



# POWERHOUSE GYM MONROE WOODBURY

SPRING 2023  
Starts 4/10

Time	Monday	Tuesday	Weds	Thursday	Friday	Time	Saturday	Sunday
6:00a						7:30a		
9:00a				Tammy Yoga		8:30a	Danny 45 min 	
9:30a		Leslie PH 60			Leslie 45 min 	9a	Tammy Yoga	Barb 45 min CKC
10:30a						9:15a		
11:30a	Diane 			Diane 		9:30a	Jadyn PH 60	
5:00p	Danny 45 min 					9:45a		
5:30p		Danny 30 min PH 30	Leslie 30 min 	Leslie Booty Camp		10:00a		Carolyn Yogalates
6:00 p	Danny 45 min 	Danny 30 min CIRCLE mobility	Leslie 30 min CORE CRUNCH					Barb 45 min 
6:30p					Arlene 45 min  PARTY			
6:45 p		Janice 						

Instructors are subject to change without notification.

Please Note: Any class with consistent attendance of fewer than 5 persons will risk removal from the schedule.

All Instructors are certified in their area of expertise.

For your safety and the consideration of other members attending classes, students will not be permitted to enter any class after the warm up is complete (10 min).

You must have proper and clean foot attire before entering the studio.

Please advise instructors of any injuries you may have before class.

Please wipe down equipment before and after use.

Please do not bring personal items (coats, bags, etc)... Feel free to use our convenient locker room!



**Class held in Studio 2**



**New Class**



**Class has alternate duration- 30min/ 45min**



**Held in Cycle Studio**



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<b>POWER 30 HOUSE / PUMP 60</b>	AN ALL BODY STRENGTH TRAINING CLASS THAT TARGETS EVERY MAJOR MUSCLE GROUP. THIS CLASS USES A VARIETY OF EQUIPMENT INCLUDING BODY WEIGHT. MODIFICATIONS WILL BE MADE TO ACCOMMODATE ALL FITNESS LEVELS!
<b>Booty Camp</b>	HELP YOU TONE, TIGHTEN AND FIRM UP YOUR CORE, BACK, AND GLUTES. MODIFICATIONS WILL BE MADE TO ACCOMMODATE ALL FITNESS LEVELS! THIS CLASS WILL USE BANDS, WEIGHTS, AND BODY WEIGHT.
 <b>ZUMBA®</b>	DANCE~SALSA~ REGGAETON ~ BACHATA~ CUMBIA ~ POP ~ DEMBOW~ SOCA AND MORE... IT'S A FULL BODY WORKOUT THAT WILL MAKE YOU SWEAT AND TONE MUSCLES WITHOUT MAKING YOU FEEL LIKE YOU ARE WORKING OUT!
<b>Yoga</b> 	PROMOTES BALANCE, STRENGTH, FLEXIBILITY , AND RELAXATION THROUGH VARIOUS POSTURES AND BREATHING.
<b>Yogalates</b> 	THIS CLASS FUSES THE FLEXIBILITY AND RELAXATION OF YOGA ALONG WITH THE STABILITY AND CORE WORK OF PILATES.
<b>CORE CRUNCH</b>	(30 MIN) THIS CLASS WILL FOCUS ON THE ABDOMINAL AND LOWER BACK REGION WHICH WILL HELP DEVELOP A STRONGER CORE. CLASS WILL USE A VARIETY OF MODALITIES INCLUDING BODY WEIGHT.
<b>CKC</b> 	(45 MIN) CARDIO KICKBOXING AND CONDITIONING IS A FULL BODY, NON-CONTACT WORKOUT. THE CHOREOGRAPHY IS MARTIAL ARTS INSPIRED TO INCLUDE COMBINATIONS OF KICKS, PUNCHES, AND STRIKES ALONG WITH OVERALL STRENGTH TRAINING AND CONDITIONING!
 <b>CIRCL MOBILITY</b>	(30 MIN) BASED ON THE SCIENCE OF FUNCTIONAL MOVEMENT, CIRCL MOBILITY FOCUSES ON FLEXIBILITY, BREATH WORK, AND MOBILITY EXERCISES. CIRCL MOBILITY HELPS YOU RELEASE STRESS, RESTORE YOUR RANGE OF MOTION, AND RENEW YOUR ABILITY TO MOVE BETTER, LONGER!
 <b>SilverSneakers®</b> by Tivity Health	HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT AND ACTIVITIES FOR DAILY LIVING. HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES, AND A SILVER SNEAKERS BALL ARE OFFERED FOR RESISTANCE. A CHAIR IS USED FOR SEATED AND/OR STANDING SUPPORT.
	(45 MIN) UTILIZES THE ORIGINAL INDOOR CYCLING BIKES PROVIDING A CHALLENGING AND EXHILARATING WORKOUT. THIS WORKOUT IMPROVES CARDIOVASCULAR ENDURANCE, MUSCULAR STRENGTH, AND POWER!
 <b>ZUMBA®</b> <i>Express</i>	(45 MIN) DANCE~SALSA~ REGGAETON ~ BACHATA~ CUMBIA ~ POP ~ DEMBOW~ SOCA AND MORE... IT'S A FULL BODY WORKOUT THAT WILL MAKE YOU SWEAT AND TONE MUSCLES WITHOUT MAKING YOU FEEL LIKE YOU ARE WORKING OUT!
 <b>MIXXEDFIT</b>	(45 MIN) A PEOPLE-INSPIRED FITNESS PROGRAM THAT COMBINES EXPLOSIVE DANCE MOVEMENTS WITH BODY WEIGHT TONING!