

JUNE 2016

Whitehall Club



SUNDAY:

	<u>Instructor</u>	<u>Time</u>	<u>Duration</u>	<u>Held in</u>
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
Spin** (April 10-June 26)	Bianca	10:15 am	(45min)	Gym
Body Pump	Ketsy	10:15 am	(60min)	Ballroom
Water Aerobics	Donna	11:30 am	(45min)	Pool
Yoga - Intermediate	Lynn	5:30 PM	(60min)	Ballroom
Yoga - Gentle	Lynn	6:30 PM	(60min)	Ballroom
Meditation	Lynn	7:30 PM	(45min)	Ballroom

MONDAY:

RIP	Isabel & Patti	6:15 am	(45min)	Ballroom
CoreStrength	Michelle	8:00 am	(45min)	Ballroom
Rock n' Roll Abs	Michelle	4:00 PM	(45min)	Ballroom
UGI	Ketsy	5:30 PM	(45min)	Ballroom
Pilates Mat	Arelis	6:30 PM	(45min)	Ballroom
Tabata Spin**	Ketsy	7:00 PM	(45min)	Gym
Bollywood	Arelis	7:20 PM	(60min)	Ballroom

TUESDAY:

Yoga - Mixed Levels	Lynn	8:00 am	(60min)	Ballroom
Silver Forever Young	Arelis	10:00 am	(45min)	Ballroom (chairs)
Silver Release & Revive Stretch	Arelis	11:00 am	(45min)	Ballroom (chairs)
KettleWorx	Ketsy	5:30 PM	(45min)	Ballroom
Water Aerobics	Donna	6:30 PM	(45min)	Pool
Core Barre Fusion	Arelis	6:30 PM	(45min)	Ballroom
Spin	Ketsy	7:00 PM	(45min)	Gym
Ultimate Body Conditioning	Arelis	7:20 PM	(45min)	Ballroom

WEDNESDAY:

Spin	Isabel	6:15 am	(45min)	Gym
Stability Ball Yoga	Lynn	8:00 am	(60min)	Ballroom
Silver Sit, Stand & Move	Arelis	10:00 am	(45min)	Ballroom (chairs)
Silver Classic	Arelis	10:50 am	(40min)	Ballroom (chairs)
Pilates Mat	Arelis	11:45 am	(45min)	Ballroom
Pound	Isabel & Patti	6:00 PM	(45min)	Ballroom
ZUMBA Sentao	Arelis	7:00 PM	(55min)	Ballroom

THURSDAY:

Yoga - Mixed	Lynn	8:00 am	(60min)	Ballroom
Power Lunch	Michelle	12:30 PM	(45min)	Ballroom
Stretch Dessert	Michelle	1:20 PM	(45min)	Ballroom
Water Aerobics	Donna	6:30 PM	(45min)	Pool
30/30	Ketsy	6:00 PM	(55min)	Ballroom
Spin	Ketsy	7:15 PM	(45min)	Gym


FRIDAY:


Spin	Isabel	6:15 am	(45min)	Ballroom
Stability Ball Yoga	Lynn	8:00 am	(60min)	Ballroom
Silver Total Body Sculpt	Arelis	10:00 am	(45min)	Ballroom (chairs)
Silver Energizing Yoga	Arelis	11:00 am	(45min)	Ballroom (chairs)


SATURDAY:


Aerosculpt	Nidia	9:00 am	(60min)	Ballroom
ZUMBA Fitness/Toning	Arelis	10:30 am	(75min)	Ballroom
Water Aerobics	Donna	11:30 am	(45min)	Pool


Karate will be held Monday - Wednesday - the schedule is listed on the Calendar below...


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.


30/30  A metabolic mixer class, with high intensity variables. Learn drills using greater range of motion, faster speed & short rest times to create HIIT patterns. Use old & new technique & movements for this one of a kind, intense workout that will give you endless fat burn the rest of the day.


UGI  **barefoot required / 12 people max** "U Got It" combines strength, cardio and core training into a dynamic and personalized (and stylish) way of improving health, fitness & performance. This versatile & efficient 45 minute workout can be incorporated into your existing routines to help reach your individualized goals. The options are endless! Using various exercise methodologies such as interval and barefoot training.


Spin/Tabata 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 Tabata** uses interval training while on the Spin Bike. **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  Classes that are designed to move you through an extra hard full body workout. Each class gives a different perspective of your workout. The experience will not disappoint you! Come to class regularly to maximize your routine!

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** - Just like back in the Club days.

Toning - 55 minute cardio with a 30 minute toning followed by a cool down
Sentao - requires a chair for toning, core & muscular strength.


Silver Forever Young / Silver Release & Revive Stretch 


Silver Classic / Silver Sit, Stand & Move


Silver Total Body Sculpt / Silver Energizing Yoga

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.


Pilates Mat  This class emphasizes flexibility and overall strength over body bulk. Pilates is a popular regimen that uses special stretches and breathing. The program focuses on the core postural muscles that help keep the body balanced and are essential to providing support to the spine. This class is performed on a mat and can incorporate light equipment. **No sneakers required**


RIP  Stay in your top shape by using a wide variety of strength training conditioning. Be prepared for various repetitions to fully strengthen each muscle group followed by a core workout.


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!


KettleWorx  **15 people max** KWx is fast, fun, and effective. This training program gets your body moving in three directions and on three planes for more effective whole-body workouts. It is designed to tighten your core and abdominal muscles, high energy fat burning, sculpting and toning your entire body. **Walk-Ins are not permitted. Orientation is the 1st Class of the new month.**


Core Barre Fusion  Ballet and Pilates combined will work both your postural and core muscles. The class is gentle but uses moderate movement with breathe and effectively conditions your overall form and tone. **No sneakers required**

Body Pump  **15 people max** A 58 minute total body weight training workout which focuses on effective basic exercises sequenced in a manner to deliver results. Exercise will be performed in a slow, controlled fashioned emphasizing both the negative and positive portion of the movement to encourage maximum muscle engagement.

Aer sculpt  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. You are invited to join the class even if you do not practice Yoga.

Pound  **12 people max** A full body cardio jam session, combining light resistance with constant simulated drumming. Through continual upper body motion using our lightly weighted ripstixs you'll turn into a calorie torching drummer. Be prepared for an invigorating workout.

Bollywood Dance  One of the hottest classes around. This fusion dance form combines Hip Hop & Jazz with classic Indian music and movement. This cardio workout will tone your abs and strengthen your legs . Be prepared for an invigorating and fun workout.

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 INTERRUPT ANY CLASS.** If you need assistance or have a concern, go to the Front Desk.

- Make sure to sign the class attendance sheet before or after the class.

-Be sure to wear the appropriate attire to class. Sneakers are required for all classes except Yoga, UGI & Pilates.

-Please remain in the back of the class if you are late.

-There is no entry into Yoga after the 5 minute warm-up!!

- Please drink up to 32oz of water before taking any class.

SPIN CLASSES**

Sign-In then Set-Up

15 minutes prior to class/30 on Sunday

Seating Limited 20

Bring Water and a Towel!

No Entry to Spin Class once it is in session.

****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.

JUNE 2016

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
			1 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	2 Swim Lessons Water Aerobics	3	4 Swim Lessons Water Aerobics
5 Swim Lessons Water Aerobics	6 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	7 Swim Lessons KARATE 4:20p-5:20p Water Aerobics	8 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	9 Swim Lessons Water Aerobics	10	11 Swim Lessons Water Aerobics GLOBAL WELLNESS DAY MOVIE NIGHT @ 7:30p
12 Swim Lessons Water Aerobics	13 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	14 Swim Lessons KARATE 4:20p-5:20p Water Aerobics	15 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	16 Swim Lessons Water Aerobics	17	18 Swim Lessons Water Aerobics
19 Swim Lessons Water Aerobics Happy Father's Day!!	20 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	21 Swim Lessons KARATE 4:20p-5:20p Water Aerobics	22 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	23 Swim Lessons Water Aerobics "BOOK CLUB" @ 7:30p	24	25 Swim Lessons Water Aerobics
26 Swim Lessons Water Aerobics	27 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	28 Swim Lessons KARATE 4:20p-5:20p Water Aerobics	29 Swim Lessons KARATE 6:00p-7:00p 8:30p-9:30p	30 Swim Lessons Water Aerobics		

Class Policies

- ✦ Classes are included in the membership fees and are available for your enjoyment and well being.
 - ✦ Prior to taking a class, a “Class Waiver” must be filled out for our records.
- ✦ 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, UGI, Pilates & Barre Sculpt.
 - ✦ 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 KettleWorx, Body Bar, & 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.