

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Vinyasa	6:00am Spin Express	6:00am Group Fight	6:00am Metabolic Training (45 min.)	8:30am Hatha	8:00am Spinning	7:50am Group Power
8:30am Tighten 'N Tone (45 min.)	8:30am Trampoline Cardio Intervals (45 min.)	8:00am Spinning	7:00am Hatha	8:30am Zumba Express (45 min.)	8:15am The Next Step	9:00am Hatha (75 min.)
9:00am Spinning	8:30am Barre Fitness Express (45 min.)	8:15am Step 'N Pump	8:45am Core Yoga	8:30am Barre Fitness Express	8:30am Hatha	9:00am Group Fight
9:15am Barre Fitness	8:45am Vinyasa Level II	9:15am Yoga Gently	9:00am Group Fight	9:00am Spin + Strength (75 min.)	9:00am Barre Fitness Express (45 min.)	9:00am Spinning
9:15am Vinyasa Level II (75 min.)	9:00am Spinning	9:15am Barre Fitness (75 min.)	9:15am Spinning	9:30am Interval Burn	9:25am Group Power	10:15am Zumba
9:30am Group Blast	9:30am Interval Burn	9:20am Tighten 'N Tone	10:00am Group Power	9:30am Abs & Stretch	9:45am Vinyasa (75 min.)	10:30am Hatha
10:45am Pilates Plus	10:00am Beginner Yoga	10:30am Zumba Express (45 min.)	10:00am Hatha Level 2	9:45am Heated Vinyasa	10:30am Group Active	
11:45am Silver Sneakers Classic - Level 2	10:45am Let's Dance (45 min.)	11:00am Grounded Hatha (75 min.)	11:15am Let's Dance (45 min.)	10:30am Group Active	11:45am Silver Sneakers Classic	
12:00pm Silver Sneakers Classic	11:45am Silver Sneakers Classic	11:00am Smart STRIVE & Abs	12:15pm Silver Sneakers Classic	11:45am Silver Sneakers Classic	12:00pm Silver Sneakers Classic - Level 2	
1:00pm Yoga Gently	1:00pm Hatha Level 2 (75 min.)	12:00pm Silver Sneakers Yoga	1:15pm Tai Chi	5:15pm Group Power	5:15pm Group Power	
1:00pm Group Power	5:15pm Vinyasa II-III (75 min.)	1:00pm Yoga Gently	1:00pm Group Power	5:30pm Vinyasa		
1:00pm Barre Fitness Express	5:30pm Pilates Plus Express (45 min.)	5:15pm Group Active	5:15pm Heated Vinyasa (75 min.)			
5:00pm Hatha	6:15pm Spinning	5:30pm Hatha	5:15pm Spin Express			
5:30pm Smart STRIVE & Abs	6:30pm Group Fight	6:00pm Barre Fitness Express	5:30pm STRIVE Plus			
5:30pm Barre Fitness Express (45 min.)	6:45pm Hatha & Yin (75 min.)	6:20pm Group Power	6:00pm Kickboxing HIIT & Core (75 min.)			
5:30pm Tabata Training (45 min.)		7:30pm Zumba Toning (45 min.)	6:30pm Barre Fitness Express			
6:15pm Spinning			6:45pm Yin & Restore			
6:15pm Kundalini						
6:20pm Group Power						

NOTE:
Silver Sneakers classes are open to all members

Locations

- - Group Exercise Studio A
- - Spinning Studio
- - Yoga Studio
- - Group Exercise Studio B
- - Fitness Center



The Yoga Studio at each one of our locations is available for quiet contemplation and/or meditation (not guided) during our normal business hours whenever classes or special events are not in session. Please allow for 15 minutes before or after a scheduled class or event for set up and break down.

** 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

Doylestown 215.794.3700

CORNERSTONE Clubs

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.

Cornerstone, Doylestown Class Descriptions

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 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 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 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 HIIT & Core Kick stress in the butt as you redefine your body! This freestyle 75-minute cardio kickboxing class is coupled with HIIT (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.

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.

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

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.

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. Appropriate for all levels. **Grounded Hatha** Yoga is a Hatha primarily practiced on the floor that grounds you in feeling centered and supported. Appropriate for all levels. **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.)

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 Hatha Yoga. Appropriate for all levels.

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 & Restore This is a practice that uses props to support the body in all poses promoting stillness rather than action, deep release and complete relaxation. The deceptively simple poses unlock and release tension.

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.