

group fitness class schedule

**CLUB HOURS:** Monday - Friday 5:30 a.m. to 9 p.m. / Saturday 8 a.m. to 4 p.m. / Sunday 10 a.m. to 4 p.m.

# Group Fitness Class Schedule

**CENTRAL PARK SQUARE ATHLETIC CLUB**

[www.centralparksquareathletic.com](http://www.centralparksquareathletic.com)

**(602) 252-0092**

*All classes are suitable choices for beginner, intermediate and advanced participants unless otherwise noted.*

MON	TUE	WED	THU	FRI	SAT
	6:00-7:00 a.m. <b>Pilates</b> <i>Kathleen</i>		6:00-7:00 a.m. <b>Pilates</b> <i>Kathleen</i>		
12:10-12:25 p.m. <b>Cardio Express</b> <i>Patti</i>	12:00-12:30 or 12:30-1:00 <b>Primal Conditioning</b> <i>Patrick</i>	12:00-1:00 p.m. <b>Step</b> <i>Sheryl</i>	12:10-12:25 p.m. <b>Core &amp; Strength</b> <i>Patti</i>	12:15-1:15 p.m. <b>Hatha Yoga</b> <i>Kathleen</i>	
12:35-1:00 p.m. <b>Power Abs &amp; Stretch</b> <i>Patti</i>			12:35-1:00 pm <b>Cardio Express</b> <i>Patti</i>		
5:00-6:00 p.m. <b>Kundalini Yoga*</b> <i>Adi Singh</i>	5:30-5:45 p.m. <b>Abs</b> <i>Steven</i>	5:00-5:30p.m. <b>Pilates</b> <i>Krista</i>	5:30-5:45 p.m. <b>Abs</b> <i>Steven</i>		
5:15-6:00p.m. <b>HIT</b> <i>Steven</i>	5:45-6:45 p.m. <b>Yoga*</b> <i>Krista</i>		5:45-6:45 p.m. <b>Yoga*</b> <i>Krista</i>		

## Aqua classes

MON	WED	FRI
8:30-9:30 a.m. <b>Aqua Aerobics</b> <i>Diana</i>	8:30-9:30 a.m. <b>Aqua Aerobics</b> <i>Diana</i>	8:30-9:30 a.m. <b>Aqua Aerobics</b> <i>Diana</i>
5:30-6:30 p.m. <b>Aqua Aerobics</b> <i>Carol</i>	5:30-6:30 p.m. <b>Aqua Aerobics</b> <i>Carol</i>	5:30-6:30 p.m. <b>Aqua Aerobics</b> <i>Carol</i>

*\*Designates classes NOT included in membership fees; additional \$20.00 per month*

# class descriptions

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**Abs** – A complete 15-minute abdominal workout.

**Aqua Aerobics** – A low impact cardiovascular workout in the water.

**Cardio Express** – This fast pace class will get your heart and muscles pumping with circuits of low in training, stability exercises and stretch. There is always something new to challenge your heart and someone on the go.

**Core & Strength** – This class focuses on the this class, strengthening of your core muscles (abs, back) a quick but effective way to liven up your day! A great class for all ages and physical abilities.

**Hatha Yoga** – A mind/body training which promotes spinal flexibility, deep relaxation, and stress relief.

**HIT- High Intensity Training** – This fast paced circuit utilizes weights to tone and strengthen all muscles and burn fat. Great for all fitness levels.

**Kundalini Yoga** – Considered to be the “yoga of awareness,” this class is a safe and complete system for emotional balance, enhanced intuition, and a feeling of well being, and can be performed by all regardless of age or physical ability.

**Pilates** – A blend of strength and flexibility training which creates enhanced balance, body coordination and abdominal and low back muscles. All exercises are modified for beginner to advanced levels.

**Primal Conditioning** – A fusion of extreme cardiovascular and strength training. This class is designed for advanced fitness levels.

**Power Abs & Stretch** – A complete abdominal workout with the gentle stretching of the body.

**Step** – An introduction to free weights and total body resistance training exercises to tone and firm muscles.

**Vinyasa Yoga** – This class offers a fast-paced, athletic style of yoga which promotes core strength and flexibility.