

# class schedule

Schedule subject to change without notice.

Class descriptions located on reverse side.

See events board or website for additional programming.

All new classes and changes are listed in blue.

Shading denotes lunchtime classes.

## class policies

Please mention any physical limitations to the instructor prior to the start of class.

The purpose of a warm-up is to prevent injury. For this reason, please do not enter a class if you are more than 10 minutes late.

## room key

A = Studio A

P = Pool

B = Studio B

R = Boxing Ring

CA = Cardio Area

SC = Sand Court

CS = Cycle Studio

T = Track

# aquatics schedule

Lanes 2-6 are utilized for all classes.

## monday

5:45 - 7:00am CP Throttle - Fee .....Scott  
7:30 - 9:00pm Masters Swim Team\* .....Margie

## tuesday

6:30 - 7:45am High Performance Swim.....Rod  
10:30 - 11:30am Water Works .....Dan  
12:00 - 1:00pm SwimTech .....Rod  
7:00 - 8:30pm Masters Swim Team\* .....Mary

## wednesday

5:45 - 7:00am CP Throttle - Fee .....Scott  
7:30 - 9:00pm Masters Swim Team\* .....Lauren

## thursday

6:30 - 8:00am Masters Swim Team\* .....Rod  
10:30 - 11:30am Water Works .....Dan  
12:00 - 1:00pm SwimTech .....Rod  
7:00 - 8:30pm Masters Swim Team\* .....Dario

## friday

5:45 - 7:00am CP Throttle - Fee .....Scott

## saturday

9:00 - 10:30am Masters Swim Team\* .....Slava  
12:00 - 1:00pm Water Works .....Dan

## sunday

9:00 - 12:30pm Family Swim.....Open Swim  
5:30 - 7:00pm Masters Swim Team .....TBA

Lifeguard on duty. \*Registration required, call 212.336.6099 for information.

## monday

8:30 – 9:30 Pilates Mat .....Isabel A  
9:30 – 10:30 Gentle Yoga .....Paulo B  
10:30 – 11:45 Therapeutic Yoga.....Lakshmi A  
12:00 – 12:30 Ab Lab .....John A  
12:30 – 1:30 **Power Hour** .....John A  
12:45 – 1:45 CP Cycle .....**Michael** CS  
5:30 – 6:45 Power Yoga.....Amitai B  
6:00 – 6:45 FleXpress.....Duant A  
6:30 – 7:30 CP Cycle.....Dolores CS  
6:45 – 7:15 Ab Lab.....Duant B  
6:45 – 7:45 Interval Box .....Pamela A  
7:00 – 8:00 CP Running .....Brady T  
7:15 – 8:00 Pilates Mat .....Bonnie B  
7:45 – 9:15 Vinyasa Yoga: Beg./Int. ....Amitai A  
**8:00 – 9:00 Jazz Dance** .....**Ryan B**

## tuesday

6:00 – 7:00 Fit for Fun.....Gerald A  
7:00 – 8:15 Hatha Yoga: All Levels.....Amitai A  
9:30 – 10:30 NIA Dance .....Yvonne A  
12:00 – 1:00 LunchBox .....Jason R  
12:30 – 1:45 Hatha Yoga: Int. ....Joan A  
5:45 – 7:00 Vinyasa Yoga: Int. ....**Catherine A**  
6:00 – 7:00 Cardio Sculpt .....Juel **B**  
6:30 – 7:30 Boxing Basics\* .....Gary S. R  
6:30 – 7:30 CP Cycle.....Victoria CS  
7:00 – 7:30 Ab Lab .....**Juel B**  
7:00 – 8:00 Boot Camp: Adv. ....Warren A  
**7:30 – 8:30 Pop Hip-Hop** .....**Corey B**  
8:00 – 9:00 Pilates Mat .....Isabel A

\*Hand wraps mandatory.

## wednesday

6:45 – 7:45 CP Cycle .....Pall CS  
7:30 – 8:45 Vinyasa Yoga: Beg./Int. ....Paulo A  
9:30 – 10:30 Gentle Yoga .....Joan A  
12:00 – 12:30 Ab Lab .....John A  
12:30 – 1:30 **Power Hour** .....John A  
12:45 – 1:45 CP Cycle .....**Michael** CS  
6:15 – 6:45 Ab Lab .....Howard A  
6:15 – 7:15 Ripped! .....Pall B  
6:45 – 7:15 Power Reformer .....Howard CA  
6:45 – 8:15 Vinyasa Yoga: Int./Adv. ....Paulo A  
7:00 – 8:00 CP Running .....Brady T  
7:15 – 8:15 Pilates Mat .....Howard B  
**7:30 – 8:30** CP Cycle .....Pall CS

## thursday

6:00 – 7:00 Fit for Fun.....Gerald A  
7:00 – 8:15 Hatha Yoga: All Levels.....Amitai A  
8:30 – 9:30 Pilates Mat .....Isabel A  
9:30 – 10:30 NIA Dance .....Yvonne A  
**10:30 – 11:45 Therapeutic Yoga** .....**Lakshmi A**  
12:00 – 1:00 LunchBox .....Jason R  
12:30 – 1:45 Hatha Yoga: Beg./Int. ....Joan A  
5:45 – 7:00 Vinyasa Yoga: Int./Adv. ....Catherine B  
6:30 – 7:30 CP Cycle .....Dolores CS  
6:30 – 7:30 Boot Camp: Adv. ....Warren A  
7:00 – 7:30 Ab Lab.....Nathanael B  
7:30 – 8:30 Pilates Mat.....Nathanael B  
7:30 – 8:30 Interval Box .....Pamela A

## friday

7:30 – 8:45 Vinyasa Yoga: Int./Adv. ....Paulo A  
9:30 – 10:30 Gentle Yoga .....Joan A  
10:00 – 11:00 Body Sculpt .....Viveca B  
12:00 – 12:30 Ab Lab .....John A  
12:30 – 1:30 Max Out .....John A  
6:00 – 6:30 Ab Lab .....Duant B  
6:30 – 7:30 FleXpress .....Duant B  
**6:30 – 7:30 One-Two Combo** .....**Gary G. R**  
6:30 – 8:00 Vinyasa Yoga: Beg./Int. ....Paulo A  
6:30 – 8:30 Beach Volleyball: Adv. ....Eric/Ola SC

## saturday

10:00 – 11:00 Interval Box .....Pamela A  
10:00 – 11:00 Boxing Basics\* .....Jason R  
10:00 – 11:00 CP Cycle .....Victoria CS  
11:00 – 12:00 Fight Klub .....Jason R  
11:00 – 12:00 CP Cycle .....Victoria CS  
11:00 – 12:00 Pilates Mat .....Bonnie A  
12:00 – 1:30 Hatha Yoga: All Levels .....Joan A  
1:00 – 2:00 Basic Ballet .....Winter B  
2:00 – 3:00 Street Hip-Hop .....Joe B  
3:00 – 3:45 Stretch & Tone .....Winter B  
3:45 – 4:15 Ab Lab .....Winter B  
5:30 – 7:00 Vinyasa Yoga: Int./Adv. ....Catherine A

\*Hand wraps mandatory.

## sunday family day 9am-2pm

9:45 – 11:15 Open Vinyasa: Int./Adv. ....Adrienne B  
10:15 – 11:15 Pilates Mat.....Nathanael A  
11:15 – 12:15 Cardio Sculpt .....Stephen A  
11:15 – 12:15 Yoga Basics .....Adrienne B  
11:15 – 12:15 CP Cycle .....Dolores CS  
12:15 – 12:45 Ab Lab .....Stephen A  
12:15 – 1:00 Storytime Yoga 4 Kids .....Lakshmi B  
1:00 – 1:30 FunARTS .....Lakshmi B  
4:30 – 6:00 Hatha Yoga: All Levels .....Ted A

Group Fitness Director

John Boyd • 212.336.6052 • boydjo@chelseapiers.com

The class schedule is also available at

[www.chelseapiers.com/sc/class](http://www.chelseapiers.com/sc/class)

## class levels

- Beginner
- Intermediate
- ▲ Advanced

### ab lab ●■▲

Strengthen and tone abdominal/back muscles.

### basic ballet ●

Following the format of a traditional ballet class, one can expect to improve core strength, muscle tone, flexibility and grace.

### beach volleyball ▲

For players looking to move to the next level and perfect their technique. This class will help you prepare for your next big tournament. Offensive/ defensive drills, strategies and plyometrics are covered. Players need to qualify.

### body sculpt ●■▲

Strength and resistance exercises improve muscle endurance, posture and alignment.

### boot camp ▲

A dynamic cardiovascular and muscular conditioning workout. Running, pushups, situps and weight training are involved.

### boxing basics ●■

Learn to box. Bag work, jump rope, focus pads, and conditioning drills are used to prepare you for 1-on-1 contact training.

### cardio sculpt ●■▲

20 minutes of cardio training, 30 minutes of strength training and 10 minutes of stretching.

### cp cycle ●■▲

A simulated cycling workout.

### cp running ■▲

A drill-oriented running class that will improve running time, speed and endurance.

### fight klub ■▲

Fight like a pro with 1-on-1 contact training. Boxing basics training is a mandatory prerequisite.

### fit for fun ●■▲

Transform yourself with the essential skills that are necessary to reshape your body & mind. Our U.S. Army Masters Trainer will show you how. Yes, Sir!

### flexpress ●■▲

A fast-paced toning class that is time efficient and effective. Hand weights, body bars and bench are utilized.

### gentle yoga ●

A series of nurturing physical postures based on yoga, may help in relieving back pain, headaches, insomnia and shortness of breath.

### hatha yoga ●■▲

Move the body through asanas (postures) and pranayama (breath) to control the mind and senses. Typical class includes breathing exercises, body postures and meditation.

### high performance swim ■

Instruction-based swim workouts to improve technique. On-deck coaching.

### interval box ▲

An overall conditioning workout that combines basic yet intense elements of boxing, jump rope and other sport performance training moves.

### jazz dance ●■▲

Express yourself in this energetic dance class while exploring contemporary and traditional jazz styles.

### lunchBox ●■▲

Learn to box. Bag work, jump rope, focus pads, and conditioning drills are used to prepare you for 1-on-1 contact training.

### masters swim team

Open to registered team members only. For more information, call 212.336.6099.

### max out ●■▲

A weight training program for individuals who want to enhance their muscle mass. Bars, plates and free weights are used.

### NIA dance (pronounced Nee-ah) ●■▲

Neuromuscular Integrative Action. This class focuses on cardiovascular fitness by combining low impact movements with dance.

### one-two combo ●■▲

Got the urge to land a one-two punch these days? Feel like expressing some frustration? If you yelled YES, you may want to take to the ring so that Gary Griffin can show you how. A former member of the Air Force Boxing Team, Gary covers boxing drills to perfect your jab, bag & partner work for agility, calisthenics and core conditioning for strength and power. By the end of the class, you'll be both aerobically challenged and de-stressed. Gary will even show you some tumbling drills to get you back up on your feet in no time. Now, don't you feel better?

### open vinyasa ■▲

A variation of hatha yoga that is psychologically and physically challenging. The aim of yoga practice is highlighted and spiritual teachings are shared.

### pilates mat (fitness studio) ●■▲

Postural alignment & strength exercises tone and stretch the spine, hips, abs and back. Focus on breath, joint extension and muscle balance.

### pilates reformer (cardio area)

Fee - For an appointment, contact the fitness desk at 212.336.6099.

### pop hip-hop ■▲

Freestyle, hip-hop choreography that fuses jazz dance. (Think Britney, J.Lo)

### power hour ●■▲

Itching to get out of the office? Suffering from "computer gaze?" Snap out of it, grab your sneakers and head over to the Sports Center for a 1-hour class that will have you stepping, jumping, punching, lunging, pushing and pulling. This interval-based lunchtime class will keep your heart rate up and your muscles burning. Combines segments of weight training and cardio on and off the bench. It's a great way to break up your day.

### power reformer ●■▲

An intense conditioning workout that simulates sports performance and incorporates plyometrics and strength training exercises using the Pilates Reformer. Meet in the cardio area.

### power yoga ■▲

Based on ashtanga yoga, this method involves synchronizing breathing with a progressive series of postures that increase internal heat and detoxifies muscles/organs.

### ripped! ■▲

A complete athletic workout designed to strengthen, condition, tone and define. Adjustable barbells, body bars and free weights incorporated.

### street hip-hop ●■▲

Hip-hop moves that have an urban, street flare. (Think Justin Timberlake, Rihanna)

### stretch & tone ●■▲

A great combination class to keep you flexible and contoured.

### swimTech ■

Coached group lap swim class, which includes interval training.

### therapeutic yoga ●

Gentle but challenging...promotes spinal stability, strength and flexibility while protecting any per-existing condition. Helps heal back, joint & muscle injuries and weakness. (Pregnant women welcome)

### vinyasa yoga ●■▲

A series of posture sequences arranged to flow together with breath and moving meditation.

### water works ●■▲

A pool workout using water resistance to improve endurance and flexibility. Aqua shoes recommended.

### yoga basics ●

Each week a series of asanas will be explored. For students who want to refine their practice.

### family day - sundays, 9:00-2:00pm aquatics

#### family swim - open swim

9:00am-12:30pm, (18 months+) ●■▲

Family swim is for parent and child. Children 18-36 months should wear plastic undergarments and be with parent. Lifeguard on duty.

### kids programs

#### funARTS (Ages 3+)

An arts and crafts activities session for the young and young at heart. Children under 3 must be accompanied by an adult.

### storytime yoga 4 kids (Ages 5-11)

Storytime integrated with fun, healthy yoga postures.

# climbing school

This month-long Rock Climbing program is open to members and non-members. Watch your climbing movement and technique become more fluid and efficient. The low student/instructor ratio allows instructors to focus on your specific needs.

## TUESDAYS

6:30-8:00pm & 8:30-10:00pm

**NOTE: Participants must be belay-certified prior to the first class.**  
Pre-registration is required at the Rock Wall or by calling 212.336.6083.  
Cost: \$100 for members; \$200 for non-members

For updated information on monthly specialty classes and schedule changes, please see the Group Fitness Board outside Studio A or visit [www.chelseapiers.com/sc/class](http://www.chelseapiers.com/sc/class)

# THE BEAST

The Sports Center and BlueStreak have joined forces to create the Ultimate Boot Camp.

## Program includes:

Obstacle Courses  
Circuit Training  
Sand Drills & Suicides  
Interval Running  
Core Conditioning

## All Levels Welcome

Mondays, Wednesdays & Fridays  
7:00am - 8:00am



FEE-BASED PROGRAM. FOR MORE INFORMATION:

Josh Fly  
212.336.6099

[flyjos@chelseapiers.com](mailto:flyjos@chelseapiers.com)

Shane Palahicky  
212.336.6123

[bluestreak@chelseapiers.com](mailto:bluestreak@chelseapiers.com)



Oct-Dec  
2009

### club hours:

mon.-thur. 5:30am-11pm  
fri. 5:30am-10pm  
sat. & sun. 8am-9pm

212.336.6000

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