

class schedule

Schedule subject to change without notice.
See events board or website for additional programming.

We've added five new classes.

All new classes and changes are listed in blue.

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

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	B
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 – 7:00	Power Reformer	Nathanael	CA
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

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.

The class schedule is also available at www.chelseapiers.com/sc/classes

tuesday

6:00 – 7:00	Fit for Fun	Gerald	A
7:00 – 8:15	Hatha Yoga: All Levels	Amitai	A
9:30 – 10:30	Gentle Yoga	Suzanne	B
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	Perfect Buns	Juel	B
6:30 – 7:30	Boxing Basics*	Gary S.	R
6:30 – 7:30	CP Cycle	Christpoher	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.

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

room key

A = Studio A
B = Studio B
CA = Cardio Area
CS = Cycle Studio
P = Pool
R = Boxing Ring
SC = Sand Court
T = Track

GROUP FITNESS DIRECTOR

John Boyd • 212.336.6052 • boydjo@chelseapiers.com

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
8:15 – 9:15	Jo-Ryan's Dance Academy	Joe/Ryan	B

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
11:00 – 12:00	Zumba (starts Jan. 16)	Sam	B
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.

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*	Carlie

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	Slava

LIFEGUARD ON DUTY.

*Registration required, call 212.336.6099 for information.

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

class levels ● Beginner ■ Intermediate ▲ Advanced

ab lab ●■▲

Strengthen and tone your 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. that challenges you mentally, physically and aerobically. This high-energy class is a great fat-burner.

cp running ■▲

A drill-oriented 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.

Jo-Ryan's dance academy ■▲

An innovative new dance experience fusing the fundamentals of jazz and hip hop. Develop into a versatile dancer as Joe & Ryan teach you how to integrate two different dance styles to one contemporary pop song. "Jazz" dancers will learn how to move more freely through the torso and isolate arm movement, while "Hip-Hop" dancers find their "center" and elevation. Instructors will alternate weeks.

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 information, call 212.336.6099.

max out ●■▲

Weight training program for individuals who want to enhance their muscle mass. Bars, xertubing 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 teaches boxing drills to perfect your jab, partner work for agility, calisthenics & footwork in the ring and at the bag. Learn 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.

perfect buns ●■▲

Prevent seasonal bun disorder. Learn ways to lift that tush, enhance your derriere & look good from the backside. Create beautiful gams that compliment perfect buns with abs, squats, lunges & kicks.

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.

zumba ●■▲

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and international music and dance movements, such as Merengue, Salsa, Reggaeton, Cumbia, Bachata, Samba and Cha-Cha, to create a dynamic, exciting, and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body to achieve a unique blended balance of cardio and muscle-toning benefits. Let's have some fun and join the party!

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

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.

NEW! FEE-BASED PROGRAMS MASTER & SPECIALTY CLASSES

We invite you to register for one of our new and exciting classes, available for an additional fee.

Refer a non-member to register in a class and enjoy your class for free! **For pricing information, visit www.chelseapiers.com/sc/classes.**

MASTER CLASSES

Join Sports Center and other fitness instructors for these large-scale, high-energy dance classes, available for an additional fee.

Zumba Plus

DATE Friday, January 29

TIME 6:30-8:00pm PLACE Infield

INSTRUCTOR Sam Salazar & friends

Dance Strong

DATE Sunday, February 28

TIME 12:45-2:45pm PLACE Studio A

INSTRUCTOR Joe Buffa & Winter Gabriel

SPECIALTY CLASS SERIES

Check out our new 4-Week Specialty Class Series, available for an additional fee.

Volleyball Basics

DATES Mondays, January 4, 11, 18 & 25

TIME 7:00 – 8:00pm PLACE Hard Court 3

INSTRUCTORS Eric LeCain & Aleksandra (Ola) Wolak

Fencing Basics

DATES Thursdays, January 7, 14, 21 & 28

TIME 5:30 – 6:30pm PLACE Studio A

INSTRUCTOR Sharone Huey

Thai Fly Yoga

DATES Saturdays, February 6, 13, 20 & 27

TIME 9:30-11:00am PLACE Studio B

INSTRUCTOR Agustin Aguerreberry

Learn To Swim

DATES Sundays, March 7, 14, 21 & 28

TIME 4:30 – 5:30pm PLACE Pool

INSTRUCTOR Slava Santoriello

Please visit the website for detailed class descriptions. Members may register online or at the front desk.

For more information, please contact the Group Fitness Director at 212.336.6052.



Jan-Mar 2010

class schedule

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

212.336.6000
www.chelseapiers.com/sc