

# MARCH 2019



## SUNDAY:

<u>Instructor</u>	<u>Time</u>	<u>Held in</u>
Tai Chi (intermediate)	8:00 am	Ballroom
Tai Chi (beginner)	9:00 am	Ballroom
Spin	9:00 am	Gym
Strength	10:05 am	Ballroom
AquaFit	11:30 am	Pool

## MONDAY:

CoreStrength	8:00 am	Ballroom
Body Jam	8:50 am	Ballroom
Bounce Strength	5:30 PM	Ballroom (12 max)
Back to Ball Strength	6:30 PM	Ballroom
Spin	6:30 PM	Gym
Pilates Mat	7:20 PM	Ballroom

## TUESDAY:

Yoga – Mixed Levels	8:00 am	Ballroom
Silver Dance with Me	10:00 am	Ballroom
Silver Functional Fitness	11:00 am	Ballroom
Sport	5:30 PM	Ballroom
AquaFit	6:30 PM	Pool
Body Bar	6:30 PM	Ballroom
STRONG by Zumba	6:30 PM	Gym
Abs, Booty & Mini Bands	7:20 PM	Gym

## WEDNESDAY:

Spin	6:30 am	Gym
Stability Ball Yoga	8:00 am	Ballroom
Spin /Core	6:00 PM	Gym (10 max)
Sculpt & Define	6:30 PM	Ballroom
Barre vs Pilates	7:15 PM	Ballroom

## THURSDAY:

Yoga – Mixed Levels	8:00 am	Ballroom
Silver Dance with Me	10:00 am	Ballroom
Silver Strength & Balance	11:00 am	Ballroom
Power Lunch	12:30 PM	Ballroom
Stretch Dessert	1:20 PM	Ballroom
AquaFit	6:30 PM	Pool
PlyoFit Bounce	6:00 PM	Ballroom (10 max)

## FRIDAY:


Spin /Core	6:30 am	Ballroom
Silver Stronger Strength	10:00 am	Ballroom
Silver Energizing Slow Yoga	11:00 am	Ballroom
Classic Pilates	12:00 PM	Ballroom


## SATURDAY:


Aerosculpt	9:00 am	Ballroom
ZUMBA Fitness	10:30 am	Ballroom
AquaFit	11:30 am	Pool


**RETURNING: Tuesdays & Thursdays from 4:45p-6:00p for Swim Team Practice**  
**General Swimming is prohibited.**


**Classes with an attendance of 5 or less will be rescheduled**


 **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.


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


 **Sport** Designed to push your training to the edge & fine tune your body, emphasising on Cardio, STRENGTH & CORE training. SPORT is for all fitness levels. Whitehall is where real fitness happens, where everyone is an athlete!


 **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.**


 **Aqua Fit** 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 (mixed)** 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 to strengthen, define & increase lean muscle. Come to class regularly to maximize your workouts!


 **Body Jam** A total body workout focusing on 2-3 different muscle groups each week. Therabands, tubing & bodyweight will be your accessories


 **Zumba Fitness** 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.  
**ZUMBA Sentao** - builds on muscular strength & dance with a chair.


 **Silver Dance with Me / Silver Functional Fitness**  
**Silver Dance with Me / Silver Strength & Balance**  
**Silver Stronger Strength / Silver Energizing Slow 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.


 **Classic Pilates** 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 Strength & PlyoFit Bounce** **12/10 people max** Bounce on Tuesday 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.

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

 **Aeroscult** 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.

 = 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](mailto:whitehallclub3333@gmail.com) - email**

## GUEST FEES

*(Tax Included)*

**Adults:**

**\$11.00 Weekdays \$16.50 Weekends**

**Children:**

**\$5.50 (4yrs – 15yrs)**

**All Classes \$20.00**

**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.

**-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 & Set-Up**

**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/Underlined** classes indicate a **New class** or **Time/Day/Room 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 & Barre & 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 Body Bar, 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.