<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>6:00am</td>
<td>6:00am Vinyasa</td>
<td>6:00am Spinning Express</td>
<td>8:00am Spinning</td>
<td>6:00am Metabolic Training (45 min.)</td>
<td>8:30am Hatha</td>
<td>8:30am Heated Vinyasa (75 min.)</td>
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<tr>
<td>8:30am</td>
<td>8:30am Tighten 'N Tone (45 min.)</td>
<td>8:30am Spin Express</td>
<td>8:15am Step 'N Pump (45 min.)</td>
<td>8:15am Metabolic Training (45 min.)</td>
<td>8:30am Barre Fitness Express</td>
<td>8:15am The Next Step</td>
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<tr>
<td>9:00am</td>
<td>9:00am Spinning</td>
<td>8:30am Barre Fitness Express (45 min.)</td>
<td>9:15am Barre Fitness</td>
<td>9:15am Barre Fitness</td>
<td>8:45am Barre Fitness Express</td>
<td>8:30am Zumba Express (45 min.)</td>
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<tr>
<td>9:15am</td>
<td>Vinyasa Level II (75 min.)</td>
<td>8:30am Trampoline Cardio Intervals (45 min.)</td>
<td>9:15am Vinyasa (75 min.)</td>
<td>8:45am Pilates Mat &amp; Yoga Fusion</td>
<td>9:00am Group Fight</td>
<td>8:45am Zumba Express (45 min.)</td>
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<tr>
<td>10:45am</td>
<td>PIlates Plus</td>
<td>8:45am Vinyasa Level II (45 min.)</td>
<td>9:20am Tighten 'N Tone (45 min.)</td>
<td>9:00am Group Fight</td>
<td>9:15am Spinning</td>
<td>9:00am Spin + Strength (75 min.)</td>
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<tr>
<td>11:45am</td>
<td>Silver Sneakers Classic - Level 2</td>
<td>10:30am Zumba Express (45 min.)</td>
<td>10:00am Group Power</td>
<td>9:30am Interval Burn</td>
<td>10:00am Group Power</td>
<td>9:30am Group Power</td>
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<tr>
<td>12:00pm</td>
<td>Silver Sneakers Classic</td>
<td>11:00am Hatha &amp; Meditation (75 min.)</td>
<td>10:00am Ashantanga</td>
<td>9:30am Interval Burn</td>
<td>11:15am Let's Dance (45 min.)</td>
<td>9:45am Group Power</td>
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<tr>
<td>1:00pm</td>
<td>Yoga Gently</td>
<td>12:00pm Silver Sneakers Yoga (45 min.)</td>
<td>12:00pm Silver Sneakers Classic</td>
<td>12:00pm Silver Sneakers Classic</td>
<td>12:00pm Group Power</td>
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<td>1:00pm Yoga Gently</td>
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<td>1:00pm Group Power</td>
<td>1:00pm Group Power</td>
<td>11:30am Silver Sneakers Classic</td>
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<tr>
<td>1:00pm</td>
<td>Barre Fitness</td>
<td>5:30pm Hatha</td>
<td>5:30pm STRIVE Plus</td>
<td>5:30pm Group Power</td>
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<td>5:30pm</td>
<td>Hatha</td>
<td>5:30pm Tabata Training (45 min.)</td>
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<tr>
<td>5:30pm</td>
<td>Smart STRIVE &amp; Abs</td>
<td>5:15pm Vinyasa II-III (75 min.)</td>
<td>5:45pm Heated Vinyasa (75 min.)</td>
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<td>5:30pm</td>
<td>Barre Fitness Express</td>
<td>5:30pm Pilates Plus Express (45 min.)</td>
<td>6:00pm Group Fight</td>
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<tr>
<td>5:45pm</td>
<td>Tabata Training (30 min.)</td>
<td>6:30pm Group Fight</td>
<td>6:00pm Spinning</td>
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<td>6:15pm</td>
<td>Group Fight</td>
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<tr>
<td>6:15pm</td>
<td>Spinning</td>
<td>6:15pm Hatha &amp; Yin</td>
<td>6:30pm Kickboxing HIIT &amp; Core</td>
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<tr>
<td>6:20pm</td>
<td>Kundalini</td>
<td>6:45pm Hatha &amp; Yin</td>
<td>6:45pm Barre Fitness</td>
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<td>6:20pm</td>
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**Locations**
- Group Exercise Studio A
- Spinning Studio
- Yoga Studio
- Group Exercise Studio B
- Fitness Center

**All Spinning classes must be signed up for no more than 25 hours in advance. You can reserve your bike by calling 215.794.3700, by signing up at member services or by logging into your account at www.cornerstoneclubs.com**

Cornerstone Doylestown
215.794.3700

NOTE: Classes are subject to change at any time. For the most up-to-date schedule information including instructors and subs, please log onto your account at www.cornerstoneclubs.com and check out our listings.
**CARDIO & FITNESS**

**Abs & Stretch** Go beyond crunches to get a true core workout—killer abs are just one of the many benefits of having a strong core! Follow 15 min. of intense ab work with a structured stretch of all major muscle groups. A great addition to any cardio routine and a perfect follow up to a Spinning class!

**Group Blast**: 60 minutes of highly effective, athletic training using the step that will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination and strength with exciting music and group energy. HAVE A BLAST!

**Group Fight**: Bring it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you pumping, kicking and smiling! Group Fight will knock you out! No prior kickboxing or mixed martial arts experience required!

**Group PowerX**: A barbell program that strengthens all your major muscles in a motivating group environment with fantastic music! Simple, athletic movements such as squats, lunges, presses, and curls! For all fitness levels.

**Interval Burn** (55 min.) A full body blast – cardio and strength with surprise features! Test your limits here!

**Kickboxing HIT & Core** Kick stress in the butt as you redefine your body! This freestyle 60-minute cardio kickboxing class is coupled with HIT (high intensity interval training) conditioning and core. The class also includes periodic drills using martial arts targets so that you can "test your skills" at kicking and punching. Join the fun and grow stronger in mind and body! No prior kickboxing experience required.

**Let's Dance** A 45 minute high energy, low impact dance workout for all ages.

**Metabolic Training** A dynamic mix of strength and cardio training designed to burn calories, gain strength and lose fat both during and after the workout.

**Pilates Plus** Traditional Pilates Mat exercises that stretches and strengthens core musculature as well as the back, hips, thighs and gluteals as well as exercises adapted from the reformer and other Pilates apparatus are combined using the addition of small equipment. Pilates experience recommended. Express class is 45 minutes.

**Sculpt** Intense weight training which improves muscular strength and endurance. All levels. 45 and 60 minute classes available.

**Step 'N Pump** Intervals of intermediate step moves for about 5 minutes and then equal time of functional movement with weights. This is a full body workout that is appropriate for all fitness levels.

**TNT – Tighten and Tone** (45 min.) A group weight workout in the studio that is suitable for all fitness levels. All major muscle groups will be targeted.

**Trampoline Cardio Intervals** (50 min.) Shake up your routine, challenge your body. Intervals incorporating the trampoline for a low impact workout will strengthen your cardio system. Add balance, strength and agility with many different trampoline exercises to enhance your core beyond imagination. Bring your smiles and your laughing muscles. FUN FUN FUN!

**Zumba®** Combine high energy, international music with unique moves and combinations and dance away your worries. Zumba Express gives you all the fun in less time—just 45 minutes! Zumba Gold® is a lower impact, beginner level Zumba class perfect for newcomers, seniors, etc.

**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 seated or standing support. In the Level 2 class, you will be encouraged to move without the assistance of a chair.

**Yoga** 

Progress through seated and standing yoga poses designed to increase flexibility, balance and range of movement, plus restorative breathing exercises and relaxation at the end.

**SPINNING**—(25 hour advance sign up required for all Spinning Classes)

**Spinning (55-60 min.)** High energy indoor cycling at it’s BEST! Intro to Spin class is highly recommended for those new to spinning. Please see member services for days and times to take this FREE class. Spin Express is the same great workout in just 45 minutes!

**STRIVE**

**Smart STRIVE & Abs** Smart Strength in 1, 2, 3! Enjoy this fast paced STRIVE class that increases your heart rate while you get an efficient strength training workout.

**STRIVE PLUS** Work on core, balance, heart rate, and stability with this newly re-designed STRIVE class. All levels welcome!

**YOGA**

**Anusara Style** A system of Hatha yoga that combines alignment (the universal principles of alignment) with a celebration or joy in your heart. This class may include sun salutations, inversions and/or arm balances. Modifications are offered. Appropriate for all levels.

**Ashtanga** A continuous, flowing practice with poses and variations selected from the primary and secondary Ashtanga sequences. Ashtanga is a strong, athletic form of yoga that works strength, flexibility, breath and heat. This class is suitable for those who are physically fit and have some yoga experience or basic understanding of yoga.

**Barre Fitness** This exhilarating class will give you the long, lean muscles of a dancer by toning your seat, abs and arms while it strengthens your core. Highly effective exercises are performed at the barre and on the floor, taking your muscles to the point of fatigue. Then, each strength section is followed by a stretching interval to create a beautiful, supple body. Proper alignment will always be emphasized, encouraging amazing posture! Although the classes are appropriate for all levels, the format of the class may vary based on the instructor. Each instructor brings her own experience and education into her class. We encourage you to try several classes and find the class and/or instructor that you like most. Barre Fitness Express is 45 minutes.

**Hatha Yoga** Focusses on learning and practicing basic to intermediate poses (asanas), alignment principles, breathing techniques and relaxation. Appropriate for all levels.

**Hatha Yoga & Meditation** is a Hatha class with the added benefit of meditation.

**Heated Vinyasa** Vinyasa is a fluid, strong yoga practice for the body, mind and spirit. In this class, the room will be heated to about 90 degrees to facilitate the practice and to assist in flushing toxins from the body.

**Kundalini** A physical and meditative discipline, comprised of a set of techniques that use the mind, senses and body to create a communication between “mind” and “body.” This is a Kundalini style class that is appropriate for all levels.

**Pilates Mat** A total body workout that stretches and strengthens core musculature as well as the back, hips, thighs and gluteals. Pilates Mat Express is a shorter version of the Pilates mat class.

**Pilates Mat & Yoga Fusion** Get the best of both practices in this fusion class which includes the core focus, muscle stretching and strengthening of Pilates and the flexibility, breathing and relaxation techniques of yoga. Appropriate for all levels.

**Vinyasa Style** A fluid, strong practice that incorporates more challenging poses as well as more complex sequencing. This class is suitable for those who are physically fit and have some yoga experience or basic understanding of yoga. This class includes sun salutations and sometimes inversions and/or arm balances.

**Yin Yoga** A meditative practice of long-held postures, designed to complement the more active (Vinyasa) style practice. This class opens the body to become more flexible while energizing the organ meridians. Appropriate for all levels.

**Yoga Gently** A softer, gentler approach to a yoga practice. Appropriate for all levels, including beginners and seniors who can get up and down from the floor without assistance.