



730 Main Street South
Southbury, CT 06488

phone: 203.267.1100
www.thegym.com

hours of operation

Monday – Friday:

5:30a.m. – 10:00p.m.

Saturday & Sunday:

7:00a.m. – 6:00p.m.

childwatch hours

Monday – Saturday:

8:00a.m. – 12:00p.m.

Sunday:

9:00a.m. – 12:00p.m.

*Starred classes require signup

GROUP FITNESS SCHEDULE

Effective Date: February 1st – February 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m. <i>Gym Interval</i> Todd	5:30 a.m. <i>Sunrise Yoga</i> Kara	5:30 a.m. <i>Gym Cycle*</i> Kara	5:30 a.m. <i>Total Body X</i> Becky	5:30 a.m. <i>Gym Cycle*</i> Becky		
5:30 a.m. <i>Gym Cycle*</i> Denis			6:30 a.m. <i>Total Body X</i> Mary			
7:30 a.m. <i>Pilates</i> Maryann F	7:30 a.m. <i>Gym HIIT Advanced</i> Mary		7:30 a.m. <i>Mat Pilates</i> Mary Ann F	7:30 a.m. <i>Gym HIIT Advanced</i> Kyle	7:30 a.m. <i>Total Body X</i> Becky	
	8:30 a.m. <i>Gym Cycle</i> Mary R		8:30 a.m. <i>Gym Cycle</i> Mary R	8:35 a.m. <i>Zumba</i> Karen	7:30 a.m. <i>Gym Cycle</i> Jen	8:30 a.m. <i>Gym Cycle*</i> Rotate Instructors
8:30 a.m. <i>Total Body X</i> Maryann F	8:35 a.m. <i>Zumba</i> Karen	8:30 a.m. <i>Release & Renew</i> Tammy	8:30 a.m. <i>Body Bar</i> Mary Ann F		8:30 a.m. <i>Mat Pilates</i> Mary Ann P	
9:35 a.m. <i>Gym Cycle*</i> Stephanie		9:35 a.m. <i>Gym Cycle</i> Massie	9:35 a.m. <i>Zumba</i> Karen	9:15 a.m. <i>Gym Cycle*</i> Jen	9:00 a.m. <i>Gym Cycle</i> Massiel	9:00 a.m. <i>Zumba</i> Rotate Instructors
9:35 a.m. <i>Total Body X</i> Tammy	9:35 a.m. <i>Pilates Fusion</i> Liz A.	9:35 a.m. <i>V-Barre</i> Tammy		9:35 a.m. <i>HIIT Cardio</i> Kyle	9:35 a.m. <i>Zumba</i> Brenda	
10:35 a.m. <i>Stretch Release</i> <i>Pilates</i> Tammy	10:35 a.m. <i>Slow Flow Yoga</i> Lizzie	10:35 a.m. <i>Vinyasa Flow Yoga</i> Lizzie	10:35 a.m. <i>Gentle Yoga</i> Agni	10:35 a.m. <i>Slow Flow Yoga</i> Agni	10:45 a.m. <i>Power Yoga</i> Agni	11:00 a.m. <i>Power Yoga</i> Kathleen
5:00 p.m. <i>Total Body X</i> Kyle		5:30 p.m. <i>Zumba</i> Erika	5:00 p.m. <i>Hatha Yoga</i> Lizzie			
6:00 p.m. <i>Vinyasa Flow Yoga</i> Agni	6:00 p.m. <i>Power Flow Yoga</i> Kathleen		6:30 p.m. <i>Cardio Dance</i> Joanna			
	6:30 p.m. <i>Gym Cycle*</i> Jen		6:30 p.m. <i>Gym Cycle*</i> Denis			
7:05 p.m. <i>Strength & Conditioning</i> Kyle	7:00 p.m. <i>Knockout Power/Conditioning</i> Kyle	6:35 p.m. <i>Total Body X</i> Kyle				

Check out our **NEW SGT**
(Small Group Training)
Schedule

class descriptions

cardio & combination

body bar - Compound exercises that focus on strength, isolation and balance; toning the muscles while using the body bar.

gym HIIT - (high intensity interval training) HIIT training is a nonstop interval workout. Timed High intensity exercises with little to no rest in between intervals. This workout is guaranteed to break through your fitness plateau.

gym interval - 60 minute nonstop interval workout. Times high intensity exercises with little to no rest alternating cardio / strength exercises. Modifications are made to accommodate all fitness levels.

metcon - A trainer led session which will start with an intelligent functional warm-up and progress to a circuit based workout designed to elevate metabolism and improve conditioning and performance.

step it up boot camp - Variety of exercises such as calisthenics, agility drills, running, and total body exercises combined with a high energy step class for the cardio portion.

total body X - Circuits focusing on lower and upper body, core and cardio.

x treme core - A high intensity blend of cardio and core work in a circuit style

v-barre - This popular barre based work out blends dynamic movement with calorie-blasting cardio. Intervals of conditioning and stretching combine core work, Pilates, yoga, isometrics and ballet to lengthen and strengthen, delivering one powerful workout.

zumba - A fusion of Latin and international music and dance themes. The routines are simple and feature interval training with a combination of slow and fast rhythms. Come join us in this "FEEL HAPPY" workout. You'll burn hundreds of calories and not even know it.

zumba toning - uses light weights to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba toning is the perfect way to sculpt your body while having a blast.

strength and conditioning – total body muscle building, fat burning, strength and conditioning circuit work that will your fitness to the next level.

yoga & pilates

mat pilates - Our signature mat classes, taught by our highly skilled instructors, will challenge you, increasing core strength and improving posture. You will walk away stretched, toned and ultimately stronger, ready to feel the results in all aspects of your life.

pilates fusion - Intensifies your abdominal training and includes all the benefits of Pilates Reformer.

yoga all levels - A creative eclectic blend of many yogic traditions and styles. Modifications of postures are made to accommodate everyone, offering both beginning and advanced members a satisfying, accessible, and energetic experience.

hatha Yoga : Drawing on a combination of yoga styles, these well-rounded classes balance, stretch and strengthen the body.

vinyasa Flow: Links breath and movement the smooth, continuous flow deepens breathing, increases endurance, and will test the edge of your balance and flexibility .

basic Yoga: Workshop style based class this slower paced class focuses on classic postures and utilizes props to gain a deep awareness of correct alignment and precise actions in the body.

power Flow: Posture sequencing class, vigorously paced with dynamic transitions through poses. Some yoga experience is recommended but not necessary.

pure strength

gym strength - This weight training class works the entire body systematically from the largest muscles to the smallest. Utilizing free weights and a step, the instructor will guide you through a series of exercises for each muscle group.

release & renew - Instructor led myofascial release class that incorporates foam rolling with stretching to improve alignment and facilitate recovery

gym cycle

intro to gym cycle - Let us help you learn proper bike set up and riding form in this monthly class especially for beginners. No special shoes or equipment required. A beginner level ride will teach you all riding positions and simple modifications for new riders.

gym cycle - Indoor cycling is considered one of the best ways to burn calories and increase cardiovascular fitness without impact. Expert instructors help you to monitor your heart rate, keeping you motivated while you spin to the beat of driving music and enjoy the camaraderie of fellow cyclists. For all fitness levels.

gym cycle plus - Take it your cycling to the next level with this extended 90 minute format.

class policies

Please note that some classes require advanced sign up and class size may be limited. Classes are closed 10 minutes after beginning and run approximately 55 minutes.

The Gym reserves the right to change instructor, class schedule or fees without notice. All classes are subject to change due to member attendance. Please check our boards and front desk for last minute changes. Please notify the instructor if you have any physical limitations or if you are pregnant. We encourage everyone to work at his or her own pace.

the gym

Small Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM			Metcon/Vin			
9:00AM	Gym-Fit/Darlene		Gym-Fit/Darlene			Metcon/Brian
10:00AM	Kettle Bell/Eric <small>FREE</small>	TRX/Kyle	Metcon/Kathleen	TRX/Kyle	Metcon/Kathleen	
5:00PM	TNT/Steve			Bar/Vin		
6:00PM	Gym-Fit/Darlene	Bar/Vin	Metcon/Brian	Gym-Fit/Darlene		
7:00PM						

SGT sessions are programmed on a monthly basis by our certified training staff to ensure consistent results and uniform guidance by our trainers.

DESCRIPTIONS

TNT	TRX	BAR	GYM-FIT	METCON
Target. Nuclear. Training. An isolated strength training program designed to increase muscle hypertrophy.	Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.	Learn to safely lift heavy weight. Focuses on variations of squat, bench and deadlift. Open to beginner and advanced lifters.	Olympic lifts, power moves, and cardiovascular conditioning are the focus of Gym-Fit.	Circuit based workout designed to elevate metabolism, improve conditioning and performance.

THEGYM.COM

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Mon - Fri: 5:30am - 10pm
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CHILDWATCH:

Mon - Sat: 8am - 12pm
Sun: 9am - 12pm