

# Group Conditioning | Winter-Spring 2012

## Class Intensity

- LI** (Low Intensity) Classes that cater to Beginners and can be less intense.  
**MI** (Moderate Intensity) Suitable for Beginners and Advanced participants. Intensity will vary throughout the class.  
**HI** (High Intensity) For Advanced participants and quick learners. Classes are highly choreographed or have advanced moves that require practice.

## SUNDAY

<b>BHC</b>	9.10-10.10	<b>WATER WORKS</b>	<b>LI</b>	BORIN
	9.30-10.30	<b>MODERN JAZZ DANCE</b>	<b>HI</b>	JAMES
	10.00-11.00	<b>SPIN™</b>	<b>MI</b>	LOUIE
	10.30-11.30	<b>SCULPT</b>	<b>HI</b>	JAMES
	12.00-1.15	<b>YOGA: VINYASA</b>		PEGGY
	4.00-5.00	<b>CLASSIC PILATES</b>	<b>MI</b>	ROSEANNE
<b>PPC</b>	9.30-10.30	<b>SPIN™</b>	<b>HI</b>	SOPHIA P.
	10.30-11.30	<b>HARDCORE CIRCUIT</b>	<b>HI</b>	SOPHIA P.
	4.00-5.15	<b>YOGA: IYENGAR</b>		ALVA
<b>TRI</b>	10.30-11.45	<b>YOGA: IYENGAR</b>	<b>MI</b>	AUDE

## MONDAY

<b>BHC</b>	9.30-10.30	<b>ZUMBA</b>	<b>MI</b>	SIFA
	10.00-11.00	<b>HYDRO FIT</b>	<b>HI</b>	TORELLO
	11.00-12.00	<b>T'AI CHI</b>	<b>LI</b>	DON
	12.30-1.45	<b>YOGA: VINYASA</b>		PEGGY
	2.00-3.15	<b>CHAIR YOGA</b>		PEGGY
	5.30-6.30	<b>ZUMBA</b>	<b>MI</b>	DOMINICA
	6.30-7.30	<b>BOOT CAMP</b>	<b>MI</b>	MIMI
	7.00-8.00	<b>SPIN™</b>	<b>MI</b>	LOUIE
	7.30-8.30	<b>TRIBAL FUSION BELLYDANCING</b>	<b>HI</b>	MIMI
<b>PPC</b>	9.30-10.30	<b>ZUMBA</b>	<b>MI</b>	MELISSA
	10.30-11.30	<b>SCULPT</b>	<b>MI</b>	MELISSA
	6.00-7.15	<b>YOGA: HATHA</b>		MICHAEL
	6.30-7.30	<b>SPIN™</b>	<b>HI</b>	GERALD
	7.30-8.30	<b>MULTI/SCULPT</b>	<b>LI</b>	GERALD
<b>TRI</b>	12.45-1.45	<b>YOGA</b>		DMITRI
	6.00-7.00	<b>BOOT CAMP</b>	<b>MI</b>	JEFF

## TUESDAY

<b>BHC</b>	6.35-7.35	<b>SCULPT</b>	<b>MI</b>	NINA
	9.00-10.00	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES
	10.00-11.00	<b>SPIN™</b>	<b>MI</b>	LOUIE
	10.00-11.00	<b>SCULPT</b>	<b>LI</b>	JAMES
	10.00-11.00	<b>HYDRO FIT</b>	<b>LI</b>	JUDY
	11.00-12.00	<b>INTEGRATED PILATES</b>	<b>MI</b>	SOFIA
	1.30-2.30	<b>SENIOR SPORT</b>	<b>LI</b>	JAMES
	5.30-6.30	<b>MODERN JAZZ DANCE</b>		JAMES
	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	LORETTA
	7.30-8.30	<b>WATER WORKS</b>	<b>LI</b>	BORIN
	7.30-8.45	<b>YOGA: HATHA</b>		AUDE
	8.00-10.00	<b>CAPOEIRA-BEGINNER</b> (martial arts studio)		TERRENCE
<b>PPC</b>	10.00-11.00	<b>HYDRO FIT</b>		JEFF
	7.30-8.30	<b>BOOT CAMP</b>	<b>MI</b>	OTTO
	7.30-8.45	<b>YOGA: ANUSARA</b>		ROSE
<b>TRI</b>	1.00-2.00	<b>PILATES</b>	<b>HI</b>	KRISTIN

## WEDNESDAY

<b>BHC</b>	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	MARY F.
	9.30-10.30	<b>RESIST-A-BALL</b>		GERALD
	10.00-11.00	<b>HYDRO FIT</b>	<b>MI</b>	TORELLO
	12.00-1.00	<b>INTEGRATED MOVEMENT</b>	<b>MI</b>	JEMILLA
	6.00-7.00	<b>SCULPT</b>	<b>MI</b>	NINA
	6.30-7.45	<b>YOGA: VINYASA</b> (salon)		PEGGY
	7.00-8.00	<b>SPIN™</b>	<b>MI</b>	TAL
	7.00-8.00	<b>NIA TECHNIQUE</b>	<b>MI</b>	KRISTIN
	7.30-8.30	<b>FIGHT CLUB</b> (martial arts studio)	<b>HI</b>	BRYON
	8.00-9.15	<b>YOGA BASIC: HATHA</b>	<b>LI</b>	PEGGY
<b>PPC</b>	8.30-9.30	<b>INTEGRATED PILATES</b>		OPHRA
	9.30-10.30	<b>DANCE FUSION</b>	<b>MI</b>	OLGA
	10.30-11.30	<b>SCULPT</b>	<b>MI</b>	OLGA
	6.30-7.30	<b>SCULPT</b>	<b>MI</b>	SOPHIA
	7.30-8.30	<b>ZUMBA</b>		SOPHIA
<b>TRI</b>	8.30-9.45	<b>YOGA: VINYASA</b>	<b>MI</b>	GUTA
	12.30-1.30	<b>ZUMBA</b>	<b>MI</b>	DOMINICA
	1.30-2.00	<b>ZUMBA TONING</b>	<b>MI</b>	DOMINICA
	6.15-7.15	<b>CARDIO KICKBOXING</b>	<b>MI</b>	JEFF

## THURSDAY

<b>BHC</b>	9.30-10.30	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES
	9.30-10.45	<b>YOGA: VINYASA</b> (salon)	<b>HI</b>	ROSE
	10.00-11.00	<b>HYDRO FIT</b>	<b>LI</b>	ROSEANN <i>NEW INSTRUCTOR</i>
	10.30-11.30	<b>SCULPT</b>	<b>LI</b>	JAMES
	12.15-1.15	<b>CORE CIRCUIT TRAINING</b>	<b>LI</b>	EILON <i>NEW CLASS</i>
	6.30-7.30	<b>ZUMBA™</b>	<b>MI</b>	OLGA
	7.00-8.00	<b>SPIN™</b>	<b>MI</b>	BRENT
	7.30-8.30	<b>PILATES MAT</b>	<b>MI</b>	SOFIA
	7.30-8.30	<b>WATER WORKS</b>	<b>LI</b>	BORIN
	8.00-10.00	<b>CAPOEIRA-BEGINNER</b> (martial arts studio)		TERRENCE
<b>PPC</b>	10.00-11.00	<b>HYDRO FIT</b>	<b>MI</b>	JEFF
	6.30-7.30	<b>STEP</b>	<b>MI</b>	SOPHIA
	7.30-8.30	<b>BOOT CAMP</b>	<b>MI</b>	OTTO
	7.30-8.45	<b>YOGA: ANUSARA</b>		ROSE
<b>TRI</b>	1.00-1.45	<b>RESIST-A-BALL</b>	<b>HI</b>	AISHA
	1.45-2.00	<b>ABS</b>	<b>MI</b>	AISHA
	5.00-6.00	<b>FLAMENCO DANCING</b>		SOL
	6.00-7.00	<b>BOOT CAMP</b>	<b>MI</b>	JEFF
	7.00-8.15	<b>CORE STRENGTH VINYASA</b>		KRISTEN

§ Indicates a paid-for class.

Schedule is subject to change. Refer to master schedule for updates.

Classes are for all levels unless noted.

No beginners in Advanced classes, please.

Schedule in effect January 2–June 30, 2012.



BROOKLYN HEIGHTS 43 CLARK STREET 718 625 0500  
 PROSPECT PARK 17 EASTERN PARKWAY 718 789 4600  
 TRIBECA 80 LEONARD STREET 212 966 5432  
 EASTERNATHLETICCLUBS.COM

# Group Conditioning | Winter-Spring 2012

## Class Intensity

- LI** (Low Intensity) Classes that cater to Beginners and can be less intense.
- MI** (Moderate Intensity) Suitable for Beginners and Advanced participants. Intensity will vary throughout the class.
- HI** (High Intensity) For Advanced participants and quick learners. Classes are highly choreographed or have advanced moves that require practice.

## FRIDAY

<b>BHC</b>	6.30-7.30	<b>SPIN™</b>	<b>MI</b>	MICHELLE
	9.00-10.00	<b>HYDRO FIT</b>	<b>LI</b>	JAMES
	9.30-10.30	<b>ZUMBA</b>		SOPHIA
	10.30-11.30	<b>SCULPT</b>	<b>MI</b>	AISHA
	11.30-12.30	<b>YOGA: HATHA/VINYASA</b>	<b>MI</b>	MICHAEL <i>NEW CLASS</i>
	12.15-1.15	<b>SPIN™</b>	<b>MI</b>	BRENT
	1.30-2.30	<b>T'AI CHI</b>	<b>LI</b>	DON
	2.30-3.30	<b>SENIOR SPORT</b>	<b>LI</b>	JAMES
	6.00-7.00	<b>SCULPT</b>	<b>HI</b>	GERALD
<b>PPC</b>	10.30-11.30	<b>CORE &amp; FLEXIBILITY</b>	<b>MI</b>	ISABEL <i>NEW CLASS</i>
	11.00-12.00	<b>WATER WORKS</b>	<b>HI</b>	TORELLO
<b>TRI</b>	8.00-9.00	<b>YOGA: HATHA</b>		ALVA
	1.15-2.15	<b>LUNCHTIME SPIN™</b>	<b>MI</b>	GERALD

## SATURDAY

<b>BHC</b>	9.10-10.15	<b>CARDIO SCULPT</b>	<b>MI</b>	NINA
	9.30-10.30	<b>SPIN™</b>	<b>MI</b>	TALIE
	10.15-11.15	<b>AFRICAN DANCE</b> (with live drummer)		SHEILA
	11.15-12.15	<b>PILATES MAT</b>	<b>MI</b>	SOFIA A.
	12.00-1.00	<b>FIGHT CLUB</b> (martial arts studio)	<b>HI</b>	BRYON
	12.15-1.30	<b>YOGA: VINYASA</b>		WENDY
	2.00-3.00	<b>BROADWAY DANCE</b>	<b>LI</b>	JAMES
	3.00-4.00	<b>SCULPT</b>	<b>LI</b>	JAMES
<b>PPC</b>	1.15-2.15	<b>SPIN™ FLEX</b>	<b>MI</b>	GERALD
	2.15-3.00	<b>RESIST-A-BALL</b>	<b>MI</b>	GERALD
	4.00-5.00	<b>PILATES MAT</b>	<b>MI</b>	SOPHIA
<b>TRI</b>	11.00-12.15	<b>YOGA: VINYASA</b>		GUTA

