

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

(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. Pilates <i>Kathleen</i>		6:00-7:00 a.m. Pilates <i>Kathleen</i>		
12:00-12:25 p.m. Cardio Express <i>Patti</i>	12:00-12:30 or 12:30-1:00 Primal Conditioning <i>Patrick</i>	12:00-1:00 p.m. Step <i>Sheryl</i>	12:00-12:25 p.m. Core & Strength <i>Patti</i>	12:15-1:15 p.m. Hatha Yoga <i>Kathleen</i>	9:30 – 10:30 a.m. Supers <i>Sheryl</i>
12:25-1:00 p.m. Power Abs & Stretch <i>Patti</i>			12:25-1:00 pm Cardio Express <i>Patti</i>		
5:00-6:00 p.m. Kundalini Yoga* <i>Adi Singh</i>	5:30-5:45 p.m. Abs <i>Steven</i>	5:00-5:30p.m. Pilates <i>Krista</i>	5:30-5:45 p.m. Abs <i>Steven</i>		
5:00 – 5:30p.m. Core Solutions <i>Krista</i>	5:45-6:45 p.m. Yoga* <i>Krista</i>		5:45-6:45 p.m. Yoga* <i>Krista</i>		

Aqua classes

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

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

class descriptions

Abs – A complete 15-minute abdominal workout.

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

Ashtanga Yoga – Also known as “power yoga,” this class offers a fast-paced, athletic style of yoga with flexibility.

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

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

Core Solutions – Your core makes you strong, balanced and fit. In this class, strengthen the muscles of the core, pelvis and improve your posture. You will leave feeling great! A great class for all ages and physical abilities.

Gentle Stretch – Gentle stretching of the entire body with an emphasis on balance and safety in stretching.

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

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.

Medicine Ball - This heavy ball technique is used to build strength and balance. This class develops core strength and body definition. Followed by a light cool down of stretching.

Pilates – A blend of strength and flexibility training which creates enhanced balance, body coordination and strength in the 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/Supersculpt – An introduction to free weights and total body resistance training exercises to tone and firm the body.

Total Body Conditioning – This class will be works with weights to tone and strengthen all muscle g

Yoga – This class offers a fast-paced, athletic style of yoga which promotes core strength and flexibili