

**SPRING  
2017**  
EFFECTIVE 01.06.17



# GROUP EXERCISE SCHEDULE

LEXINGTON ATHLETIC CLUB

SCHEDULE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>C</b> 5:30 <b>CrossFit: BOOTCAMP</b> Meredith	<b>P</b> 5:30 <b>SWIMFIT</b> Meredith/Jillian	<b>A</b> 5:30 <b>CHAOS</b> Robbie	<b>A</b> 5:30 <b>SPIN express</b> 45 Evelyn/Jeff	<b>A</b> 5:30 <b>CHAOS</b> Meredith		<b>Club Hours</b> Mon-Thurs. 5 AM - 11 PM Friday 5 AM - 9 PM Saturday 7 AM - 7 PM Sunday 8 AM - 8 PM
<b>P</b> 8:15 <b>AQUAFIT</b> 45 Meredith		<b>P</b> 8:15 <b>AQUAFIT</b> 45 Libby		<b>P</b> 8:15 <b>AQUAFIT</b> 45 Sarah	<b>A</b> 8:00 <b>SPIN &amp; RUN</b> Jeff	
<b>A</b> 9:00 <b>SPIN express</b> 45 Karen	<b>C</b> 9:00 <b>BOOT CAMP</b> Karen	<b>A</b> 9:00 <b>SPIN &amp; RUN</b> Meredith	<b>C</b> 9:00 <b>CrossFit: BOOTCAMP</b> Olivia	<b>A</b> 9:00 <b>SPINNING</b> Crinda	<b>C</b> 9:00 <b>BOOT CAMP</b> Meredith/Robbie/Sarah	
<b>B</b> 9:00 <b>ZUMBA</b> Tiffiney	<b>B</b> 9:00 <b>ZUMBA</b> Emily	<b>P</b> 9:30 <b>AQUAFIT</b> 45 Libby	<b>B</b> 9:00 <b>ZUMBA</b> Sara	<b>B</b> 9:00 <b>ZUMBA</b> Libby	<b>A</b> 9:00 <b>SPIN Express</b> 45 Rotation	
<b>P</b> 9:30 <b>AQUAFIT</b> 45 Libby	<b>B</b> 10:00 <b>Fit-Rx</b> Esther	<b>B</b> 9:00 <b>M3THOD</b> Sarah-Jane	<b>B</b> 10:00 <b>Fit-Rx</b> Esther	<b>P</b> 9:30 <b>AQUAFIT</b> 45 Staff	<b>B</b> 9:00 <b>ZUMBA</b> Theresa	
<b>B</b> 10:00 <b>GROUP POWER</b> Karen		<b>B</b> 10:00 <b>GROUP POWER</b> Julee		<b>B</b> 10:15 <b>HARD BODIES</b> 45 Crinda	<b>B</b> 10:00 <b>GROUP POWER</b> Rotation	<b>C</b> 4:00 <b>BOOT CAMP</b> Allison
<b>B</b> 11:15 <b>YOGA FLOW</b> Starr	<b>B</b> 11:15 <b>SILVERSNEAKERS</b> Esther <small>Classic</small>	<b>B</b> 11:15 <b>YOGA FLOW</b> Starr	<b>B</b> 11:15 <b>SILVERSNEAKERS</b> Jeff <small>Classic</small>	<b>B</b> 11:15 <b>YOGA FLOW</b> Olivia	<b>B</b> 2:00 <b>YOGA BASICS</b> Lili <small>*STARTING 1/21*</small>	<b>B</b> 4:00 <b>ZUMBA</b> Lindsey
						<b>A</b> 5:00 <b>SPIN express</b> 45 Adam B.
						<b>B</b> 6:00 <b>YOGA</b> Erica/Paul
<b>A</b> 5:30 <b>SPINNING</b> Crinda	<b>A</b> 6:00 <b>SPIN express</b> Evelyn	<b>A</b> 5:30 <b>SPIN express</b> 45 Missy	<b>A</b> 6:00 <b>SPINNING</b> Vic	<b>SWIMFIT</b> <b>LAP SWIMMING!</b> TUE MORNING @ 5:30!  <b>CrossFit</b> <b>BOOT CAMP</b> CONSTANTLY VARIED HIGH INTENSITY FUNCTIONAL MOVEMENTS ENDURANCE - STAMINA - STRENGTH	<b>CHAOS!</b> ARE YOU READY FOR THIS? It's FUN. It's DIFFERENT. It's INTENSE! When you combine the total body workout of Boot Camp with the cardio of Spinning, you get CHAOS! WED AND FRI @ 5:30AM	
<b>C</b> 6:00 <b>CrossFit: BOOTCAMP</b> Kristin	<b>C</b> 6:00 <b>TABATA BOOTCAMP</b> Jen	<b>C</b> 6:00 <b>CrossFit: BOOTCAMP</b> Josh	<b>C</b> 6:00 <b>CrossFit: BOOTCAMP</b> Staff			<b>M3THOD</b> A FUSION OF PILATES, YOGA, & BALLET TUE 7PM - WED 9AM - SAT 8AM
<b>B</b> 6:00 <b>GROUP POWER</b> Becky		<b>B</b> 6:00 <b>GROUP POWER</b> Vic				<b>SNOW DAY:</b> IF FAYETTE COUNTY CALLS OFF SCHOOL, ALL MORNING CLASSES ARE CANCELED.
	<b>B</b> 6:00 <b>ZUMBA</b> Noy		<b>B</b> 6:00 <b>ZUMBA</b> Maranda			<b>STUDIOS</b> A Upstairs Spinning Studio B Downstairs Large Studio C Functional Training Area P Pool
<b>B</b> 7:15 <b>ZUMBA</b> Karen	<b>B</b> 7:00 <b>M3THOD</b> Carrie	<b>B</b> 7:15 <b>ZUMBA</b> Shannon	<b>B</b> 7:00 <b>M3THOD</b> Jill	<b>Fit-Rx</b> 55+ Fitness Class TUES and THURS at 10AM		

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# GROUP EXERCISE CLASS DESCRIPTIONS

LEXINGTON ATHLETIC CLUB

**AB Express:** In just 20 minutes get a great ab workout utilizing medicine balls, the BOSU and stability balls. Don't dread ab-work, make it fun! The perfect class to attend before or after your cardio workout!

**AQUAFIT:** A 45 minute water aerobic interval class that will challenge you aerobically while toning and strengthening your muscles. A great workout full of basic exercises designed to take advantage of the therapeutic benefits that water provides.

**BOOT CAMP:** Total body conditioning in a fun, energetic format. This fast paced class combines basic calisthenics and athletic movements with a focus on strength, agility and endurance. Whether you keep up with the instructor or go at your own pace, this class will BURN the body FAT!

**CHAOS:** This class takes the best moves from Boot Camp and combines it with CrossFit Endurance and Spinning for a total body workout without equal. For even more results, consider taking both the Wednesday and Friday Chaos class-- they are designed to be synergistic and complimentary to each other.

**CrossFit: BOOT CAMP:** This is the health club version of the popular CrossFit program. It's not exactly what you may see on **CrossFit.com**, but it is similar in that it will incorporate "constantly varied, high intensity, functional movements", which are the core principals of CrossFit. This class will improve your endurance, strength and stamina PLUS burn some serious calories.

**FIT-Rx:.** This class is the "Fitness Prescription" for those of you 55 and up. Engage in a powerful and fun workout that provides low impact, medium intensity cardio training, along with agility, mobility and flexibility, plus muscular endurance work --all perfectly designed for active adults. Approximately 20 minutes on each component.

**GROUP POWER:** This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power. (New Group Power classes are developed every three months to create great variety for participants.)

**HARDBODIES:** A classic toning and core strengthening class using hand weights, stability balls and resistance bands.

**INSANITY:** A hard core, high intensity, Boot Camp style class based on the popular INSANITY workout program. Push your limits...work out at maximum capacity...Take INSANITY!

**M3THOD:** Stretch. Strengthen. Tone. This class is a combination of the best M3THODs of 3 classic systems: PILATES, YOGA and BALLET. You'll work on alignment, flexibility and balance with an emphasis on core and posture while developing a calmer more relaxed mind.

**SILVER SNEAKERS Classic:** 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seating or standing support.

**SPINNING:** This class resembles a real bike ride outdoors, simulating trails, hill climbing, and open roads, using varied resistance and cycling techniques. This class is appropriate for all fitness levels that want to add variety to their fitness regime with less impact to the joints.

**SPINexpress:** Crunched for time? Try this shortened spinning class that's jam packed with sprints and climbs...beat the clock but not the challenge!

**Spin & Run:** An interval workout in the spinning studio and on the track. This workout is not for the faint of heart! Challenging for all skill levels!

**STEPitUP:** A classic step class. The choreography is simple but the workout is challenging. You determine how hard the workout is by deciding what level you feel like that day. The instructor will show you three different intensity levels while keeping the step pattern basic and easy to follow.

**SWIMFIT:** Lap Swimming class that will give you a great workout while also improving your stroke technique. Workouts are scaled for the entry level swimmer up to an advanced level.

**TABATA BOOTCAMP:** This is a fun and fast paced high-intensity interval class that immediately raises heart rate and revs metabolism. This class will continue to keep metabolism revving (burning calories!) long after class is over. Tabata example: 20 sec of very high intensity work followed by 10 sec of rest for 4 different exercises (like pushups, squats, medicine ball slams, jump rope), repeated for 8 rounds.

**Yoga FLOW:** Increase your mind, body, and spirit through a sequence of yoga poses that flow from one to another incorporating breathing throughout the movement patterns. Great for developing breath and body awareness as well as strength and energy. Level- Beginner - Intermediate.

**Yoga:** This class explores different yoga paths with intermediate to advanced variations, while keeping an emphasis on strength, flexibility, and balance.

**ZUMBA:** This high-energy and motivating class is a combination of Latin Dance, traditional body sculpting and aerobic intervals. This class is fun, effective and easy to learn...you'll leave HAPPY!

## Letter from the Director:

On behalf of the Group Exercise department I would like to welcome you to the Lexington Athletic Club. You will always be greeted by friendly and motivating certified instructors - (who love their job) - who will give you the personal attention in a group setting that you will need to succeed.

Our class schedule is filled with cardio, strength and spinning classes as well as aqua, step and yoga classes. We make it easy to see results as you cross-train and improve your overall fitness level.

Please take a few moments to look at the schedule of classes we are offering and don't hesitate to join in. If you have any questions at all, please let me or your instructor know and we would be happy to assist you.

Thanks again,

**Meredith Clark**  
Group Exercise Director  
Lexington Athletic Club  
mclark@athleticclubs.org