

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am Spin Express (45 min.)	6:00am Body Challenge	5:45am Spintensity	6:00am Body Challenge	5:45am Spinning	8:00am Hatha	8:15am Tabata Spin
8:00am Interval Burn	8:00am Yin Yoga	6:00am Body Challenge	8:00am Interval Burn	6:00am Hatha	8:00am Spinning	8:30am Tighten 'N Tone
8:15am Barre Fitness	8:00am Pilates Mat	6:00am Hatha	9:00am Spinning	8:00am Power Fusion	8:15am Group Blast	8:45am Barre Fitness
9:30am Barre Fitness (75 min.)	8:00am Group Active	8:00am Pilates Mat Express	9:15am Hatha & Meditation (75 min.)	8:15am Barre Fitness	8:30am Barre Fitness Express	9:15am Spin Express
9:00am Spinning	9:00am Spinning	8:15am Barre Fitness	9:15am Group Active	8:30am Spin Express	9:15am Vinyasa (90 min.)	9:30am Vinyasa & Yoga Nidra (75 min.)
9:15am Hatha Level 2 (90 min.)	9:15am Pilates Mat & Yoga Fusion	8:30am Group Blast	9:45am Barre Fitness	9:00am Group Fight	9:15am Group Power	9:50am Zumba
9:30am Zumba	9:15am Group Power	9:15am Hatha Level 2 (90 min.)	9:45am Tai Chi	9:15am Hatha Level 2 (90 min.)	9:15am Spinning	11:00am Yin Yoga (75 min.)
11:00am Yoga Gently	9:15am Barre Fitness	9:15am Spin Express	10:30am Zumba	9:30am Barre Fitness	9:30am Pilates Mat - Level 2	11:00am Group Active
11:15am Silver Sneakers Classic	10:30am Let's Dance	9:30am Abs & Stretch (45 min.)	10:45am Yin & Restore (75 min.)	10:15am Zumba	10:30am Strong	12:30pm Family Yoga (75 min.)
12:00pm Spin/Yoga Fusion	10:45am Yoga Gently	9:30am Barre Fitness	11:00am Gentle Barre Fitness	11:00am Yin Yoga	10:30am Barre Fitness	4:00pm Hot Vinyasa (75 min.)
12:00pm Let's Dance	12:00am Chair Yoga	10:30am Zumba	11:00am Silver Sneakers Classic	11:15am Silver Sneakers Classic	11:30am Hatha	
5:15pm Barre Fitness	12:00pm Hatha & Meditation (75 min.)	11:00am Beginner Yoga	5:00pm Pilates Mat Express (45 min.)	12:15pm Pilates Mat & Yoga Fusion	11:35am Zumba	
5:30pm Group Power	5:30pm Cardio Core	11:45am Forever Young Circuit (45 min.)	5:30pm Group Power	6:30pm Restore & Renew (75 min.)		
5:30pm Hot Vinyasa (75 min.)	5:45pm Hatha & Meditation (75 min.)	12:15pm Beginner Pilates Mat (45 min.)	5:30pm Hot 26 Yoga (75 min.)			
6:00pm Spin/Core	6:30pm Zumba Express (45 min.)	5:00pm Group Active	6:00pm Floor Barre			
6:30pm Zumba	6:30pm Spin Express (45 min.)	5:45pm Barre Fitness Express (45 min.)	6:35pm Spin Express (45 min.)			
6:30pm Pilates Mat - Level 2	7:15pm Yin Yoga (75 min.)	5:45pm Vinyasa (75 min.)	7:15pm Fundamentals of Meditation (75 min.)			
7:00pm Beginner Yoga		6:10pm Group Fight (Low Impact)				
		6:00pm Spinning				
		7:15pm Guided Med. (75 min.)				
		7:15pm Interval Burn				

NOTE:
Silver Sneakers
classes are open
to all members

Locations

- - GX Studio
- - Spinning Studio
- - Yoga Studio
- - Barre Studio
- - Event 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 visiting the service desk, by calling **215.862.2200** or by registering online by logging onto your account at www.cornerstoneclubs.com

New Hope Class Descriptions

Cardio & Fitness—Class Descriptions

Abs/Stretch (45min.) 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!

Body Challenge This all around workout uses various types of equipment and focuses on body weight exercises, balance and core stabilization in order to hit on all major muscles for sculpting and toning. Burn calories while protecting your feet and joints (not super high impact). For all fitness levels. Exercise modifications provided.

Forever Young Circuit This class is based on a timed circuit format designed for ages 50+. It includes a combination of strength, cardio, flexibility and endurance. This higher level workout consists of a 30 min circuit plus 15 minute cool down/stretch. 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 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!

Group Power® Your hour of 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 ages and fitness levels.

Interval Burn (55 min.) A full body blast – this is a cardio and strength interval workout! Test your limits here!

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

Spinning® (25 hour advance sign up required) High energy indoor cycling at it's best! *Spin Express* is a 45 minute class. Intro to Spin is highly recommended for beginners.

Spin/Core 30 minutes of heart pounding cardio in the Spinning Studio followed by 30 minutes of core work in the Training Studio.

Spintensity This one hour class will get your heart rate pumping while developing your core and overall body strength. All movements, positions, & paces on the cycle are featured in this high intensity class. Let the music drive you as you work towards your goal!

Spin Yoga Fusion Compliment the cardio-blast workout of this high energy spin ride with an amazing yoga stretch and cool down! A great way to get two workouts in one hour.

Strong Combines high intensity interval training with the science of Synced Music Motivation courtesy of Zumba. In every class, music and moves sync in a way that push you past your perceived limits, to reach your fitness goals faster.

Tabata Spin (45 min.) A 45 minute high energy, high intensity interval training workout on the bike. 25 hour sign up policy applies. Intro to Spin is highly recommended for beginners.

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

Zumba® Combine high energy, international music with unique moves and combinations and dance your worries away. Based on the principle that exercise should be "FUN AND EASY TO DO"! **Zumba® Express (45 min.)** A lower impact, beginner level Zumba class perfect for newcomers, those returning to exercise after an injury, 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 Silver Sneakers balls are offered for resistance. A chair is available if needed for seated or standing support.

YOGA and MEDITATION—Class Descriptions

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! **Barre Fitness Express** is 45 minutes. **Gentle class** is a softer, gentler barre practice that is appropriate for all levels including beginners and seniors.

Beginner Yoga A Hatha class designed for those who have never tried Yoga before, or those who need a refresher. Provides a safe space to learn the basics - breath, fundamental poses (asanas), and alignment principles. The classes are moderately paced, fun and thoroughly instructive.

Chair Yoga Gentle yoga stretches performed seated for those who need the support of a chair. Takes place in the New Hope Group Exercise Studio.

Family Yoga This class is designed to create a space for families to enjoy each other through a fun, yet challenging, yoga practice which may include partner yoga poses, music, yoga-related games and guided meditations. Appropriate for parents and kids ages 6 through 12.

Floor Barre Taking inspiration from ballet, Floor Barre exercises are performed on the floor and are based on ballet technique. A gentle but highly effective class, participants can expect a host of physiological benefits as well as the traditional improvement of alignment and increase in core strength.

Fundamentals of Meditation This class provides you with the techniques to practice several styles of meditation (i.e., So Hum, Mindfulness, Chakra, Kundalini and Kriya Yoga). The style of meditation rotates weekly.

Guided Meditation A form of meditation that activates the 7 chakras (energy centers in the body) to prepare to receive the Oneness Blessing. The Oneness Blessing or Deeksha is a form of energy transfer that is said to enhance the mind to feel more inner peace, connection and joy.

Hatha Yoga Focuses on learning and practicing basic to intermediate poses (asanas), alignment principles, breathing techniques and relaxation. 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.) **Hatha Yoga & Meditation** has the added benefit of meditation.

Hot Vinyasa Vinyasa is a fluid, strong yoga practice for the body, mind and spirit. In this class, the room will be heated to 90-100 degrees to facilitate the practice and to assist in flushing toxins from the body. Regular class is 75 minutes long; Express class is 60 minutes long.

Hot 26 Yoga This class consists of a fixed sequence of 26 poses, excellent for all levels of practitioners. Everyone practices the same posture at different levels of ability, receiving the same benefits of working the entire body. This class is done in a room heated to approximately 100 degrees.

Restore and Renew 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.

Tai Chi The fluid, circular motions of Tai Chi increase energy and circulation, improve balance and relieve stress.

Vinyasa & Yoga Nidra First half is Vinyasa flow followed immediately by a type of meditation that promotes deep relaxation.

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. **Intro to Vinyasa** is a slower-paced version of the class that is appropriate for all levels.

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.

Pilates — Class Descriptions

Beginner Pilates Mat This class is an introduction to Pilates which focuses on proper form and breathing. It stretches and strengthens the abdominal, back, thigh and gluteal muscles but at a slower pace than a regular class. It's perfect for someone with no Pilates experience or those who are coming back for a refresher.

Pilates Mat A total body workout that stretches and strengthens core musculature as well as the back, hips, thighs and gluteals. Pilates Mat Express 45 min. A Level 2 class provides more advanced exercises and sequencing. We recommend prior Pilates Mat experience for the Level 2 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.