

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - H Vinyasa	6:00am - L/M/H Cycle Express	8:00am - L/M/H Cycling	6:00am - M/H Metabolic Training (45 min.)	6:00am - M/H Cycle Tabata (30 min.)	8:00am - L/M/H Cycling	7:50am - M/H Group Power
8:30am - M Tighten 'N Tone (45 min.)	8:30am - M Barre Fitness	8:15am - M/H Step 'N Pump	7:00am - H Vinyasa	8:30am - M Hatha	8:15am - M/H The Next Step	9:00am - M Hatha (75 min.)
9:00am - L/M/H Cycling	8:30am - M/H Trampoline Cardio Intervals (45 min.)	9:15am - L Yoga Gently	8:45am - M Core Yoga	8:30am - M Zumba Express	8:30am - M Hatha	9:00am - M/H Group Fight
9:15am - H Vinyasa 2 (75 min.)	8:45am - H Vinyasa	9:15am - M Barre Fitness	9:00am - M/H Group Fight	8:45am - M Barre Fitness Express	9:15am - L/M/H Cycling Intervals (30 min.)	9:00am - L/M/H Cycling
9:30am - M Group Active	9:00am - L/M/H Cycling	9:20am - M Tighten 'N Tone	9:00am L/M/H Cycling	9:00am - M/H Cycle + Strength (75 min.)	9:00am - M/H Barre Fitness Express	10:15am - M Zumba
10:45am - M Barre Fitness Express	9:30am - M/H Interval Burn	10:30am - M Zumba Express	10:00am - M/H Group Power	9:30am - M/H Interval Burn	9:25am - M Group Power	10:30am - M Hatha
10:45am - M Pilates Plus	10:00am - L Beginner Yoga	11:00am - L Meditation Practice	10:00am - H Hatha 2	9:30am - M Abs & Stretch (45 min.)	9:45am - H Vinyasa (75 min.)	
11:45am - L Silver Sneakers Classic - Level 2	10:45am - L Let's Dance (45 min.)	11:00am - L/M Smart STRIVE & Abs	11:15am - L Let's Dance (45 min.)	9:45am - H Heated Vinyasa	10:30am - L/M Group Active	
12:00pm - L Silver Sneakers Classic	11:45am - L Silver Sneakers Classic	12:00pm - L Silver Sneakers Yoga	11:30am - L Tai Chi	11:00am - L/M STRIVE Plus		
1:00pm - L Yoga Gently	1:00pm - H Hatha 2 (75 min.)	12:30pm - H Cycle Burn	12:15pm - L Silver Sneakers Classic	11:45am - L Silver Sneakers Classic - Level 2		
1:00pm - M/H Group Power	5:15pm - H Vinyasa 2-3 (75 min.)	1:00pm - M Forever Fit Circuit for Seniors	1:00pm - M/H Group Power	12:00pm - L Silver Sneakers Classic		
1:00pm - M Barre Fitness	5:30pm - M Pilates Plus Express	1:00pm - L Yoga Gently	5:15pm - H Heated Vinyasa (75 min.)	5:15pm - M/H Group Power		
5:00pm - M Hatha	6:30pm - M/H Group Fight	5:15pm - L/M Group Active	5:30pm - L/M STRIVE Plus	5:30pm - H Vinyasa		
5:30pm - L/M Smart STRIVE & Abs	6:45pm - M Hatha & Yin (75 min.)	5:30pm - M Hatha	5:30pm - L/M Step (45 min.)			
5:30pm - M Barre Fitness Express		6:00pm - M Barre Fitness Express	5:30pm - M/H Barre Fitness Express			
5:30pm - H Tabata Training (45 min.)		6:20pm - M/H Group Power	5:45pm - L/M/H Cycle 30 (30 min.)			
6:15pm - L/M/H Cycling			6:30pm - M/H Kickboxing			
6:15pm - H Heated Vinyasa			6:45pm - M Hatha & Meditation (75 min.)			
6:20pm - M/H Group Power						

Class Locations

- Group Exercise Room A
- Cycling Room
- Yoga Room
- Group Exercise Room B
- Fitness Center

NOTE: Intensity ratings are intended as a general guideline only. Class intensity may vary according to individual effort, instructor teaching style, etc.

Class Intensity Designations

LOW (L) Low impact, ideal for someone who has recently been sedentary, is returning from an injury or is a beginner to exercise.

MEDIUM (M) May include impact and is appropriate for people who are moderately active and have been exercising for 6 months or longer. Progressions and regressions are available to meet your needs.

HIGH (H) Ideal for experienced exercisers. Cardio classes could include impact, high intensity training, and athletic movements.

** All **Cycling classes** may be signed up for no more than 25 hours in advance. You can reserve your spot by visiting the service desk, by calling 215.794.3700 or by logging onto your account and registering online at www.cornerstoneclubs.com

NOTE: Silver Sneakers classes are open to all members.

Cornerstone, Doylestown Class Descriptions

CARDIO & FITNESS - Classes may include impact

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 cycling class!

Forever Fit Circuit This higher level class for ages 50+ is based on a timed circuit format. In addition to cardio and strength, there is a focus on balance and agility. Participants must be able to get up and down from the floor.

Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

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 punching, kicking and smiling! Group Fight will knock you out! No prior kickboxing or mixed martial arts experience required!

Group Power® 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 Kick stress in the butt as you redefine your body! This freestyle 60-minute cardio kickboxing class 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.

Step Step your way to a toned body with this fun, cardiovascular workout, Step combos with added abdominal work will strengthen your heart, hips, legs and core muscles.

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.

The NEXT Step This step class is built around a “base” routine that evolves over several months. Students have plenty of options: high impact versus low impact moves, simple versus complex choreography. Stick to the basics or add the “bells and whistles”. It's up to you! Some step experience recommended.

Tabata (30 & 45 min. classes) The fastest way to fitness and fat loss, Tabata Training is high intensity interval training at it's best!

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 exercise balls 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 Toning** adds a light resistance training component. **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 - open to ALL members

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.

INDOOR CYCLING - 25 hour advance sign up required for all Indoor Cycling Classes

Cardio Burn 30 min of Interval Cycling + 30 min of core and strength = one dynamic hour of power!

Cycle 30 - This 30 minute ride packed with power, strength and cardio is perfect for those who are short on time and looking for a great workout.

Cycle Tabata - A 45 minute high energy, high intensity interval training workout on the bike.

Cycling (55-60 min) This non-impact cardio workout on a stationary bike with a weighted flywheel uses speed and resistance to create an individualized level of intensity. Since participants choose their own speed and resistance, class intensity is self-determined. Cycle Express is a 45 minute class. **Cycle Express** is the same great workout in just 45 minutes! **Cycle + Strength** includes a strength training component in addition to cardio.

Cycling Intervals - A cycling class focused on alternating periods of intense work with periods of recovery.

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!

MIND/BODY

Barre Fitness This exhilarating class will give you the long, lean muscles of a dancer by toning your seat, abs and arms, while strengthening your core. Highly effective exercises are performed at the ballet barre and on the floor. **Barre Fitness Express** is 45 minutes.

Core Yoga A variation of Hatha Yoga where the use of light hand weights are optional to build strength in your core (abdominals and back) and arms.

Hatha Yoga Focuses on learning and practicing basic to intermediate poses (asanas), alignment principles, breathing techniques and relaxation. **Hatha Level 2** Yoga experience is recommended. This class provides more detailed instruction and alignment and offers some intermediate to advanced poses (modifications will be given - these poses are always optional.) Hatha & Yin is a combination of both practices.

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.

Meditation Practice The class provides you with the techniques to practice several styles of meditation - the style may rotate weekly. Beginners are welcome .

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.

Vinyasa Yoga 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.

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.