

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - M/H Group Power	6:00am - L/M Group Active	8:30am - M/H Group Power	8:30am - M/H Interval Burn	6:00am - L/M Group Active	7:30am - M/H Group Power	8:30am - M Pilates Mat Express
8:30am - M/H Group Power	8:30am - M Core Training (30 min.)	8:30am - M/H WaterInMotion	8:30am - M/H WaterInMotion	8:30am - H Aqua HIIT	8:30am - L/M Group Active	9:00am - H Vinyasa (75 min.)
8:30am - M/H WaterInMotion	8:30am - H Aqua HIIT	9:30am - M Aqua Toning	9:30am - M/H Group Power	8:30am - M Core Training (30 min.)	8:30am - L/M/H Cycling	9:30am - M/H Interval Burn
8:45am - L Yoga Gently	9:00am - L Stretch, Roll & Release (30 min.)	9:30am - M Zumba	9:30am - M/H Deep Water Workout	9:00am - L Stretch, Roll & Release (30 min.)	9:00am - M,H WaterIn Motion	10:00am - H Aqua HIIT
9:30am - L/M Group Active	9:30am - M/H Deep Water Workout	9:30am - L/M/H Cycling	10:00am - M Hatha & Meditation (75 min.)	9:30am - L/M Group Active	9:15am - L Tai Chi	
9:30am - L/M/H Cycling	9:30am - M/H Interval Burn	10:30am - M Stretch & Strength	10:30am - M Forever Fit Circuit for Seniors	9:30am - L Aqua Pilates	9:30am - M Zumba	
9:30am - L Aqua Yoga	10:30am - M Forever Fit Circuit for Seniors	10:30am - L Chair Fit	10:30am - M Stretch & Strength	9:30am - L/M/H Cycle Express	10:30am - M Pilates Mat	
10:00am - L Yoga Gently	10:30am - M Stretch & Strength	11:00am - L Yoga Gently	11:30am - L Zumba® Gold Toning	10:00am - L Yoga Gently	11:00am - M Hatha & Meditation (75 min.)	
10:30am - M Stretch & Strength	10:30am - M Stretch & Strength	11:30am - M/H Deep Water Workout	11:30am - L Arthritis Foundation	10:30am - M Stretch & Strength		
10:30am - L Chair Fit	10:15am - M Pilates Mat & Yoga Fusion	12:30pm - L Meditation Practice (45 min.)	11:30am - L Chair Yoga	10:30am - L Chair Fit		
11:30am - M/H Deep Water Workout	11:30am - M Let's Dance	5:30pm - M/H Interval Burn	4:30pm - M/H Group Power	11:30am - M/H Deep Water Workout		
11:30am - L Zumba Gold	11:30am - L Arthritis Foundation	5:30pm - H Vinyasa (75 min.)	5:30pm - L/M Group Active	12:30pm - L Ai Chi		
12:30pm - L Arthritis Foundation	11:45am - L Chair Yoga	6:00pm - L/M/H Cycle Express	6:30pm - M/H Group Power			
4:30pm - L/M Tighten 'N Tone	5:30pm - M Pilates Mat	6:30pm - M Zumba	7:00pm - M/H Deep Water Workout			
5:30pm - M,H Group Power	5:30pm - M Hatha	6:30pm - M/H WaterInMotion				
6:00pm - L/M/H Cycle Express	6:30pm - M/H Interval Burn					
6:15pm - M Hatha & Meditation (75 min.)	6:45pm - L Yin Yoga					
6:30pm - M Zumba® Toning	7:00pm - H Aqua HIIT					
6:30pm - M/H WaterInMotion						

### Class Locations

- GX Room
- Cycling Room
- Yoga Room
- Lap Pool
- Healing Pool

**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 and Healing Pool** 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 215.918.5900 or by logging onto your account and registering online at [www.cornerstoneclubs.com](http://www.cornerstoneclubs.com)

**NOTE:** schedules 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](http://www.cornerstoneclubs.com) and check out our listings.

# Cornerstone Warrington Class Descriptions

## CARDIO & FITNESS - Classes may include impact

**Chair Fit** A low impact, functional class that incorporates cardio, strength and balance while using a chair for assistance. This class is perfect for those looking to enhance their active lifestyle.

**Core Training** Build a stronger core by using a variety of exercises to strengthen the abs and back (must be able to get down on the floor). 30 minutes.

**Forever Fit Circuit** This higher level class for people 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™** *GET ACTIVE* and get more out of life! 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 with Group Active!

**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** A full body blast – cardio and strength with surprise features! Test your limits here!

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

**Stretch, Roll & Release** Myofascial release, foam rolling and stretching that relaxes, restores and increases flexibility. Must be able to get down on the floor.

**Tighten N' Tone** A group weight workout in the studio that is suitable for all fitness levels. All major muscle groups will be targeted. **Express class** is 45 minutes long.

**Zumba®** Pair pulsating Latin dance music with international dance steps for one hot class.

**Zumba® Gold** "Gold" uses the Zumba formula and modifies the moves and pacing to suit the needs of active older participants, as well as those just starting their journey to a fit and healthy lifestyle.

**Zumba® Gold Toning** This class offers the best of both worlds—the awesome Zumba experience with the benefits of strength training. It's an easy-to-follow, health boosting dance-fitness program for baby boomers as well as beginners.

## INDOOR 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.

## MIND/BODY

**Chair Yoga** Gentle yoga stretches performed seated for those who need the support of a chair.

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

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

**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 45 minutes long.

**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.

**Tai Chi** A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.

**Vinyasa** 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. Class is 75 minutes long.

**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.

## AQUA - Some pool classes require advance registration (see member services)

**Ai Chi** Let the warmth of our Healing Pool help you relax and unwind in this meditative Tai Chi class adapted specifically for the water.

**Aqua HIIT** Aquatic high intensity interval training that will challenge and improve cardio fitness, muscular strength and endurance.

**Aqua Pilates** Pilates exercises modified for the water; designed to strengthen the abdominals and lower back.

**Aqua Toning** Use aquatic resistance equipment to build strength in the gentle environment of the Healing Pool.

**Aqua Yoga** Relieve stress and increase flexibility with yoga, performed in the warmth of the Healing Pool.

**Arthritis Foundation Aquatic Exercise Program** Created by the Arthritis Foundation, this class is designed specifically for people with arthritis and related conditions. It has proven to reduce pain and stiffness, build strength, and increase range of motion, balance and endurance. This program can benefit participants of all levels – from those who are already exercising to those who have been sedentary due to limited mobility. All fitness levels welcome.

**Deep Water Workout** This moderate to high intensity deep-water class makes you train a bit harder, but is still gentle on the joints. No impact.

**Stretch & Strength** A dynamic combination of stretching and toning all done in the gentle environment of the healing pool.

**WaterInMotion™** A fun and high energy calorie burning aqua exercise program that combines cardio training with muscle toning.