p> <p>9:30-10:30* <b>Spinning</b></p> <p>10:30-11:15 <b>Cardio Jam</b></p> <p>11:15-12:00 <b>Core &amp; More</b></p>	<p>6:30-7:15* <b>Spinning</b></p> <p>8:45-9:45* <b>Spinning</b></p> <p>9:45-10:45 <b>Power Hour</b></p> <p>10:45-11:00 <b>Abs Xpress</b></p>	<p>8:30-9:30 <b>Hard Core Pilates</b></p> <p>9:30-10:30 <b>Step Circuit</b></p> <p>10:30-11:30 <b>Ripped Sculpt</b></p> <p>11:30-12:00 <b>Core Cuts</b></p>	<p>9:00-10:00* <b>Spinning</b></p> <p>9:30-10:30 <b>Step</b></p> <p>10:30-11:30 <b>Ripped Sculpt</b></p> <p>11:30-12:30* <b>Spinning</b></p> <p>11:30-12:30 <b>Fight Club!</b></p>	<p>9:00-10:00 <b>Balanced Yoga</b></p> <p>9:30-10:30* <b>Spinning</b></p> <p>10:30-11:30 <b>Ripped Sculpt</b></p> <p>11:30-12:30 <b>Pilates Props</b></p> <p>11:30-12:30* <b>Spinning</b></p>
pm	<p>12:00-1:00 <b>SilverSneakers Cardio Circuit</b></p> <p>5:00-6:00 <b>Cardio Junkie</b></p> <p>6:00-6:30 <b>Core Cuts</b></p> <p>6:30-7:30 <b>Vinyasa Flow Yoga</b></p> <p>6:30-7:45* <b>Spintensity</b></p> <p>7:30-8:30 <b>Static Strength</b></p> <p>8:30-9:30</p> 	<p>12:00-1:00 <b>SilverSneakers MSROM</b></p> <p>5:00-6:00* <b>Spinning</b></p> <p>6:00-6:30 <b>Body Burn</b></p> <p>6:30-7:00 <b>Turbo Kick @</b></p> <p>7:00-7:30 <b>Warrior Workout</b></p> <p>7:30-8:30 <b>Athletic Yoga</b></p> <p>7:30-8:30* <b>Spinning</b></p> <p>8:30-9:30 <b>Pilates Props</b></p>	<p>12:00-12:45 <b>SilverSneakers Cardio Circuit</b></p> <p>12:45-2:15 <b>Yoga Basics</b></p> <p>6:00-6:30 <b>Circuit City Cardio</b></p> <p>6:30-7:30 <b>Ripped Sculpt</b></p> <p>7:30-8:30* <b>Spinning</b></p> <p>7:30-8:30 <b>Fight Club!</b></p> <p>8:30-9:30</p> 	<p>12:00-1:00 <b>SilverSneakers MSROM</b></p> <p>5:00-6:00* <b>Spinning</b></p> <p>6:00-6:30 <b>HIIT Xpress</b></p> <p>6:30-7:30 </p> <p>7:30-9:00 <b>Rejuvenate &amp; Restore Yoga</b></p>	<p>12:00-1:00 <b>SilverSneakers MSROM</b></p> <p>5:00-6:00 <b>Power Hour</b></p> <p>6:15-7:30 <b>Power Pilates Workout</b></p> <p>6:30-7:30* <b>Spinning</b></p> <p>7:30-8:30 <b>Power Yoga</b></p>	<p>12:30-1:30 <b>Pilates Props</b></p> <p>1:30-2:30 <b>Boot Camp</b></p> <p>2:30-3:00 <b>Core Cuts</b></p> <p>3:00-4:30 <b>Vinyasa Yoga</b></p>  <p>Brooklyn's Gym</p> <p>harborfitness.com</p>	<p>12:30-1:30 <b>IntenSati</b></p> <p>1:30-3:00 <b>Vinyasa Yoga</b></p>

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Classes and instructors are subject to change. Download our APP for real-time group fitness information!