AUGUST 2017

WHITEHALL CLUB

SUNDAY:	Instructor	Time	Duration	Held in
Tai Chi (intermediate)	Larry	8:00 am	(60min) closed	Ballroom
Tai Chi (beginner)	Larry	9:00 am	(60min) open	Ballroom
Spin	Ketsy	9:00 am	(60min)	Gym
Body Bar	Ketsy	10:05 am	(60min)	Ballroom
Water Aerobics	Donna	11:30 am	(45min)	Pool
Yoga - Mixed	Lynn	5:30 PM	(60min)	Ballroom
Yoga - Gentle	Lynn	6:30 PM	(60min)	Ballroom
MONDAY:				
CoreStrength	Michelle	8:00 am	(45min)	Ballroom
Rock n' Roll Abs	Michelle	8:50 am	(45min)	Ballroom
War	Ketsy	5:30 PM	(45min)	Ballroom
STRONG by Zumba	Arelis	6:30 PM	(45min)	Ballroom
Basic Training	Ketsy	7:00 PM	(45min)	Gym
Pilates Mat	Arelis	7:20 PM	(45min)	Ballroom
TUESDAY:				
Yoga - Mixed Levels	Lynn	8:00 am	(60min)	Ballroom
Silver Dance Forever	Arelis	10:00 am	(45min)	Ballroom (27 chairs)
Silver Forever Fit	Arelis	11:00 am	(45min)	Ballroom (27 chairs)
Bounce	Ketsy	5:30 PM	(55min)	Ballroom
Water Aerobics	Donna	6:30 PM	(45min)	Pool
Pure Strength	Arelis	6:30 PM	(45min)	Ballroom
Body Weight Sculpting	Ketsy	7:00 PM	(45min)	Gym
Total Body Barre	Arelis	7:20 PM	(50min)	Ballroom
WEDNESDAY:				
Spin	Bianca	6:15 am	(45min)	Gym
Stability Ball Yoga	Lynn	8:00 am	(60min) closed	Ballroom
Silver Triple Treat**	Arelis	10:00 am	(45min)	Ballroom (27 chairs)
Silver Stretch & Flexibility**	Arelis	10:55 am	(40min)	Ballroom (27 chairs)
ZUMBA Fitness	Arelis	6:15 PM	(45min)	Ballroom (thru 8/30)
Spin/Core	Ketsy	6:30 PM	(45min)	Gym
Dynamic Pilates Mat	Arelis	7:15 PM	(45min)	Ballroom
THURSDAY:				
Yoga - Mixed Levels	Lynn	8:00 am	(60min)	Ballroom
Power Lunch	Michelle	12:30 PM	(45min)	Ballroom
Stretch Dessert	Michelle	1:20 PM	(45min)	Ballroom
Bounce Strength	Ketsy	6:00 PM	(50min)	Ballroom
Rehab/Roller	Ketsy	6:50 PM	(30min)	Ballroom
Water Aerobics	Donna	6:30 PM	(45min)	Pool
FRIDAY:				
Spin /Core	Bianca	6:15 am	(45min)	Ballroom
Silver Forever Fit	Arelis	10:00 am	(45min)	Ballroom (27 chairs)
Silver Chair Morning Yoga	Arelis	11:00 am	(45min)	Ballroom (27 chairs)
Classic Pilates	Arelis	12:00 PM	(45min)	Ballroom
SATURDAY:				
Aerosculpt	Nidia	9:00 am	(60min)	Ballroom
ZUMBA Fitness/Toning	Arelis	10:45 am	(75min)	Ballroom
Water Aerobics	Donna	11:30 am	(45min)	Pool

Tuesdays & Thursdays from 5:00p-6:00p for Swim Team Practice
General Swimming is prohibited.

LIV unLtd

Tai Chi "Meditation in Motion", Tai Chi uses slow graceful movement along with body alignment and deep mental focus. The aim of Tai Chi is to reduce stress, increase energy, strength and flexibility and focus.

Total Body Barre Styles of Pilates & Ballet combine together to create a class style that will strengthen & tone your body. Non-Impact and gentle on your joints.

War Intense cardio kick box combined with self defense. Entire body workout.

Spin **20 people maximum** Spin is an intense cardio class on a stationary bicycle that enhances cardiovascular fitness and improves muscle tone and exercise endurance. Spinning works various muscle groups. **Spin Core** is 30 minute cardio with 15 minutes of core concentrated workouts. One Spinner will be available when class is not in session.

Water Aerobics Conducted in waist to chest deep water, this class utilizes the waters buoyancy as resistance. Equipment such as aqua dumbbells, noodles and/or other flotation devices can be incorporated in this class. Aquatic classes can improve strength and flexibility and endurance. Lane expands with 7 or more members in class.

Yoga (all levels) Yoga helps you understand the principals of alignment, while moving safely into and out of postures that also incorporate breath work, centering and awareness of inner sensations, thoughts and emotions. Each student is encouraged to work at his or her own level to develop a personal practice. You are invited to join the class even if you do not practice Yoga.

CoreStrength & Pure Strength Classes that are designed to move you through an extra hard full body workout. Each class gives a different perspective of your workout to strengthen, define & increase lean muscle. Come to class regularly to maximize your workouts!

Rock n' Roll Abs Focus your abdominal & lower body area to great music with a great instructor.

Zumba Sweat Latin-style… Invigorate your cardio workout in this fun class to a mix of Latin music. From Salsa & Merengue to Reggaeton & Hip Hop, this workout routine incorporates every muscle of your body. ***Fitness/Toning*** - Just like back in the Club days-a 55 minute cardio with a 30 minute toning followed by a cool down.

STRONG by ZUMBA - builds on muscular strength.

Silver Dance Forever / Silver Forever Fit
Silver Triple Treat / Silver Stretch & Flex
Silver Forever Fit / Silver Chair Morning Yoga
27 people maximum Silver Classes are designed for seniors and recovered injuries. The use of a chair gives you stability and assistance which allows you to focus on postural muscles without strain. The chairs are recommended when standing but are optional. These classes can incorporate light equipment such as bands and dumbbells. A low impact cardio warm up is performed in all classes.
Low Impact strength training for an all over workout using the "core" muscles which are used to assist and give stability to your workout. This class requires the use of chairs, weights and other various accessories.

Dynamic & Classic Pilates Mat This class emphasizes flexibility and overall strength over body bulk. Pilates is a popular regimen that uses special stretches and breathing. Build the core postural muscles, Lengthen & Trim while building lean muscle. This class is performed on a mat and can incorporate light equipment. No sneakers required

Power Lunch This mid-day workout is a great addition to your fitness routine. The class consists of strength & toning exercises using your own body weight & dumbbells. Immediately following this class is your… *Stretch Dessert* Complete your workout with a relaxing total body stretch!

Bounce & Bounce Strength **10 people max** Bounce on Tuesdays is a great day to try it! Learn safety & proper use, the benefits & unique aspects of the trampoline. Explore this fun new exercise to experience total body fitness using every muscle. This exciting workout includes core-building techniques & high intensity cardio to burn calories with low impact & powerful potential.
Thursdays offer a new training concept with a rigid structure incorporating a combo of endurance & power set in varying degrees. The use of equipment, dance elements & exercise techniques supplement this class.

Rehab/Roller Complete your workout with passive & active stretches & using a roller.

Body Bar "Strong for Life" - Intense overall body strength workout. Expect to work hard encouraging maximum muscle engagement. Barbells are the accessory of choice.

Aerosculpt 30 minute Cardio workout followed by 45 minute variety of strength and core conditioning using . Be prepared for an invigorating, fun and diverse workout.

Stability Ball Yoga (all levels) Using the practice of Yoga while using a stability ball incorporates your core muscles helps you understand the principals of alignment, while moving safely into and out of postures that also incorporate breath work. Each student is encouraged to work at his or her own level to develop a personal practice.

Basic Training Using just your own body weight for maximum effort & power, this class will teach you proper form, range of motion & endurance that will carry you into other class genres. Be prepared for an invigorating workout.

Bodyweight Sculpt This class is designed to target the muscle groups with exercises that become increasingly more difficult.

= Pilates/Yoga *=Strength & Tone* *=Tai Chi* *=Cardio* *= Water Aerobics* *=Chair Classes*

CLUB HOURS:

Mon - Fri *6:00AM - 10:00PM*
Sat & Sun *8:00AM - 10:00PM*

The pool closes at 9:45PM

If you have any Questions or Concerns, please contact us at:

(718)796-2100 - telephone

3333whitehall.com - website

whitehallclub3333@gmail.com - email

GUEST FEES

(Tax Included)

Adults:
$11.00 Weekdays *$16.50 Weekends*
Children:
$5.50 (4yrs - 15yrs)

All Classes $17.50

CASH NOT ACCEPTED
2 guests per member are permitted.
Including children
Member must be present

CLASS POLICY+++

-All guests and members are to sign a class waiver before taking any class.
-DO NOT INTERUPT ANY CLASS. If you need assistance or have a concern, go to the Front Desk.
-Be sure to wear the appropriate attire to class.
-Please remain in the back of the class if you are late.
- Please drink up to 32oz of water before taking any class.

SPIN CLASSES

Sign-In then Set-Up
15-30 minutes prior to class
Seating Limited 20
Bring Water and a Towel!

&

SILVER CLASSES

Sign-In then Set-Up
Seating Limited 27
Bring Water and a Towel!

*****During Water Aerobics Class the free lane is prohibited from general swimmers for the duration of the class. A lap lane will close when 7 or more in class.***

NO ENTRY is permitted into fitness classes after 10 minutes.

Class Policies

- Classes are included in the membership fees and are available for your enjoyment and well being.
- ***Asterik/Bold** classes indicate a **New class** or **Time/Day changes**.
- Please be sure to sign the Class Attendance Sheet. This assures a proper count allowing management to restructure our schedules accordingly.
- If a class has 5 or less members for a consecutive 5-6 weeks, it will be cancelled or changed.
- **Please be on time! The warm-up is important!**
- **If you are late, Do Not position yourself in front of anyone. Be courteous and stand in the back, *especially if equipment is required*.**
- **Sneakers must be worn in all classes EXCEPT** for Yoga, Pilates & BarreSculpt & Bounce.
- Please BE CORTEOUS to all the classes from start to finish & do not wait at the doors. You may wait and sit at the couch.
- Proper attire must be worn for all classes.
- Always hydrate up to 32oz of water before taking any class - And bring water and a towel to class. Specifically any Cardio (ie: Spin & ZUMBA).
- Wear gloves and wrist bands for PlatePump, Legs to Core & any other classes requiring the use of weights.
- There is "NO ENTRY" policy into a Yoga Class or any other classes after the 5 minute warm-up.
- **Do not interrupt a Class in session. If you require a mat, weights, or any other accessory please ask at the Front Desk for assistance. If you have a question or concern, please go to the Front Desk.**
- **Free swim is NOT PERMITTED during Water Aerobics Classes**
  (Times are listed on the Class Schedule)
- All guests taking a class must sign in and pay prior to the class.
- Children are not permitted to participate or sit-in on any class unless it is a youth class.
- Class Fees are for 1 class only and do not include use of the facility.

LIV unLtd