



# Group Fitness Schedule *Effective Nov. 11, 2024*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-5:15AM-Studio II STAGES CYCLING (45)- Julie	-5:15AM-Studio I BODYCOMBAT-Amanda E.	-5:15AM-Studio II STAGES CYCLING-Judith	-5:15AM-Studio I BODYPUMP- Amanda E.	<b>NEW</b> -5:30AM-Pool SWIM FIT-Rotation	-8AM-Studio III PILATES SCULPT (45)-Maddy
-5:15AM-Studio I BODYPUMP-Stephen	-5:15AM-Studio III HOT FLOW YOGA-Denise Q.	-8:00AM-Pool SWIM FIT-Alix	<b>NEW</b> -5:15AM-Studio III WARM FLOW YOGA-Denise Q.	-7AM-FIT 45 STUDIO -Tyler *fee based	-8:30AM-Studio I BODYCOMBAT- Jessie & Misty
-8:30AM-Studio II STAGES CYCLING (45)-Berly	-6:15AM-Pool SWIM FIT-Leon	-8:30AM-Studio III THE BARRE WORKOUT (45)-Caroline	-6:15AM-Pool SWIM FIT-Cackey	-8:30AM-Studio III WARM BODY BELLS & BANDS (50)- Becca	-9AM-Studio III THE BARRE WORKOUT-Maddy
-8:30AM-Studio I BODYPUMP (45)-Susan	-8:15AM-Studio III HOT FLOW YOGA-Kara	-8:30AM-Studio I BODYPUMP (45)-Susan	-8:30AM-Studio III WARM TOTAL BODY FUSION (45)-Jessie	-8:30AM-Studio I BODYPUMP-Melissa	-9AM-Studio II STAGES CYCLING (45)-Tara
-9:30AM-Pool AQUA FITNESS-Rotation	-8:30AM Studio II STAGES CYCLING (45)-Addie	-9AM-FIT45 STUDIO -Tyler *fee based	-8:30AM-Studio II STAGES CYCLING (45)-Kara	-9:30AM-Pool AQUA FITNESS-Raelyn	-9AM-Pool SWIM FIT-Alix
-9:30AM-Studio III PILATES MAT-Susan	-8:30AM-Studio I BODYCOMBAT-Maureen & Jonathan	-9:30AM-Studio III GENTLE YOGA-Lindsay H.	-8:30AM-Studio I CARDIO SCULPT (45)-Karynne	-9:30AM-Studio III HOT TOTAL BODY FUSION-Berly	-9:45AM-BB Court INTERVAL BOOT CAMP-Tyler
-9:30AM-Studio I INTERVAL BOOT CAMP-Tyler	-9:30AM-Pool AQUA FITNESS-Cackey	-9:30AM-Studio II STAGES CYCLING + (45)-Becca	-9:30AM-Pool AQUA FITNESS-Alix	-9:45AM-Studio I INTERVAL BOOT CAMP (45) Orquavian	-10:15AM-Studio III WARM FLOW YOGA-Diane
-12PM-Studio I BELLS & BANDS (45)- Elise	-9:30AM-Studio III HOT PILATES SCULPT-Berly	-9:30AM-Studio I BOXING REMIX (45)-Karynne	-9:30AM-Studio I BODYCOMBAT (45)- Maureen & Jonathan	-10:45AM-Studio III WARM GENTLE YOGA -Lindsay H.	-10:30AM-Studio I BODYPUMP-Rotation
-12PM-Studio II STAGES CYCLING (45)- Anne	-9:30AM-Studio I BODYPUMP-Maureen	-12PM-Studio III HOT FLOW YOGA (45)-Berly	-9:30AM-Studio III HOT FLOW YOGA-Kara	-12PM-Studio II STAGES CYCLING (45)-Lindsay	 <b>FOLLOW US</b>
-12PM-Studio III GENTLE YOGA (45) -Emily	-12PM-Studio I BODYPUMP (45)-Jan	-12PM-Studio I BELLS & BANDS (45) - Orquavian	-12PM-Studio III BODYBALANCE-Maureen	-4:30PM-Studio I BODYPUMP- (45)-Denise B.	<b>@stonecreek.fitness</b>
-5:15PM-Studio III THE BARRE WORKOUT- Maddy	4:30PM - Studio I HIIT 30 (30) - Elise	<b>NEW</b> -4:30PM-Studio III WARM BODY BELLS & BANDS (30) -Elise	<b>NEW</b> -12PM-Studio I BUILT (45)-Elise		
-5:30PM-Studio I BOXING REMIX (45)-Tyler	-5:15PM-Studio II STAGES CYCLING (30)-Elise	<b>NEW</b> -5:30PM-Studio III HOT FLOW YOGA-Lauren	<b>NEW</b> -5:15PM-Studio I BODYCOMBAT-Ava & Erin	<b>SUNDAY</b>	
-6:30PM-Studio III GENTLE YOGA-Rachael	-5:30PM-Studio I STEP & SCULPT (45)- Jennifer	<b>NEW</b> -5:30PM-Studio I BODYCOMBAT-Amanda E. & Michelle	-5:45PM-Studio III THE BARRE WORKOUT-Maddy	-9:30AM-Studio II STAGES CYCLING (45)--Berly	-9:30AM-Studio I BODYCOMBAT-Erin
-6:30PM-Studio I BODYPUMP- Suzanne	-5:30PM-Studio III HOT FLOW YOGA-Denise Q.	-6:30PM-Studio I BODYPUMP-Denise B		-10AM-Studio III BODYBALANCE-Jan	-3PM-Studio III HOT FLOW YOGA-Diane



## Pilates Reformer Studio

Pilates is designed to stretch, strengthen and balance the body. Introductory, private, semi-private, or group sessions available.

Scan the QR code for the current Pilates Reformer schedule & visit the Stone Creek Member App to reserve your spot! For more information, contact Maureen - [Maureenj@stonecreekclubandspa.com](mailto:Maureenj@stonecreekclubandspa.com)



## Fitness Reminders

- Warm classes are between 83-93 degrees. Hot classes are between 95-105 degrees.
- Yoga mats are *not* provided: please bring a mat to all Studio III classes
- Please refrain from cell phone usage while taking classes. If you need to text or call, please step out of the studio.

**Aqua Fitness:** Improve your strength and cardiovascular endurance with this great workout that puts no stress on your joints.

**The Barre Workout:** Barre focuses on engaging specific muscles until they reach fatigue, followed by stretching to create long, lean, and toned muscles.

**Bells & Bands:** A unique blend of exercises using resistance bands and BELLS (kettlebells, dumbbells & barbells) to accomplish a full body strength, conditioning & core workout. Tone, burn & sweat it out in 45 minutes flat! A baseline of fitness is needed to perform properly. *This workout is intermediate to advanced.*

**BodyCombat™:** Become totally unleashed in this empowering cardio workout that is inspired by martial art and draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Tai Chi and Muay Tai.

**BodyBalance™ (formally Bodyflow)** An athletic blend of yoga, Pilates and Tai chi. This workout builds strength and flexibility and leaves you calm and centered.

**BodyPump™:** "Real Results Real Fast"! Designed for participants of all ages and fitness levels, this resistance training class is guaranteed to give you maximum results in the shortest time. Build strength, burn fat and have fun.

**Boxing Remix:** This mixture of bodyweight exercises, cardio intervals, and boxing moves with the heavy bag will leave you feeling accomplished and ready for more! All levels welcome!

**Cardio Sculpt:** Cardio intervals combined with strength training segments. Variety of equipment used for a total body, high-energy workout.

**BUILT:** Get BUILT with a unique blend of strength training exercises using varying bodybuilding techniques & NO choreography - in this class, you will be encouraged to perfect lifting form, push to your own individual limits and sculpt the body like a pro! Body part focus will change from week to week: First week of the month: Legs/Glutes; 2nd Week: Shoulders/Chest/Triceps; 3rd Week: Back/Biceps; 4th Week: Legs/Quads; 5th Week (if applicable): Core. Appropriate for all fitness levels.

**HIIT 30:** Short on time but not short on intensity! This exhilarating 30 minute workout will leave you breathless and sweaty. Cardio intervals of plyometrics, dumbbell work and calisthenics will be followed by short periods of rest to keep your heart rate elevated and blood pumping. Bring a mat! *This workout is advanced.*

**Interval Boot Camp:** Are you ready to push yourself outside your comfort zone? This workout consists of a warm-up, various rounds of high intensity intervals followed with short rest periods, abdominal work and cool down. *A base level of fitness needed to perform properly. This workout is intermediate to advanced.*

**Pilates Mat:** Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.

**Pilates Sculpt:** This class not only strengthens and tones but stretches and lengthens areas the body. Focusing on postural alignment, strengthening and balancing muscles around the spine as well on focusing on core muscles.

**Shape & Sculpt:** This class is a 45 minute, total body workout with an emphasis on full-body sculpting, tempo and core training. Weights will be heavy to effectively increase muscle fatigue to shape the body. All levels welcome!

**Stages Cycling:** Stages flight is a dynamic multimedia fitness experience where entertainment meets training. This indoor cycling program features an interactive display system that allows each rider to work to their optimal training level individually, rewarding effort at any level!

**Step & Sculpt:** Simple, heart-pumping step aerobics combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross training class for all skill and fitness levels.

**Swim Fit:** This workout oriented swim class focuses on enhancing your technique and endurance in the water. Join us to simply improve stroke efficiency or to train for an upcoming event. All levels welcome.

**The Barre Workout:** Barre focuses on engaging specific muscles until they reach fatigue, followed by stretching to create long, lean, and toned muscles.

## **HEATED YOGA PROGRAM-*INFRARED HEAT***

Unlike traditional heating methods that heat studio air, infrared heaters safely warm the body from the inside-out, similar to the soft warmth felt on a sunny day.

The result is a comfortable and therapeutic heat that increases flexibility, circulation, stamina and detoxification. You MUST bring your own mat to all heated classes. Please make sure you hydrate before, during, and after class! Hot classes will be between 95-105 degrees. Warm classes will be between 83-93 degrees.

**\*\*Warm BodyBalance:** An athletic blend of yoga, Pilates, and Tai Chi focused on building strength and flexibility. The addition of infrared heat will increase circulation, calorie burn, and muscle elasticity.

**\*\*Warm Body Bells & Bands** This class will incorporate the use of dumbbells and bands to strength train, build lean muscles, sculpt the body, and burn a lot of calories! Instructor will lead the class through various timed intervals in a controlled temperature studio between 80-84 degrees to increase heart rate and warm the muscles to move faster. Class will end with some glute and/or abdominal work! Come ready to sweat, build, and tone while blasting a lot of calories! SHOES REQUIRED and bring a MAT!

**\*\*Warm Flow Yoga:** This practice of flowing posture sequences coordinated with breath will be set to a class temperature of 83-93 degrees. The gentle heat will allow for increased flexibility and circulation in a warm and relaxing environment.

**\*\*Gentle Yoga:** Gentle yoga takes a more restorative approach and combines Iyengar with Yoga therapy to focus on anatomical precision and alignment along with breath work. This class is designed to release areas of chronic tension thereby reducing mental and physical stress for all levels of participants.

**\*\*Hot Flow Yoga:** This practice is a more vigorous flowing sequence of postures coordinated with breath. The addition of infrared heat will provide increased calorie burn, increased stamina and detoxification. Class temperature will be between 95-105 degrees.

**\*\*Hot Pilates Sculpt:** Focus on the "powerhouse" (abdomen, lower back and glutes) of the body, breathing and alignment in this mind-body class based on the principles of Joseph H. Pilates. Improve strength, flexibility and posture with these strengthening and supportive exercises that stem from the core of the body. All levels welcome.

**\*\*Warm & Hot Total Body Fusion:** Combined elements of calisthenics, yoga, and Pilates will strengthen and tone all areas of the body while increasing flexibility. Class temperature will be between 83-93 degrees. The addition of infrared heat will increase circulation.

## **PILATES REFORMER**

Reformer Pilates develops a strong core by supporting and strengthening the muscles of the torso, hips, and pelvis. Gives a full-body workout, which improves power, strength, flexibility, and efficiency.

Class schedule is posted around club or visit the Stone Creek Member app to reserve your spot into your class format of choice. Private, Semi-private, and group sessions are available.

Email Maureen - [Maureenj@stonecreekclubandspa.com](mailto:Maureenj@stonecreekclubandspa.com) for more information.