

the gym

66 Grove Street
Ridgefield, CT 06877

203.431.5000
www.thegym.com

hours of operation

Monday – Friday:
5:30a.m. – 9:00p.m.

Saturday & Sunday:
7:00a.m. – 6:00p.m.

childwatch hours

Monday – Saturday:
8:00a.m. – 12:00p.m.

* indicates a 30- 45 minute class
** indicates rotating instructors
***Extended class 90 minutes
Sign-up is required for all Spin®
All classes are 55 minutes unless otherwise indicated

GROUP FITNESS SCHEDULE

EARLY FALL SCHEDULE: October 16, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 a.m. <i>Spin® Express*</i> Brandon	5:45 a.m. <i>Strength & Conditioning*</i> Elizabeth	5:45 a.m. <i>Spin® Express*</i> Heidi	5:45 a.m. <i>Strength & Conditioning*</i> Jenny	5:45 a.m. <i>Spin® Express*</i> Elizabeth		
	7:30 a.m. <i>Spin® Express*</i> Cris	7:30 a.m. <i>Strength & Conditioning Circuit*</i> Jim	7:30 a.m. <i>Pilates Mat</i> Nancy	7:30 a.m. <i>Strength & Conditioning Circuit*</i> Jenny		
		8:30 a.m. <i>Spin® Express*</i> Cathy		8:30 a.m. <i>Spin® Express*</i> Cris	8:00 a.m. <i>Spin®</i> **	8:00 a.m. <i>Spin®</i> **
8:30 a.m. <i>Zumba</i> Jenny	8:30 a.m. <i>Sculpt & Strength Intervals</i> Erica	8:15 a.m. <i>Ashtanga Yoga</i> Valerie	8:30 a.m. <i>Sculpt & Strength Intervals</i> Marie	8:30 a.m. <i>VBarre</i> Erica	8:30 a.m. <i>Strength & Conditioning Circuit</i> Erica	8:30 a.m. <i>Power Yoga</i> Melissa/Wendy
9:00 a.m. <i>Super Spin®Express*</i> Cathy	9:30 a.m. <i>Spin®</i> Cathy	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>Spin®</i> Julia	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>Spin®</i> Deena	9:30 a.m. <i>30/20/10</i> **
9:40 a.m. <i>Just Weights</i> Erica	9:40 a.m. <i>Strong by Zumba®</i> Jenny & Naomi	9:40 a.m. <i>Zumba</i> Naomi	9:40 a.m. <i>Power Intervals</i> Naomi	9:40 a.m. <i>Just Weights</i> Jenny	9:40 a.m. <i>Zumba®</i> Naomi	
10:45 a.m. <i>Yin Flow</i> Valerie	10:45 a.m. <i>Yoga Basics</i> Michael	10:45 a.m. <i>VBarre*</i> Naomi	10:45 a.m. <i>Core & More</i> Erica	10:45 a.m. <i>Zumba</i> Jenny	10:45 a.m. <i>Vinyasa Flow</i> Valerie	10:30 a.m. <i>Zumba® Express*</i> Samantha
4:45 p.m. <i>Pilates Mat Fusion</i> Nancy		4:45 p.m. <i>Pilates Mat Fusion</i> Nancy		4:45 p.m. <i>Pilates Plus</i> Nancy	<p>LIKE US ON</p>  <p>FOLLOW US ON INSTAGRAM @thegymridgefield</p> 	
5:45 p.m. <i>Zumba Express*</i> Naomi	5:45 p.m. <i>Strength</i> Philomena	5:45 p.m. <i>30/20/10</i> Erica	6:00 p.m. <i>Zumba</i> Jenny			
6:30 p.m. <i>VBarre*</i> Naomi	6:00 p.m. <i>Spin® Express*</i> Candis	6:45 p.m. <i>Core Strength</i> Erica				
	6:30 p.m. <i>Power Yoga</i> Wendy		7:00 p.m.*** <i>Yoga for Mind, Body & Spirit</i> Valerie			

class descriptions

cardio & combination.

METCON – Metabolic Conditioning Training is a thirty minute circuit based workout designed to elevate metabolism and improve conditioning and performance.

Power Intervals – Using interval training methods, high and low impact, you will be challenged aerobically while improving coordination and enhancing agility. Get that edge on endurance and burn serious calories with this high intensity class.

Strong by Zumba® - A combination of high intensity interval training with the science of Synched Music Motivation.

VBarre® – A fusion of ballet, Pilates and resistance training, blending dynamic movement with calorie-blasting cardio, to target those trouble zones.

Zumba® – A fusion of Latin, hip-hop and international music/dance themes that create an exciting and effective fitness workout!!! Burn calories and work your core while doing basic and easy to follow moves.

Zumba® Express – A high energy class, with simple moves. Great for all levels, beginners to seasoned Zumba enthusiasts.

yoga & pilates

Ashtanga Vinyasa Yoga – In Ashtanga Vinyasa Yoga, students will practice the primary series that is both demanding and meditative. This class is challenging and fast paced.

Pilates Mat Fusion – An exercise series performed on the mat, using various pieces of equipment. The class is designed to increase core strength and improve flexibility.

Pilates Plus – A combination of Pilates exercises using the barre, mats and various props. Class will focus on strengthening and lengthening of the muscles using core strength, stability and balance.

Power Yoga – Is an “all levels” class that incorporates strength, flexibility, balance and cardio, while building physical and mental stamina.

Yin Yoga – Combining Yin Yoga with a gentle flow practice to create balance, flexibility and peace. Open to all levels.

Yoga Basics – A slower paced yoga class with an emphasis on fundamental alignment, breathing and safety.

Yoga for Mind, Body & Spirit – Come and enjoy a slow and relaxing yoga class to renew, replenish and unwind. This candlelight class is followed by an introduction to meditation. All levels welcome.

pure strength

Abs & Stretch – Start class with a full body stretch. Then work on strengthening and toning your midsection, with challenging moves. Class is only 30 minutes.

Butts & Guts – Target those problem areas with some tough love and challenging moves.

Core & More – A full body workout, using various techniques and equipment, to strengthen and tone your entire body.

Core Strength - A class that focuses on strengthening and toning your core, using a variety of equipment and techniques.

Just Weights! – An all over toning class which increases strength, flexibility and muscular definition. Varying types of equipment may be used in this class to target all the major muscle groups

Sculpt & Strength Intervals – An all over toning class with intervals of cardio, creating a total body workout.

Strength & Conditioning Circuit– A high intensity workout that will challenge your strength, endurance and agility, in a circuit format.

spin®

Spin® – A 60 minute, group cycling class with a variety of rides; strength, endurance, interval and cardio training. All levels welcome in this musically driven class.

Spin® Express – A shortened version of Spin. A 45 minute class.

30/20/10 – 30 minutes of intense spin, followed by 20 minutes of toning and 10 minutes of core work and stretching.

Super Spin® Express – 30 minutes of intense spin. All levels welcome.

class policies

Please sign in for class. 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.