



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: June 17<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m. <i>Gym Interval</i> Todd	5:30 a.m. <i>Gym Cycle*</i> Denis	5:30 a.m. <i>Gym Cycle*</i> Kara	5:30 a.m. <i>Gym Strength</i> Becky	5:30 a.m. <i>Gym Cycle*</i> Becky	7:15 a.m. <i>Vinyasa Flow Yoga</i> Rotate Instructors	
	5:30 a.m. <i>Sunrise Yoga</i> Kara	5:30 a.m. <i>Gym Interval</i> Jesse			7:30 a.m. <i>Gym Cycle</i> Jen	
7:30 a.m. <i>Gym Strength</i> Maryann F	7:30 a.m. <i>Gym HIIT Advanced</i> Todd	7:30 a.m. <i>Vinyasa Flow Yoga</i> Ann	7:30 a.m. <i>Mat Pilates</i> Mary Ann F	7:30 a.m. <i>Gym HIIT Advanced</i> Todd		8:30 a.m. <i>Gym Cycle*</i> Rotate Instructors
	8:00 a.m. <i>Gym Cycle*</i> Mary R	8:30 a.m. <i>Gym Cycle*</i> Denis	8:00 a.m. <i>Gym Cycle Plus*</i> Mary R	8:35 a.m. <i>Zumba</i> Karen	8:30 a.m. <i>Mat Pilates</i> Mary Ann P	
8:30 a.m. <i>Gym Strength</i> Maryann F	8:35 a.m. <i>Zumba</i> Karen	8:30 a.m. <i>Release &amp; Renew</i> Tammy	8:30 a.m. <i>Body Bar</i> Mary Ann F	9:30 a.m. <i>Gym Cycle*</i> Jen	9:35 a.m. <i>Gym Cycle*</i> Massiel	9:00 a.m. <i>Zumba</i> Rotate Instructors
9:35 a.m. <i>Gym Cycle*</i> Stephanie		9:35 a.m. <i>V-Barre</i> Tammy	9:35 a.m. <i>Zumba</i> Karen	9:35 a.m. <i>Step It Up Boot Camp</i> Tammy	9:35 a.m. <i>Zumba</i> Brenda	
9:35 a.m. <i>Gym Strength</i> Tammy	9:35 a.m. <i>Pilates Fusion</i> Ellen					
10:35 a.m. <i>Mat Pilates</i> Tammy	10:35 a.m. <i>Slow Flow Yoga</i> Lizzie	10:35 a.m. <i>Vinyasa Flow Yoga</i> Agni		10:35 a.m. <i>Slow Flow Yoga</i> Lizzie		
5:00 p.m. <i>Total Body X</i> Becky		5:30 p.m. <i>Zumba Toning</i> Erika	5:00 p.m. <i>Hatha Yoga</i> Lori			
6:00 p.m. <i>Power Flow Yoga</i> Kate	6:00 p.m. <i>Vinyasa Flow Yoga</i> Kate		6:05 p.m. <i>X-Treme Core</i> Steve			
6:30 p.m. <i>Gym Cycle*</i> Jen		6:30 p.m. <i>Gym Cycle*</i> Heather E				
7:05 p.m. <i>Strength &amp; Conditioning</i> Kyle		6:35 p.m. <i>Total Body X</i> Kyle				

**METCON Training**

Wednesday	Friday	Saturday
7:00a.m. w Vinny	10:00a.m. w Kathleen	7:30a.m. w Becky
10:00a.m. w Kathleen		8:30a.m. w Becky

**GYMFIT Cross Training**

Program Fee - 6 classes for \$75

Mornings	Evenings
Monday: 10:00 a.m. Wednesday: 9:00 a.m. Thursday: 9:00a.m. Friday: 10:00 a.m.	Thursday: 6:00 p.m.

# 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.

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## 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.

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## 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

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## 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.

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### 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.