GROUP EXERCISE

Effective February 20, 2018

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30am	**Spin** Judylynn	**Ult. Conditioning** Kristen [S]	**Spin** Tom	**HIIT & Stretch** Kristen	**Spin** Kristen/Alan		
	Cross Training David		**Cross Training** Allison [S]		**Cross Training** David [S]		
8:00am	**Zumba** Lourdes	**Cross Training** Allie [S]	**20-20-20** Lourdes	**Total Body Boxing** Jim [S]	**RX60** David	**Spin** Carole	**Cross Training** David/Kristen [S]
	Cross Training Allie		**Pilates Int. Mat** Susan			**BodyPump** Brian	
					Aqua Fit Wendy	**Aqua Fit** Wendy	
9:00am	**Spin** Tom	**Spin** Katie	**HIT** Karen (30)	**Spin** Katie	**Spin** Karen	**HIT** Brian [S] (30)	**Spin** Janice/ Kristin
	RX60 Kristen	**Muscle Conditioning** Soraya	**Beyond Barre** Lourdes [P]	**Muscle Conditioning** Allison	**Cardio Strength** Soraya		**Beyond Barre** Lourdes [P]
	Flow & Restore Yoga Ali			**Aqua Sport** Jim			
9:30am		**Total Body Boxing** Doug [S]	**Spin** Karen		**Total Body Boxing** Christo [S]	**Fluid Yoga** Rachel	
		Beyond Barre Kristen [P]	**Aqua Sport** Paula			**Total Body Boxing** Doug	
10:00am	**BodyPump** Julie	**Vinyasa Flow Yoga** Chere	**BodyPump** Julie	**Vinyasa Flow Yoga** Rachel	**Vinyasa Flow Yoga** Chris		**BodyPump** Kali
	Mat Pilates Susan [P]		**Mat Pilates** Susan		**HIT** Karen [S] (30)		
	Senior Swim Karen	**Aqua Sport** Soraya			**Senior Swim** Soraya		
4:00pm	**Family Zumba** Lourdes	**Kids Bootcamp** Heidi [S] *ages 7-12*	**Little Kids Bootcamp** Mike *ages 5-6*	**Kids Bootcamp** Heidi [S] *ages 7-12*		All classes will be held in the Group Exercise Studio unless otherwise noted:	
6:00pm	**BodyPump** Kristen	**Cross Training** Jim	**Cardio Core Barre** Soraya [P]	**BodyPump** Kristin		( ) = Class length	
6:30pm		**Spin** Carole		**Spin** Tom		[S] = Sports Performance Room	
7:00pm		**Vinyasa Flow Yoga** Chere	**Cross Training** Christo			[F] Fitness Floor	
7:15pm				**Spa Yoga** Ali (75)		[P] = Pilates Studio	
						= Pool	
						$ = Fee for non members	

2 Ice House Road, Medfield, MA 02052 **508.359.7800** **www.kingsburyclubmedfield.com**

Rev: 3/21/18

GROUP EXERCISE CLASSES

20-20-20 (or 3 workouts in one!)
This fitness class combines 20 minutes of cardio with 20 minutes of strength training followed by 20 minutes of core/balance with stretching.

BEYOND BARRE
A unique body transforming workout that incorporates body sculpting, fat burning and muscle lengthening. Light weights will be used to tone the arms. Abdominal work will narrow the waist and barre work will sculpt the thighs and lift the seat.

BODYPUMP™
A barbell class that strengthens your entire body. Designed to improve strength and endurance, this workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for – and fast!

CARDIO CORE BARRE
Maintaining all the perks from your traditional barre exercises, plus deep core belly dance inspired cardio movements infused into the workout to burn more calories and build kinesthetic awareness. Learn "how" to use your core muscles in space as you create long, lean muscles, build stamina, and perfect your posture.

CARDIO STRENGTH
Easy to follow foot patterns to get your heart rate up with muscle conditioning to tone your body. Various props will be used.

CROSS TRAINING
Find your inner athlete during these workouts with an emphasis on strength, quickness, stamina and balance in a group training format. This training will also lead to long-term joint protection, injury prevention and increased metabolism.

HIT
This high intensity interval training class will produce maximum results in minimum time. 30 minutes.

HIIT & STRETCH
30 minutes of high-intensity intervals followed by 30 minutes of lengthening through gentle yoga stretches.

MUSCLE CONDITIONING
Define your muscles and condition your body and mind to a stronger you. This conditioning class is designed to improve your muscular strength and endurance utilizing a variety of resistance equipment such as tubing, free weights and medicine balls.

MAT PILATES
An artful, non-impact form of exercise based on the methods pioneered by Joseph Pilates. Breathing techniques are used to aid in developing abdominal strength and stabilization through a series of controlled movements. Come see why this has become one of the most popular forms of exercise today. This class is appropriate for all ages and fitness levels.

PILATES INTERMEDIATE MAT:
This class builds on the basic mat sequence offering more challenging moves for the proficient student. Building blocks are shown for the more difficult moves. Students must be familiar with basic mat.

RX60
Prescription for progress! We have bundled your complete fitness workout into 90 or 60 minutes. Start with a dynamic warm up followed by challenging core and balance work, power moves, strength training, cardiovascular and end with stretching and you have a formula for success for any fitness goal. All levels and all abilities.

TOTAL BODY BOXING
A fitness boxing class that will build your strength, power and confidence. Punch, kick and sweat your way to a leaner, meaner you! Work your way around the circuit of 3-minute drills at your own level. Stations of the circuit will focus on full body conditioning with an emphasis on boxing skills and techniques. All fitness levels are welcome.

ZUMBA
A high energy, low impact, sizzling selection of dance and fitness moves choreographed to great Latin music. Easy for everyone to pick up, this class is a major calorie burner and tons of fun!

SPIN

SPIN
60 minute cardiovascular workout on a stationary bike in a group setting. Spinning has a reputation for intensity but all classes are designed for beginners, hard-core cyclists and everyone in between. Instructors motivate riders and guide them to adapt their workout to their own experience and skill level.

SWIM

AQUA FIT
This aqua class will combine shallow and deep-water exercises focusing on core and increasing cardio, toning and flexibility.

AQUA SPORT
This deep-water class uses a variety of exercises to enhance cardiovascular fitness and strengthen and tone muscles.

SENIOR SWIM
This is a shallow water workout with [gentle] low impact cardio movements as well as full body conditioning exercises. Benefits include an enhanced sense of overall body awareness and balance training, all in a safe aqua environment.

YOGA

FLOW & RESTORE YOGA
Sthira Sukham is the yoga concept of finding balance between effort and ease. Find your balance in this 60-minute class. First heat up the body with a vinyasa flow focusing on strength and flexibility, then calm body and mind thru a sequence of restorative poses ending with a blissful savasana. Elements of SPA Yoga such as soothing music, aromatherapy and hands on assists are incorporated throughout the class for an added sensory experience. All levels welcome.

FLUID YOGA
Fluid Yoga is a dynamic Vinyasa Flow. Fluid Yoga places attention in a mindful way on breath and movement. It incorporates organic and intuitive flows while emphasizing continual movement throughout the mindful practice to build endurance, flexibility, strength and a clear mind. Fluid will both challenge and evolve your practice if you come with an open mind and mindful approach.

VINYASA FLOW
This invigorating power yoga based full body workout has a strong focus on the core that will leave you energized and stress free. Moderately heated room (75 degrees); towel and water bottle recommended. All levels welcome.

KIDS

FAMILY ZUMBA MONDAYS all ages
The entire family is invited! This high energy dance class will keep you movin' and groovin' to the rhythm of a Latin beat! This class is easy for everyone to follow and is guaranteed to keep you laughing during this full body workout. FREE for members, $15 non-members. Fee for non-members.

KIDS BOOTCAMP ages 7-12
Pull, push, run and jump - anything goes in this fun class designed to enhance children's strength, agility and balance.

KIDS BOOTCAMP ages 5-6
Designed for children to associate fitness with fun, this high energy class will emphasize fitness games in a positive and motivating environment. Held in the Group Exercise Studio.