

December 1st – December 31st

*Cycle
Classes
Marked
Yellow

Yale
NewHaven
Health

PROFESSIONALLY
MANAGED BY
EXOS

GroupEx Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
● 5:45–6am Ab Attack Bryan B.		● 5:45–6am Ab Attack Bryan B.		● 5:45–6am Early Bird Special Bryan B.	
● 6:00–6:30am Group Cycle Express Bryan B.		● 6:00–6:30am Group Cycle Express Giuliano T.	● 6:00–6:45am Wake Up Yoga Pauli M.	● 6:00–6:30am Group Cycle Express Staff	
● 6:00–6:30am Staff Pick	● 5:45–6:30am /streNG(k)TH Staff New Time!	● 6:00–6:30am Circuit City Bryan B.	● 5:45–6:30am /streNG(k)TH Staff New Time!		
● 7:10–7:40am Staff Pick	● 7:10–7:40am /streNG(k)TH/ Staff	● 7:10–7:40am Group Cycle Express Staff	● 7:10–7:40am /streNG(k)TH/ Staff	● 7:10–7:40am Triple Threat Staff	● 9:00–9:30am Boot Camp Paul S.
● 12:10–12:40pm Group Cycle Express Rebecca W.	● 12:10–12:50pm Group Cycle PLUS+ Rebecca W. & Bryan B.		● 12:10–12:50pm Group Cycle PLUS+ Bryan B. & Matt K.		● 12:00–12:30pm Boot Camp Paul S.
● 12:10–12:55pm Yoga Marina	● 12:10–12:40pm Circuit City Matt K.	● 12:10–12:50pm /streNG(k)TH/ PLUS+ Staff	● 12:10–12:40pm Triple Threat Matt K.	● 12:10–12:40pm /streNG(k)TH/ Staff	
● 4:15–4:45pm /streNG(k)TH/ Staff	● 4:15–4:45pm Body Sculpt Rosanna	● 4:15–4:45pm Hump Day HIIT Staff	● 4:15–4:45pm Arms & Abs Bryan B.	● 4:15–4:45pm Cardio Club Staff	
● 4:50–5:20pm FIRE Matt K.	● 4:50–5:30pm Power Yoga Rosanna	● 4:50–5:35pm Cardio Kick Pablo O.	● 4:50–5:35pm Zumba Alejandra A.	● 4:50–5:20pm /streNG(k)TH/ Staff	
	● 5:10–5:40pm Group Cycle Express Giuliano T. New Instructor & New Time!	● 4:50 – 5:30 pm /streNG(k)TH/ Matt K.			
● 5:30–6:00pm Triple Threat Matt		● 5:40–6:25pm Yoga Pauli M.			

- Endurance
- Strength
- Mix
- Recovery

Group Exercise Schedule

Class Descriptions

Ab Attack

Attend this 15 minute class for non-stop abdominal action. Challenge your abdominals, obliques, and low back to improve posture, prevent injury, and tone your core. Come on, it's only 15 minutes.

Anything Goes

Expect anything and everything because you won't know what you are in for until class starts. Just be prepared to sweat, burn, and have fun!

Arms & Abs

Chisel your upper body and carve your abs with this 30 minute strength and tone session using a variety of equipment!

Body Sculpt

Build and sculpt muscles, strengthen your core, improve your strength and flexibility while burning fat and calories by using just your body weight and 5-10 lb. dumbbells.

Boot Camp

Start your weekend right! A mix of equipment, strength, and cardio; this class will take your fitness to the next level!

Cardio Club

A combination of intense cardio moves choreographed to high energy motivating music. It's the ultimate total body conditioning routine!

Cardio Kickboxing

High energy choreographed class utilizing kicks, punches, jabs, and upper cuts, guaranteed to burn hundreds of calories. All fitness levels will be hooked!

Circuit City

This evening class will have you rocking around the fitness center for 30 minutes. You will challenge all major muscle groups in a variety of ways utilizing multiple types of equipment. So come prepared to try new things and ready to move!

Early Bird Special

For the early risers who would like to get their blood pumping before heading off to work. This class will alternate each week between core with upper body strength, then core with lower body strength.

FIRE!

Ignite your metabolism and feel those muscles burn! This cardio class will take classic and new exercises and put them into a compounding pattern that will be sure to give you that sweaty accomplished feeling you strive for in workout!

Group Cycle PLUS+

You get 30 minutes of a cardio cycle session followed by a 10 minute abs or full body strength workout.

Hump Day HIIT

This mid-week workout is sure to give you the jolt of energy you need to finish off your work week. This interval-based class combines full-body strength training with high intensity cardio bursts!

Power Yoga

An energetic, vigorous and challenging fitness-based approach to vinyasa-style yoga. Focus on breath and movement while strengthening your core from within, building strength, flexibility and endurance.

POUND!

Strengthen & sculpt infrequently used muscles, & drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!

R.I.S.E

The goal of this class is to RESTORE inner peace and wellness, INCREASE strength, STRETCH the entire body, and ENERGIZE you for the rest of your day! A combination of Yoga poses, Pilates movements, various strength exercises, stretches and breathing techniques will leave you feeling better than ever!

/streNG(k)TH/

A full body regimen designed to firm up & strengthen all the major muscle groups. In a setting with energizing music & positive reinforcement, this class is sure to transform your mind and body!

Triple Threat

Cardio, Strength, and Abs; 10 minutes of each designed to help you get the most out of your workout in the least amount of time.

Yoga

A powerful, energetic form of yoga where participants fluidly move from one pose to the next while connecting their breathing to their movements. It incorporates strength, flexibility and balance.

Zumba

a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO."

Zumba – Step

Challenge your strength and endurance with the best of two amazing class formats! Two styles, blended together to get you sweating, grooving and feeling great!