

THE CLUB



AT THE SAMOSET

Group Fitness Class Schedule

Updated 01/01/2019

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN
5:45a-6:30a	Pilates Mat		Total Body Intervals		Morning Fit		
8:00a-9:00a						Morning Power Stretch	
8:30a-9:30a	Building Strength & Power	Strong & Centered		Building Strength & Power			
9:30a-10:30a						Building Strength & Power	
10:00a-11:00a		Strength & Tone					
10:00a-11:15a	Hatha Yoga		Hatha Yoga	Hatha Yoga	Hatha Yoga		Hatha Yoga
5:30p-6:30p		Hard Core Muscles		Hard Core Pulse			

Please arrive a minimum of 10 minutes early for all classes in order to assure yourself a spot, allow time for any required set-up and to make sure you are in place when class begins.

Detailed class descriptions are on the back of this schedule.

*All group fitness classes are complimentary to resort guests and are included with Club Membership. Please note that **classes are subject to change**. In the event of a class cancellation, we will do our best to communicate the cancellation to you by instructor announcement ahead of time when possible, posting signs within the Club, or possibly by personal phone call.*

CLASS DESCRIPTIONS

Pilates Mat - This 45-minute class is great for both the beginner and the more experienced. It combines many of the basic concepts and movements to help you focus on strengthening your core.

Total Body Intervals - This 45-minute class starts with a dynamic warm up, getting you ready for compound strength movements, cardiovascular training and core conditioning! Class ends with a great relaxing cool-down. Something fun and different every time! All fitness levels are welcome!

Morning Power Stretch - If you have been searching for a class that combines a relaxing environment with a carefully designed mix of movements, poses and stretches, all with the goal of increasing core strength, becoming more flexible and even improving your balance, this is the hour for you. It's the perfect way to gently strengthen and lengthen your body before moving into the rest of your day. Participants should be able to move down onto their mats and back up to their feet again with ease.

Morning Fit - This 45-minute class will include the three components of cardio, strength and stretch to get your body awake and moving!

Building Strength & Power - This 60-minute class consists of a variety of strength exercises designed to challenge participants at every level. It is in a block-style format which means that the instructor puts together a balanced group of exercises targeting multiple muscles, and has participants perform that block twice before moving on to the next block. It's a thorough, challenging, empowering class and an excellent way to begin the day!

Strong & Centered - This 60-minute class provides instruction in traditional free-weight training. Each week focuses on back & biceps, or chest & triceps, or legs & shoulders - plus abdominals. This allows participants to practice safely while receiving guidance about alignment and technique. The amount of weight is secondary to form. Weight training helps maintain bone and builds muscle. This class is appropriate for all fitness levels.

Strength & Tone - This is an hour-long class which offers "a little bit of everything." The class starts with cardio-based exercises to get warmed up, and then moves on to body sculpting and core work using weights. This class is for ANY level, as there are always modifications to the exercises to fit all levels of fitness.

Hatha Yoga - This is a 75-minute class in a safe and supportive environment. Participants will warm up with gentle stretches; increase flexibility and strength in sitting, perform standing and balance poses; coordinate movement with breathing techniques; recline and relax. Increase body awareness, open your heart, and return to your day refreshed and restored! Modifications are offered. All are welcome.

Hard Core Muscles - This 60-minute, core-focused class will also work the upper and lower body muscle groups simultaneously using weights that challenge and push you to your next fitness level. Cardio intervals and deep stretching will round out this challenging workout.

Hard Core Pulse - Using light weights, your own body weight, and multiple "pulsing" repetitions, this 60-minute workout targets the muscles in your abs, arms and lower body, pushing them to the point of fatigue. Be prepared to sweat and develop defined muscles and a strong body.