

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am Tighten 'N Tone	6:00am Group Active	8:30am Tighten 'N Tone	8:30am Interval Burn	6:00am Group Active	7:30am Tighten 'N Tone	8:30am Pilates Mat Express
8:30am WaterInMotion	8:30am Core Training (30 min.)	8:30am WaterInMotion	8:30am WaterInMotion	8:30am Waterlogged	8:30am Group Active	9:00am Vinyasa ▲ (75 min.)
8:45am Yoga Gently	8:30am Waterlogged	9:30am Aqua Toning	9:30am Tighten 'N Tone	8:30am Core Training (30 min.)	8:30am Cycling	9:30am Interval Burn
9:30am Group Active	9:00am Stretch, Roll & Release (30 min.)	9:30am Zumba	9:30am Deep Water Workout	9:00am Stretch, Roll & Release (30 min.)	9:00am WaterInMotion▲	10:00am Waterlogged
9:30am Cycling	9:30am Deep Water Workout	9:30am Cycling	10:00am Hatha & Meditation (75 min.)	9:30am Group Active	9:15am Tai Chi	
9:30am Aqua Yoga	9:30am Interval Burn	10:30am Stretch & Strength	10:30am Stretch & Strength	9:30am Aqua Pilates	9:30am Zumba▲	
10:00am Yoga Gently	9:45am Barre Fitness	10:30am Chair Fit	10:30am Stretch & Strength	9:30am Cycle Express	10:30am Pilates Mat ▲	
10:30am Stretch & Strength	10:30am Stretch & Strength	11:00am Yoga Gently	11:00am Zumba® Gold Toning	10:00am Yoga Gently	11:00am Hatha & Meditation ▲ (75 min.)	
10:30am Chair Fit	11:00am Let's Dance	11:30am Deep Water Workout	11:30am Arthritis Foundation	10:30am Stretch & Strength		
11:30am Deep Water Workout	11:30am Arthritis Foundation	12:30pm Guided Meditation (45 min.)	11:45am Chair Yoga	10:30am Chair Fit		
11:30am Zumba Gold	11:45am Chair Yoga (50 min.)	5:30pm Interval Burn	4:30pm Tighten 'N Tone ▲	11:30am Deep Water Workout		
12:30pm Ai Chi	5:30pm Group Active	5:30pm Vinyasa (75 min.)	5:30pm Group Active	12:30pm Ai Chi		
4:30pm Tighten 'N Tone	5:30pm Hatha	6:00pm Cycle Express	7:00pm Deep Water Workout			
5:30pm Tighten 'N Tone ▲	6:30pm Interval Burn	6:30pm Zumba ▲				
5:30pm Pilates Mat	6:45pm Yin Yoga	6:30pm WaterInMotion▲				
6:00pm Cycle Express	7:00pm Waterlogged					
6:15pm Hatha & Meditation (75 min.)						
6:30pm Zumba® Toning ▲						
6:30pm WaterInMotion ▲						

**Locations**

- - GX Studio
- - Cycling Studio
- - Yoga Studio
- - Lap Pool
- - Healing Pool

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 **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)

Teens ages 12 & up may attend any group exercise class marked with a ▲ when accompanied by a parent or guardian.

Cornerstone Warrington | 215.918.5900

**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

## FITNESS

**Cardio Sport** A fun, high energy group class that uses sport-based drills along with traditional fitness exercises for a unique workout.

**Chair Fit** A low impact, chair-based cardio class with strength work.

**Come & Cruise** Low intensity indoor cycling class designed to accommodate members of all ages who want to enjoy a modified cycling class.

**Core Training** A variety of exercises to strengthen the abs and back that will help you build a stronger core. 30 minutes.

**Core/Flex Training** A combination of our Flexibility and Core Training classes - get the best of both!

**Cycling** High energy indoor cycling at it's best! Please note: there is a 25 hour advance sign up policy required for all spin classes. Cycle Express is a 45 minute class.

**Cycle HIIT** A 30 minute high intensity interval sweat session on the bike. Get in, work hard and get out.

**Flexibility Training** Foam rolling and general stretching that relaxes, restores and increases flexibility. 30 minutes.

**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!

**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.

**Punch N' Tone** Get your sweat on with high energy cardio boxing, basic strength training and ab exercises. Low impact, high energy!

**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.

## 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 it strengthens your core. Highly effective exercises are performed using chairs as the barre and also 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.

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

**Guided Meditation** This class uses singing bowls, chakra clearing, relaxation and heart focused meditations to bring you into the present moment and connect you to your true self.

**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. **Grounded Hatha Yoga** - A Hatha yoga class, primarily practiced on the floor that grounds you in feeling centered and supported. Appropriate for all levels

**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 45 minutes long. **Level 2** class is for people with Pilates Mat experience who are looking to take their training to the next step.

**Tai Chi** A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind. Beginner class available for those new to the practice.

**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.

## POOL \*Note-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 Pilates** Pilates exercises modified for the water; designed to strengthen the abdominals and lower back.

**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.

**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.

**Waterlogged** Aquatic high intensity interval training that utilizes both the shallow and deep ends of the pool.