

**360 STRENGTH**-Train your muscles in a 360 degree spectrum! Designed to focus on strength and moderate power in all planes of motion. You will be challenged and balanced with this one!

**ALL LEVEL FLOW YOGA**-This flow yoga is welcoming to all yoga participants. Breathe work, flowing postures and moving meditation can be modified so everyone can progress and feel challenged!

**BALANCE & POWER**- Each routine is choreographed to the music with exercises using light weights & one's own body for resistance.

**BARRE ESSENTIAL**- A pilates-infused transformational workout that quickly & safely reshapes your entire body. The ballet barre & light weights will work you from the inside out by using techniques that lengthen & strengthen your muscles.

**BODYPUMP™**- This workout challenges your major muscle groups by using the best weight-room exercises like squats, presses, lifts & curls.

**BODY SCULPT**- A body conditioning class designed to target individual muscle groups. Bands, tubes, weights, balls, body bars & gliders used to increase the effectiveness & intensity of the workout.

**CARDIO COMBO**- This interval class incorporates simple steps on the bench for cardio conditioning and weights for resistance challenges.

**CSC Mix**-Come sweat with a combo of Cardio and Strength and Core, different each week to keep your body sharp and your mind interested! All levels .

**CHISEL**-Body Sculpting with a twist. Sculpting moves with 1-2 minute rounds of cardio to ignite your metabolism and shape your muscles.

**CORE VINYASA YOGA**-Sequenced to focus on core strength, movement with breath and balancing standing postures. Emphasis on injury prevention/recovery and total body alignment.

**DANCE EXPLOSION**- Positive energy & fun choreography make this aerobic dance class a calorie-burning blast. Students can pick up these steps after 2-3 classes.

**GENTLE YOGA** Beginner level yoga with a restorative tempo and beneficial stretching using yoga postures and rhythmic breathing

**GET UP STRENGTH**-Get up and get to this straight up Strength class. Full body workout for

## CLASS DESCRIPTIONS GROUP EXERCISE PROGRAM

your muscles and your cardio system to start your day with maximum energy!

**INSANITY™**- This program, based on the principles of MAX Interval Training, is a revolutionary, cardio-based, total body workout. A variety of modifications are provided for the ultimate workout!

**METCON** Metabolic Conditioning in a total body circuit style class, timed, consisting of 4-10 exercises performed in multiple rounds. Every exercise has modifications to reach all fitness levels.

**MELT!** Total Body hybrid class combining body weight interval type exercises with pure strength training for the ultimate MELT down of fat!

Modifications available for each movement. All levels welcome.

**P90X™**-Uses targeted training phases so your body keeps adapting and growing. You'll never plateau. Short training cycles constantly challenge your muscles with variety and intensity.

**PEDAL & PUMP**- An interval-based class with cardio conditioning on the bike & weight training exercises on the floor.

**PILATES**- Based on the fundamental exercises of The Method Pilates, this vigorous workout will strengthen and lengthen your body from the inside out, with special emphasis on core and alignment.

**PILATES SCULPT**- A class that brings balance between muscular structure, breathing, relaxation, concentration & control.

**PiYo™**-A fusion of mind body work, ultimately combining the disciplines of both yoga and pilates.

**POWER CONDITIONING** A variety of strength training challenges, cardiovascular drills, and core power exercises to define and tone the body. A new program every week!

**POWER CROSS TRAINING** This high intensity interval class is designed to push both your aerobic & anaerobic endurance to the next level. Both athletic & functional exercises are used to build strength, increase agility & power and promote overall fitness.

**POWER HOUR** Test your skills with this Marine "Core" workout. Series of strength and stabilization exercises designed to test your fitness. All levels welcome.

**RIPPED CONDITIONING**- This interval based, circuit training class is a total body workout: Resistance, Power, Cardio, Flexibility, and Core. Modifications given for each exercise.

**SLOW FLOW YOGA**-Eases your body into creative sequencing and Vinyasa transitions, nurturing your mind and spirit while challenging your body.

**SPINNING™**- This indoor cycling class is a comprehensive, cardiovascular training program that works the entire body. Each spinner can personally decide the proper level of difficulty for any part of the workout.

**STABILITY BALL**- This challenging, total-body workout incorporates the core in every exercise. For those who have difficulty with the hard surface of the floor, the ball makes exercises more comfortable on the joints & supports the lower back during abdominal work.

**TBC**-Total Body Conditioning workout -Cardio and light strength training utilizing your body weight and light weights for highly effective total body burn. All levels welcome.

**ZUMBA™**- Spice up your workout with this dance-fitness program based on international rhythms & Latin inspirations.

### CLUB POLICIES

1. Check In at the front desk upon arrival is required of all members.
2. For safety reasons, you may enter a class only at the discretion of the instructor, if you are more than 10 minutes late.
3. Southport Athletic Club intends to promote health & wellness in a friendly, non-intimidating atmosphere for all fitness levels and we ask that our members be respectful of one another.
4. Be considerate of other members' exercise space. Do not crowd a member who has arrived in class before you.
5. Please refrain from wearing all fragrances to any classes.
6. Please return towels & locker keys to the front desk before you leave the club.
7. Please return all equipment to storage spaces.
8. Classes and instructors are subject to last minute changes.
9. Appropriate footwear is required at all times.
10. No hot drinks permitted during classes in the studios.



### **CLUB HOURS**

Monday-Thursday: 5:00 a.m.-10:00 p.m.

Friday: 5:00 a.m.-8:00 p.m.

Saturday: 7:00 a.m.-6:00 p.m.

Sunday: 8:00 a.m.-6:00 p.m.

### **CHILDCARE HOURS**

Monday-Friday: 8:30 a.m.-12:00 p.m.

Saturday: 8:15 a.m.-12:00 p.m.

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