

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am - L/M/H Cycle Express (45 min.)	6:00am - M/H Body Challenge	5:45am - H Cycle Intensity	6:00am - M/H Body Challenge	5:45am - L/M/H Cycling	8:00am - M Hatha	8:15am - H Cycle Tabata
8:00am - M/H Interval Burn	8:00am - L Yin Yoga	6:00am - M Hatha	8:00am - M/H Interval Burn	6:00am - M Hatha	8:00am - L/M/H Cycling	8:15am - M Tighten 'N Tone
8:00am - M Barre Fitness Express	8:00am - M Pilates Mat	8:00am - M Pilates Mat Express	9:00am - L/M/H Cycling	8:00am - M/H Power Fusion	8:15am - M/H Group Blast	8:45am - M Barre Fitness
9:00am - M Barre Fitness	8:00am - L/M Group Active	8:30am - M/H Group Blast	9:15am - M Hatha & Meditation (75 min.)	8:15am - M Barre Fitness	8:30am - M Barre Fitness Express	9:00am - L Meditation Practice (30 min.)
9:00am - L/M/H Cycling	9:00am - L/M/H Cycling	9:15am - H Hatha 2 (90 min.)	9:15am - L/M Group Active	8:30am - L/M/H Cycle Express	9:15am - M/H Group Power	9:15am - L/M/H Cycle Express
9:15am - H Hatha 2 (90 min.)	9:15am - M Pilates Mat & Yoga Fusion	9:15am - L/M/H Cycle Express	9:45am - M Barre Fitness	9:00am - M/H Group Fight	9:15am - L/M/H Cycling	9:30am - H Vinyasa & Yoga Nidra (75 min.)
9:30am - M Zumba	9:15am - M/H Group Power	9:15am - M Barre Fitness	9:45am - L Tai Chi	9:15am - H Hatha 2 (90 min.)	9:30am - H Pilates Mat - 2	9:50am - M Zumba
11:00am - L Yoga Gently	9:15a - M Barre Fitness	9:30am - M Abs & Stretch (45 min.)	10:30am - M Zumba	9:30am - M Barre Fitness	9:30am - H Vinyasa (90 min.)	11:00am - L Yin Yoga (75 min.)
11:00am - L Silver Sneakers Classic	10:30am - M Zumba	10:30am - M Zumba	10:45am - L Yin & Restore (75 min.)	10:15am - M Zumba	10:30am - M Barre Fitness	11:00am - L/M Group Active
5:15pm - M Barre Fitness	10:45am - L Yoga Gently	11:00am - L Beginner Yoga	11:00am - L Gentle Barre Fitness	11:00am - L Silver Sneakers Classic	10:30am - M Zumba	4:00pm - H Hot Vinyasa (75 min.)
5:30pm - M/H Group Power	11:45am - L Group Active (low impact) *Starts 1/28	11:45am - M Forever Fit Circuit for Seniors (45 min.)	11:00am - L Silver Sneakers Classic	12:15pm - M Pilates Mat & Yoga Fusion	11:30am - M Hatha 2	
5:30pm - H Hot Vinyasa (75 min.)	12:00pm - L Chair Yoga	12:15pm - M Beginner Pilates Mat (45 min.)	5:00pm - L Pilates Mat Express (45 min.)	6:15pm - L Restore & Renew (75 min.)		
6:00pm - M/H Cycle/Core	12:00pm - M Hatha & Meditation (75 min.)	5:00pm - L/M Group Active	5:30pm - M?H Group Power			
6:30pm - M Zumba	5:30pm - M/H Cardio Core	5:45pm - M Barre Fitness Express (45 min.)	5:45pm - M Hatha & Yin (75 min.)			
6:30pm - H Pilates Mat - 2	5:30pm - M Floor Barre (45 min.)	5:45pm - H Hatha 2 (75 min.)	6:35pm - L/M/H Cycle Express (45 min.)			
7:00pm - L Beginner Yoga	5:45pm - H Vinyasa (75 min.)	6:00pm - L/M/H Cycling	6:35pm - M/H Tabata & Tone (45 min.)			
	6:30pm - M Zumba Express (45 min.)	6:30pm - M/H Interval Burn	7:15pm - L Meditation Practice (75 min.)			
	6:30pm - L/M/H Cycle Express (45 min.)	7:15pm - L Meditation Practice				
	7:15pm - L Yin Yoga (75 min.)					

Locations

- GX Room
- Cycling Room
- Yoga Room
- Barre Room
- Event 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 215.862.2200 or by logging onto your account and registering online at www.cornerstoneclubs.com

NOTE: Silver Sneakers classes are open to all members.

New Hope Class Descriptions

Cardio & Fitness - Classes may include impact

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 cycling 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). Exercise modifications provided.

Cardio Core A combination of basic Step and cardio blasts with serious core training using a variety of equipment including gliders, bosu and balance balls.

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!** Low impact version is lower intensity.

Group Blast® This class is a great cardio alternative to walking, running, or stair climbing because you will do it all: walk, jog, run, jump, plyometrics, balance drills, lateral drills, and quickness drills – all on and off The STEP – to exciting energetic music. With the many exercise options and the adjustability of The STEP, intensity is easily managed so anyone, from new to exercise to an athlete in training, will feel successful.

Group Fight® This class is for anyone wanting a challenging, athletic, and motivating workout. It's explosive, electric, and thrilling. MMA moves drive a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. Plus it's a great way to kick stress out of your life!

Group Power® This class combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

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

Power Fusion A powerful total body workout combining strength and cardio that will keep you strong and energized all day long.

Tabata & Tone A high energy combination of Tabata intervals paired with resistance training - a perfect mix of cardio and strength.

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® Pair pulsating Latin dance music with international dance steps for one hot class. **Zumba® Express** (45 min.)

CYCLING - Advance registration required; classes may be signed up for no earlier than 25 hours in advance

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

Cycle Intensity 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!

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

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.

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. **Gentle Barre** 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.

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.

Hatha Yoga Focuses on learning and practicing basic to intermediate poses (asanas), alignment principles, breathing techniques and relaxation. Appropriate for all levels. **Hatha - 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. **Hatha & Yin** is a combination of both practices.

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.

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

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.

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. **Hatha & Yin** is a combination of both practices.

Yin & Restore A combination of meditative practice using long-held postures which open the body to become more flexible while energizing the organ meridians and a practice that uses props to support the body in all poses promoting stillness rather than action, deep release and complete relaxation. Benefits of regular practice include relief from chronic pain, stress, headaches and more.

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

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. **Beginner Pilates** is a slower paced intro level workout.

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.