

Club H Fitness- Hell's Kitchen



Summer Group Fitness Schedule



June 1- September 7, 2009

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Rock Asana Yoga 7:00 <i>Kelsey</i> MB	Pump 45 7:15 <i>Courtney</i> M	Sunrise Vinyasa 60 7:00 <i>Alexandra</i> MB	Pump 45 7:15 <i>Courtney</i> M							*Spin H 75 9:45 <i>Freddy</i> SP	
*Spin H 45m 7:15 <i>Patricia</i> SP		*Spin H 45 7:15 <i>Patricia</i> SP								Rebounding 45 10:00 <i>Keoni</i> M	
										Sunrise Vinyasa 60 11:00 <i>Johan Montiajano</i> MB	
*Rebounding 45 12:00 <i>Blake</i> M	IM=X Pilates 55 11:00 <i>Leanne B</i> MB					IM=X Pilates 55 11:00 <i>Leanne B</i> MB				Power Pump 45 12:00 <i>Tanya Chaly</i> M	
*Spin H 60 12:15 <i>Freddy</i> SP	Ultimate Warrior 45 12:00 <i>Miguel</i> M	Gunz & Bunz 45 12:00 <i>Courtney</i> M	Ultimate Warrior 45 12:00 <i>Miguel</i> M	Resist. Rebound 45 12:00 <i>Blake</i> M						Pilates Mat 55 12:00 <i>Stephanie M.</i> MB	
Absolutely 30 12:45 <i>Blake</i> M	Lunch Yoga 60 1:00 <i>Johan</i> MB	Lunch Yoga 60 1:00 <i>Rikard</i> MB		Absolutely 30 12:45 <i>Blake</i> M						Absolutely 30 12:45 <i>Lamar</i> M	
	Dancer Seminar 60 4:45 <i>Registration \$15</i> M			Dancer Seminar 60 4:45 <i>Registration \$15</i> M							
	Absolutely 30 6:00 <i>Courtney Paul</i> M	*Spin H 60 5:45 <i>Freddy</i> SP									
Yoga Roll 60 6:00 <i>Vicki</i> MB	Pilates Mat 45 6:00 <i>Christina J.</i> MB	Abs Back & Butt 45 6:00 <i>Barbara Mckeon</i> M	Absolutely 30 6:00 <i>Blake</i> M								
Boot Camp 60 6:30 <i>Miguel</i> M	Heaven & Hell 60 6:30 <i>Courtney Paul</i> M	Nia 60 6:30 <i>Toni C</i> MB	Pilates Mat 55 6:30 <i>Leannae</i> MB	Cardio Pump 60 6:30 <i>Tanya Chaly</i> M							
*Spin H 45 7:00 <i>Tricia</i> Sp	*Spin H 45 6:30 <i>Eric L</i> SP	*Spin H 75 6:45 <i>Freddy</i> SP	*Rebounding 45 6:30 <i>Blake</i> M	Intermed. Yoga 60 7:30 <i>Johan Montiajano</i> MB							
Yoga School 60 7:30 <i>Alexandra</i> MB	Intermed. Yoga 60 7:30 <i>Rikard</i> MB	Boot Camp 60 7:00 <i>Miguel</i> M	*Spin H 45 7:15 <i>David</i> SP								
Pump 45 7:30 <i>Miguel</i> M	Kettle Hell 60 7:30 <i>Bao</i> M	Intermediate Yoga 8:00 <i>Tim</i> MB	Pump 45 7:15 <i>Blake</i> M								
	*Rebounding 8:30 <i>Christie</i> M										

Sunday

Sunrise Yoga 75 10:00 <i>Paul Keoni</i> MB	
Pump 45 11:00 <i>Tanya</i> M	
*Spin H 90 11:15 <i>Freddy</i> SP	
Absolutely 30 12:00 <i>Tanya</i> M	
Kick It 45 12:30 <i>Tanya</i> M	
Anusara Yoga 75 6:30 <i>Rikard</i> MB	

Club Hours:

Mon-Thurs 5:30am-11pm	Friday: 5:30am-10pm	Sat/Sun: 8am-9pm
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* Sign up Required
M - Movement Studio
MB - Mind Body Studio
SP - Spin Studio

423 West 55th Street 212.245.5802
All classes free to Club H Fitness members

Download your own copy of this schedule
at www.clubhfitness.com

Group Fitness Director: Blake Mays
Comments: blake@clubhfitness.com

CLASS DESCRIPTIONS FOR HELL'S KITCHEN

CARDIO:

SPIN H- is an outdoor cycling experience with all the comforts of home with the hottest Johnny G Spin bikes.

REBOUNding- Is an easy to follow, fun, flowing, non-impact (absorbing 80% of the shock) cardio workout on mini-trampolines.

RESISTANCE REBOUNding- using Rebounder's, weights, and body bars you alternate between cardio and weight training.

HEAVEN & HELL- A personal training session. Full body, hellish experience that will make you die and go to heaven!

KICK IT- high energy kickboxing to get your butt into shape!

ULTIMATE WARRIOR- A hard core workout using weights.

BOOT CAMP- A grueling workout for those tough enough to follow orders.

NIA- A barefoot mind-body workout that builds strength & flexibility by combining martial arts, dance Yoga & fun!

CHISELED

PUMP- is weight training with weights to "SHRED" & "SCLUPT" your body.

CARDIO PUMP- A weight training class with cardio to maximize your time and energy.

GUNZ & BUNZ- Prepare for the ultimate biceps, triceps, and bunz workout you have ever experienced.

KETTLE HELL- a vigorous workout using kettle bells to burn the hell out of your body to help you shred, shed & strengthen!

CHILL

YOGA SCHOOL- a basic beginner's class, this class is designed to give you a core foundation before taking other yoga classes.

ANUSARA- this experience balances and opens you to your higher self through attention to alignment & breath.

SUNRISE VINYASA/SUNSET VINYASA- this class will aid you in your practice and start or end your day with peace and purpose.

PILATES MAT- a series of exercises based on the work of Joseph Pilates to strengthen & lengthen muscles with focus on core.

INTERMEDIATE Yoga- Flowing Asana's in combination with controlled breathing, experience with Yoga,

IM=X Pilates- a cross conditioning system that shapes your legs, hips, abs, back & arms, an advancement of the Pilates system.

LUNCH HOUR YOGA-Break up your day with a vibrant yoga hour crated to nourish your body & fill up your spirit. All levels.

YOGA ROLL- Forty minutes of Vinyasa Yoga, combined with massaging Yamuna Body Rolling Balls for twenty minutes.

ROCK-ASANA YOGA- a vigorous, Vinyasa, soulful class with a rocking soundtrack to get you going in the morning.

HATHA FLOW- sequences of flowing Vinyasa along with focus on specific alignment to build strength, stamina & flexibility.

CORE STRETCH- a gluts, quads, abs, workout with a complimenting stretch of the trunk.