

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 - 6:30am <b>Kickbox!</b> Debbie		5:30 - 6:30am <b>H.I.I.T</b> Debbie	5:30 - 6:30am <b>Athletic Step</b> Tanya	5:30 - 6:30am <b>Power Yoga</b> Tasia		
8:00 - 8:55am <b>Dynamic Strength</b> Patti	8:15 - 9:10am <b>ZUMBA®! *</b> Yeye	8:15 - 9:10am <b>Dynamic Interval</b> Patti	8:15 - 9:10am <b>Pilates Mat</b> Allyse	8:15 - 9:10am <b>ZUMBA®! *</b> Yeye	8:00 - 8:55am <b>ZUMBA®! *</b> Yeye	7:45 - 8:45am <b>Jillian Michaels Body Shred</b> Tanya
9:30 - 10:25am <b>Athletic Step</b> Tanya	9:30 - 10:25am <b>Body Blast</b> Donna	9:30 - 10:25am <b>Cardio Complex</b> Jamie	9:15 - 10:10am <b>ZUMBA®! *</b> Yeye	9:30 - 10:25am <b>Cardio Fusion*</b> Cecilia	9:15 - 10:10am <b>Booty Barre Blast*</b> Cecilia	9:00 - 9:55am <b>TBC</b> Helen
9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Run For It! *</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	9:30-10:15am <b>Run For It*</b> Melanie	9:30 - 10:15am <b>Ellip-t-core*</b> Melanie	10:15 - 11:10am <b>Streamline Sculpt</b> Robin	10:15 - 11:30am <b>Yoga All Levels</b> Judy
11:00 - 11:55am <b>ZUMBA®! *</b> Yeye	11:00 - 11:55am <b>ZUMBA®!</b> Angelica	10:30 - 11:45am <b>Yoga</b> Artem	10:20-11:00am <b>Core Sculpt</b> Melanie	10:30 - 11:45am <b>Yoga</b> Dee	11:30 - 12:25pm <b>TBC*</b> Cecilia	
12:00 - 1:00pm <b>Balance &amp; Strength</b> Jan	1:30 - 2:25pm <b>Yoga All Levels</b> Judy	1:00 - 1:55pm <b>Low Impact Basic</b> Karen	12:15 - 1:10pm <b>TBC Basic</b> Donna	12:00 - 12:55pm <b>ZUMBA Gold®!</b> Yeye	12:30-1:25pm <b>Gentle Yoga</b> Artem	
	3:45 - 4:25pm <b>FitGirl Zumba! \$</b> Karen					
4:30 - 5:30pm <b>Yoga Sculpt</b> Jamie	4:30 - 5:25pm <b>TBC</b> Joan	4:30 - 5:25pm <b>Bodified</b> Paul	4:30 - 5:25pm <b>Interval Fitness</b> Patti	4:30 - 5:25pm <b>Pilates Mat</b> Mary Ellen	4:00 - 4:55pm <b>Total Body Pilates</b> Jan	4:00 - 4:55pm <b>Pilates Mat</b> Dorothy
6:00 - 6:55pm <b>TBC*</b> Jamie	5:30 - 6:25pm <b>SalsaRengue™</b> Cecilia	5:30 - 6:25pm <b>Yoga</b> Jamie	5:30 - 6:25pm <b>Streamline Sculpt</b> Robin	5:30 - 6:25pm <b>Pure Sculpt</b> Jamie		5:00 - 6:00pm <b>ZUMBA®!</b> Gustavo
7:00 - 7:40pm <b>Pilates Mat</b> Jan	7:00 - 7:55pm <b>Total Body Pilates</b> Laura	6:30 - 7:25pm <b>Interval Fitness</b> Donna	6:30 - 7:45pm <b>Yoga</b> Artem			
7:45 - 8:40pm <b>ZUMBA®! *</b> Yeye	8:00 - 8:45pm <b>Interval Express</b> Randy	7:45 - 8:40pm <b>ZUMBA®! *</b> Angelica	7:45 - 8:45pm <b>TBC Core Strength</b> Randy			
8:00 - 8:45pm <b>Strength &amp; Stride*</b> Rosa		8:45 - 9:30pm <b>ZUMBA Toning®!</b> Angelica				

\*Reservation required  
\$ Fee class

Join us on Tuesday 3/17 for Free Chair Massages and St. Patrick's Day Fun!

Shaded classes are off peak

100 East Boston Post Road  
Mamaroneck, NY 10543  
914.670.0600 • healthyfit.com  
Mon - Thu 5am-10pm • Fri 5am-9pm • Sat & Sun 7am-7pm



# CLASS DESCRIPTIONS

## **Athletic Step**

Not your average step class! Challenge your body with the step, weights and high-intensity drills to bring out your inner athlete!

## **Balance & Strength**

A Pilates based class designed to improve posture and balance by focusing on alignment and strength. Chair optional.

## **Bodified**

A total-body calorie burner utilizing everything from strength training to cardio and core work. This class is modifiable for varying levels of fitness. Come on in - it's time to get bodified!

## **Body Blast**

3- minute cardio intervals go up against 6-minute multi-muscle strength segments to get your heart pumping and give you a great total body workout!

## **Booty Barre Blast**

A lower body workout combining toning exercises with weights and bands, as well as barre style exercises to tone the glutes and thighs. Get ready to change your bottom line!

## **Cardio Complex**

Cardio conditioning with lots of energy through primarily low impact aerobics. Higher impact progressions are offered for variety and sculpting intervals are mixed in for extra burn!

## **Cardio Fusion**

Cardio interval training that combines a little bit of hi/lo impact aerobics, basic kickboxing and total body conditioning. Get ready to SWEAT!

## **Core Sculpt**

Create a strong core, test your balance, and build lean muscle with a variety of equipment in this core-focused class.

## **Dynamic Interval**

Get strong here with power moves and heavier weights! Mixed with cardio intervals, there's no better formula for torching fat! You better work!

## **Dynamic Strength**

More power please! Studies show lifting heavy is the best way to change the shape of your body for the better! Take it up a notch - heavy weights are your friends!

## **Ellip-t-core**

A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

## **FitGirl Zumba!**

An energetic Zumba class designed for girls aged 10 – 14. Moves and music that are both fun and appropriate make this a class that our tween girls really love!

## **Gentle Yoga**

Appropriate for anyone wanting a gentler approach to yoga, with a focus on basic and modified poses as well as breath work and relaxation.

## **Interval Express**

This class is the perfect 45 minute fat blaster! Intervals of cardio and strength training get the job done quick – a good sweat is guaranteed!

## **Interval Fitness**

High intensity intervals, circuit training, and creative exercises combine in this ever-changing and ever-challenging class. Cardio and strength training together will improve your fitness level fast!

## **Jillian Michaels Body Shred**

A high intensity endurance based workout utilizing Jillian Michaels' 3-2-1 Interval System: 3 minutes of strength training, 2 minutes of cardio and 1 minute of abs. Get results!!

## **Kickbox!**

Kickboxing is fun! Come get your sweat on with kicks, punches and total body strengthening exercises. Kick Monday morning's butt with Debbie in this high-energy cardio conditioning class!

## **Low Impact Basic**

Designed to get you moving with low impact movements. A modified pace makes this class perfect for beginners and those needing a gentler approach to fitness.

## **Pilates Mat**

Increase your flexibility and strength with precision exercises that focus on the core. Create longer and stronger muscles with the format chosen by ballet dancers worldwide!

## **Power Yoga**

This yoga class combines athleticism and vinyasa yoga, incorporating bodyweight movements to build strength all while flowing through postures to build stamina and endurance.

## **Pure Sculpt**

Tighten and strengthen here! Pure Sculpt offers purely muscle work for strength, toning and endurance from head to toe. Refine your lines and get defined!

## **Run For It!**

A 45 minute cardio interval workout on the treadmill with varying levels of intensity. You'll be motivated in a group while you walk, jog and run up and down hills.

## **SalsaRengue™**

Shake your hips and dance to the Latin beats with this trademarked class! Work your core and sculpt lean, chiseled muscles with this amazing total body cardio workout! Wepa!!!!

## **Streamlined Sculpt**

This conditioning class combines barre, pilates and ballet movements to lengthen, strengthen and tone! Using a variety of weights and different types of resistance, you will feel stronger, taller and sleeker in no time!

## **Strength & Stride**

Become a stronger runner! Let the energy and motivation of a guided treadmill run increase your strength and stamina with this great class! Intervals and speed work will get you there fast!

## **TBC Basic**

A total body conditioning class for strengthening all major muscle groups in a safe and modifiable way.

## **Total Body Conditioning (TBC)**

A class designed to target all major muscle groups using a variety of equipment such as weights, bands and bars for total body strength and conditioning.

## **TBC Core Strength**

This is your Total Body Conditioning class with extra focus on the area we all love to work – the core! In addition to a complete, head-to-toe workout, your abs and lower back will get the extra attention they need!

## **Total Body Pilates**

Sculpt your whole body beautiful with the method that dancers love best - Pilates! With a strong emphasis on core strength and full body muscle toning, this is an excellent, modifiable workout for everyone!

## **Yoga**

Increase your strength and flexibility with yoga! A hatha style class involving a combination of vinyasa flow and holding poses. Focus on the breath is encouraged, as is listening to your body and modifying as needed.

## **Yoga All Levels**

This yoga class caters to all ability levels. Precise form is taught and adjustments are made to encourage proper technique. More advanced students will have the opportunity to take poses to a more challenging level.

## **Yoga Sculpt**

This class combines the peaceful discipline of Yoga with light weights, longer hold times and small pulses for burning muscles! Get leaner, stronger and more balanced with Yoga Sculpt!

## **ZUMBA!®**

Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

## **ZUMBA Gold!®**

Lively Latin and world music is featured in this fun, motivating, dance-based beginner level class with minimal impact on the joints. No former dance background needed.

## **ZUMBA Toning!®**

Sculpting and toning moves are added to the lively music and dance of Zumba! giving you an amazing full body workout.

Studio classes can hold a maximum of 27 participants.

Some will have smaller maximum participants due to space required or equipment used.

There is a 2-minute forfeiture policy for all classes requiring reservation. If you are not present 2 minutes before class start time, your spot is forfeited. We will fill the open spot on a "first come first served" basis with priority given to members on the waitlist.

Reservations can be made as early as 5:00am 2 days in advance at the front desk. **Check in is required.** No-shows will be charged \$25.

## **For Safety:**

- members may not enter a class 5 minutes after the class has begun
- members may not enter a class until the previous class is over

Class instructor is subject to change without notice. Classes averaging fewer than 10 participants may be dropped in future months.