

group fitness class schedule

MONDAY

6:00a **FLOW YOGA**
Deborah : 60MIN : YS
6:00a **BOOT CAMP**
Vince : 60MIN : FS
7:45a **DEEP STRETCH**
CHANGED Mimi S : 60MIN : YS
8:00a **MUSCLE**
Lori : 60MIN : FS
9:00a **FLOW YOGA**
CHANGED Danielle : 75MIN : YS
9:00a **MOBILITY & RECOVERY**
Grant : 60MIN : CC
9:00a **CYCLE**
Linda M : 60MIN : CS
9:00a **KINESIS**
Brian : 60MIN : TC
9:15a **CARDIO MUSCLE**
Faye : 55MIN : FS
9:15a **WATER WORKOUT**
Alexis : 60MIN : P
10:15a **POWER BARRE**
Linda M : 60MIN : FS
10:30a **MAT PILATES - BEG/INT**
Alexis : 60MIN : YS
11:00a **KINESIS LITE**
Sue : 55MIN : TC
12:00p **KINESIS**
Christopher : 60MIN : TC
12:00p **POWER BARRE**
Niece : 60MIN : FS
12:00p **BASIC YOGA**
Wendy : 60MIN : YS
4:30p **POWER YOGA**
Patricia : 60MIN : YS
4:30p **HIIT!**
CHANGED Heidi : 55MIN : FS
5:30p **KINESIS**
Brian : 60MIN : TC
5:30p **CYCLE**
Vince : 60MIN : CS
5:30p **POWER BARRE**
Jacqueline : 55MIN : FS
5:45p **YOGA**
Carlos : 75MIN : YS
6:30p **ZUMBA**
Nelsy : 60MIN : FS

TUESDAY

5:30a **CYCLE**
Rollie : 60MIN : CS
6:00a **FLOW YOGA**
Kristin : 60MIN : YS
6:00a **KINESIS**
Christopher : 60MIN : TC
8:00a **DEEP STRETCH**
Carlos : 60MIN : YS
8:00a **WARM FLOW YOGA**
Larisa : 60MIN : HS
8:00a **CYCLE**
Jinger : 60MIN : CS
8:30a **POWER BARRE**
Faye : 55MIN : FS
9:00a **KINESIS**
Leslie : 60MIN : TC
9:15a **WATER BOOTCAMP**
CHANGED Danielle : 60MIN : P
9:15a **MAT PILATES**
Jacqueline : 55MIN : YS
9:15a **CYCLE**
Patrice/Donna : 60MIN : CS
9:30a **ZUMBA**
Lori : 55MIN : FS
10:30a **CORE YOGA**
Deborah : 75MIN : YS
10:30a **UPPER BODY BLAST & REAR ATTITUDE**
Jes : 60MIN : FS
12:00p **POWER BARRE**
G : 60MIN : FS
4:30p **FLOW YOGA**
Danielle C : 60MIN : YS
4:30p **MUSCLE**
Kathy : 55MIN : FS
5:00p **CYCLE**
Jes : 60MIN : CS
5:30p **KINESIS**
Sarah : 60MIN : TC
6:00p **FLOW YOGA**
Kate : 75MIN : YS

WEDNESDAY

6:00a **FLOW YOGA**
Deborah : 60MIN : YS
6:00a **BOOT CAMP**
Vince : 60MIN : FS
7:45a **HEALTHY BACK**
CHANGED Mimi S : 60MIN : YS
8:00a **POWER BARRE**
Bonnie : 60MIN : FS
8:00a **KINESIS**
Alyssa : 60MIN : TC
9:00a **FLOW YOGA**
CHANGED Danielle : 75MIN : YS
9:00a **CYCLE**
Heidi : 60MIN : CS
9:00a **KINESIS**
Christopher : 60MIN : TC
9:15a **CARDIO MUSCLE**
Faye : 55MIN : FS
9:15a **WATER WORKOUT**
Monica : 60MIN : P
10:30a **POWER BARRE**
Jinger : 55MIN : FS
10:30a **MAT PILATES**
Alexis : 60MIN : YS
11:00a **KINESIS LITE**
Sue : 55MIN : TC
12:00p **BASIC YOGA**
Hillary : 60MIN : YS
4:30p **POWER YOGA**
Candace : 60MIN : YS
4:30p **HIIT!**
CHANGED Heidi : 60MIN : FS
5:30p **PILATES BARRE FUSION**
Jennifer : 60MIN : FS
5:30p **KINESIS**
Brian : 60MIN : TC
5:30p **CYCLE**
Melanie : 60MIN : CS
5:45p **YOGA**
Linda S : 75MIN : YS
6:30p **ZUMBA**
Margie : 60MIN : FS

THURSDAY

5:30a **CYCLE**
Rollie : 60MIN : CS
6:00a **FLOW YOGA**
Kristin : 60MIN : YS
8:00a **CYCLE**
Jinger : 60MIN : CS
8:00a **DEEP STRETCH**
Carlos : 60MIN : YS
8:00a **WARM FLOW YOGA**
Tawny : 60MIN : HS
8:30a **POWER BARRE**
Lisa : 55MIN : FS
9:00a **KINESIS**
Alyssa : 60MIN : TC
9:15a **MAT PILATES**
Bonnie : 55MIN : YS
9:15a **CYCLE**
Heidi : 60MIN : CS
9:30a **ZUMBA**
Paula : 55MIN : FS
10:00a **KINESIS**
Brian : 60MIN : TC
10:30a **MUSCLE**
Kathy : 60MIN : FS
10:30p **CORE YOGA**
Deborah : 75MIN : YS
NEW! 4:30p **POWER CARDIO CORE**
Lisa R : 60MIN : FS
4:30p **FLOW YOGA**
Danielle C : 60MIN : YS
5:00p **CYCLE**
CHANGED Lindsay : 60MIN : CS
5:30p **KINESIS**
Janis : 60MIN : TC
6:00p **FLOW YOGA**
Kate : 75MIN : YS

Pilates Fundamentals on the Reformer

Always wanted to try Pilates on the Reformer? This special session is the perfect opportunity to learn or refresh your skills as you work toward a strong, flexible and balanced body. The class will meet 11a-12p on Fridays in September, and is offered at a special price of \$75 for the four one-hour classes. Please contact Kim Beale at 480.993.4044 or Patricia Vamos at 480.221.8106.

FRIDAY

6:00a **BOOT CAMP**
Vince : 60MIN : FS
7:45a **DEEP STRETCH**
CHANGED Mimi : 60MIN : YS
8:00a **MUSCLE**
Linda M : 60MIN : FS
8:00a **KINESIS**
Christopher : 60MIN : TC
9:00a **FLOW YOGA**
CHANGED Danielle : 75MIN : YS
9:00a **CYCLE**
Linda M : 60MIN : CS
9:15a **WATER WORKOUT**
Alexis : 60MIN : P
9:15a **BUFF**
Brian : 60MIN : FS
10:30a **POWER BARRE**
Jinger : 55MIN : FS
10:30a **MAT PILATES**
Niece : 60MIN : YS
12:00p **BASIC YOGA**
Hillary : 60MIN : YS
4:30p **FLOW YOGA**
Candace : 60MIN : YS
5:00p **CYCLE EXPRESS**
Vince : 45MIN : CS

SATURDAY

7:15a **CYCLE EXPRESS**
CHANGED Lindsay : 45MIN : CS
8:00a **FLOW YOGA**
Beri : 70MIN : YS
8:00a **METABOLIC CARDIO**
Vince : 60MIN : FS
8:15a **CYCLE**
Jinger : 60MIN : CS
9:00a **KINESIS**
Michelle : 60MIN : TC
9:00a **BOOTY BARRE®**
Kelly : 60MIN : FS
9:15a **MAT PILATES**
Jennifer B : 60MIN : YS
9:15a **WATER WORKOUT**
Dee : 60MIN : P
9:30a **CYCLE**
Donna : 60MIN : CS
10:00a **MUSCLE**
Michelle/Faye : 60MIN : FS
10:30a **FLOW YOGA**
CHANGED Alicia/Shelli : 75MIN : YS
11:00a **ZUMBA**
Kristine : 60MIN : FS
12:00p **KUNDALINI YOGA**
NEW! Tara : 60MIN : HS
12:00p **HEATED FLOW YOGA**
Helen : 60MIN : HS
3:00p **YOGA ALL LEVELS**
Vicki : 60MIN : YS

SUNDAY

8:15a **CYCLE**
Jinger : 60MIN : CS
9:00a **ZUMBA**
Nelsy/Nathalie : 55MIN : FS
9:30a **CYCLE**
Melanie/Vince : 60MIN : CS
9:30a **FLOW YOGA**
Kate : 75MIN : YS
10:00a **MUSCLE**
Jen/Dee : 75MIN : FS
3:00p **YOGA**
Linda S : 75MIN : YS
4:30p **RESTORE/YIN YOGA**
Jeanene : 75MIN : YS

Join Us for a Special "Insanity" Class Sat, Sept 14 at 10a

Experience the latest fitness craze at Gainey Village! Insanity is a revolutionary cardio-based, total body conditioning program. This calorie torching, shirt soaking workout is based on the principles of MAX interval training and will leave you breathless. Plyometric drills with non-stop intervals of strength, power, resistance and core training moves can only be described in one word—INSANITY. Please sign up at the front desk. Questions? Contact Patricia Vamos at pvamos@dmclubs.com or 480.221.8106.

Labor Day Schedule

All regularly scheduled classes will be held up through and including noon classes! The club closes at 4p.

Sept 2nd Week : Jacqueline Kannapel
Pilates Trainer, Power Barre : Mon 5:30p
Mat Pilates : Tues 9:15a
Sept 9th Week : Larisa Perez
Warm Flow Yoga : Tues 8a
Village Hot Yoga : Tues 9:30a
Sept 16th Week : Shelli Overton
Village Hot Yoga : Mon & Fri 5:30a and Sun 8a, Flow Yoga : Sat 10:30a
Sept 23rd Week : Helen Morrison
Heated Flow Yoga : Sat 12:00p
Village Hot Yoga : Sat 4:15p

FEATURED INSTRUCTORS for SEPT 2013

Check out our incredible instructors in the spotlight this month! Get to know each one a little bit better - learn some fun facts on our Group Fitness board in the main info hall, and by visiting <http://blog.villageclubs.com/>. Please join each of them for a class or two for some fantastic workouts. Try something new, bring back something old and continue with what you already love...it's the perfect way to feel great and enjoy YOUR Gainey Village!

Group Fitness, Yoga & Pilates Updates

- Come to class with an open mind – embrace the opportunity to do something positive for your body & mind.
- Try something new and different – a class, a teacher, a format you aren't used to...mix it up!
- Make reservations for full classes (Kinesis and selected Cycle, Power Barre & Hot Yoga classes) by calling the front desk the day before beginning at 5:00a.
- Cycle and Kinesis reservation lists will be cleared 5 minutes before class starts, and members present and waiting will be granted spots in class. Therefore, please arrive 5 minutes prior to full class start time to guarantee your spot.
- Stay for the entire class if possible.
- Drink lots of water and take breaks when you need them.
- It is recommended that you follow proper nutrition guidelines to keep your body healthy, for example: consider eating a nutritious snack high in protein within 30-60 minutes after you finish your workout.
- Let your teacher know if you have injuries, special considerations or are new to class.

YS | yoga studio
FS | fitness studio (GE1)
CS | cycle studio
TC | training center
P | pool
HS | hot studio (spa)
C | basketball court
CC | CrossFit court

Please see the online Group Fitness & Yoga Schedule for up-to-date information on substitute instructors

Visit our Web site at www.villageclubs.com
for the most up-to-date group exercise schedule.
P: 480.609.6979



CLASS INTENSITY RATING SYSTEM

While it is important to remember that all classes can be modified to meet most levels of fitness, the following scale should be used to help guide you in choosing classes appropriately. All classes have been assigned one to four hearts. More hearts means the class offers a stronger intensity level, cardiovascular workout, more advanced techniques, and/or a greater level of challenge. Consider balancing your workout each week by including a variety of different class types and intensity levels.

♥ suitable for all levels of fitness

♥♥ mild to moderate intensity

♥♥♥ more vigorous

♥♥♥♥ most intense, not recommended for beginners

BOOT CAMP♥♥♥♥

This is the ultimate fitness workout to challenge your mind and body with an awesome blend of high intensity cardio, core condition drills, and muscle toning exercises. A wide variety of equipment, props, drills, calisthenics and more will be used. Know you can always work at your own pace, and definitely count on something new and fun!

BOOTY BARRE♥♥♥♥

This class combines the perfect blend of deep muscle toning and cardio by fusing elements of dance, yoga, Pilates and muscle sculpting. You'll firm, tighten and tone your entire body without adding bulk, and you'll burn plenty of calories along the way!

BUFF♥♥♥

Bodies Under Force & Friction — This popular high intensity class is design to keep your heart rate humming while you develop all-over strength, endurance, agility and balance while using the BOSU, weights and gliders.

CARDIO MUSCLE♥♥♥

A cardio energized muscle-conditioning class utilizing the step to incorporate basic choreography.

CYCLE♥♥♥

Indoor cycle class that can be customized to almost any fitness level. You control your intensity, while the instructor cues your riding format. Formats may vary each week so you will be sure to cross train your body.

CYCLE EXPRESS♥♥♥

A shorter version of our Cycle class.

HEALTHY BACK♥

A gentle class to relax, strengthen and condition the back.

HIIT!♥♥♥

HIIT, High Intensity Interval Training, combines strength, cardio and core elements into one extremely fun fitness class! From Tabata-style intervals to basic 30- or 60-second interval splits, you'll discover your greatest fitness potential as you move in and out of your anaerobic zone. Modifications are always offered, but this class really motivates you to find your edge and step out of your comfort zone to enjoy the results!

KINESIS♥♥♥

Using the four Kinesis training pods you will experience a completely different type of cardio and resistance training workout. Classes are limited to 8 people and will be filled on a first come, first served basis. Reservations are required – call the front desk the day before class to reserve your spot.

KINESISS LITE♥♥♥

Kinesis designed for those who are looking for a great all-around resistance and cardio workout that is just a little bit less intense. Perfect for those who might have some limitation due to injury, are newer to Kinesis or want to ramp up their workout routine.

MAT PILATES♥♥♥

Based on the teachings of Joseph Pilates, mat Pilates focuses on enhanced postural alignment, coordination, strength and flexibility. Working against resistance is essential to the hundreds of classical Pilates exercises, which are designed to train the body's "powerhouse"—the abdomen, lower back, hips and buttocks. This core focused workout is appropriate for all, and can be modified for a wide variety of fitness levels.

METABOLIC CARDIO♥♥♥♥

Intervals of cardio bursts and challenging muscle resistance will be the focus of this high intensity class. Fire up your metabolism!

MOBILITY & RECOVERY♥

This 60-minute class will focus on improving mobility and recovery from exercise or injury. Myofascial release through foam rolling and various other techniques will be the focus of this class. Come join us in the Gainey Village CrossFit Court located at the end of the basketball court.

MUSCLE♥♥

This is a 60-minute class of awesome body shaping exercises that is perfect for all fitness levels. Each of the major muscle groups will be isolated for a well-rounded workout.

PILATES BARRE FUSION♥♥♥

Enjoy this fat burning, body sculpting workout! Through a combination of Pilates and Barre exercises, you will tone, sculpt and strengthen the "Powerhouse Core" just like the celebrities. This dynamite class burns, firms, and lengthens for one of the best workouts ever. Loose inches and gain confidence!

POWER BARRE♥♥♥

Fusing the precise movements of yoga, Pilates and ballet barre techniques creates a class that will give you core strength, shapely legs and a rock solid bottom! Light weights will be used to tone the arms; a specific core segment and final relaxing stretch gives you a balanced workout. Great for all levels and perfect for cross training benefits.

POWER CARDIO CORE♥♥♥

Turn it up! Get ready to blast fat and tone your body with a combination of cardio and power moves, surged with body weight and core work.

UPPER BODY BLAST & REAR ALTITUDE♥♥♥

Enjoy 30 minutes of strength training using various resistance tools targeting your upper body. Say goodbye to saggy arms! Follow this up with 30 minutes of lower body training — it's all you need to feel the burn burn! You will even get your heart rate humming in this fantastic class.

WATER BOOTCAMP♥♥

Take your water workout to the next level with Cardio Interval Training! This amped-up aqua class includes challenging resistance and core work.

WATER WORKOUT♥

A safe and low-impact fitness class that uses the natural resistance of water to provide both muscle toning and cardiovascular benefits. All levels of fitness will benefit. Water shoes are encouraged.

ZUMBA♥♥

Latin based dance steps including, cha cha, salsa, meringue, and cumbia set to fun motivating music. All fitness levels are welcome, and no dance experience is necessary.

YOGA CLASSES

BASIC YOGA♥

Designed for those wanting more basic instruction on postures and sequencing. Special attention will be given to correct alignment. Perfect for those who enjoy a slower paced practice.

DEEP STRETCH♥

Increase muscle flexibility, agility, and core and back strength. This deep, yet relaxing therapeutic style practice will help you find muscle length, will release tension and will help prevent injury.

YOGA♥♥

A variety of yoga styles will be incorporated in this class that is easily modifiable to any level student. More detailed instruction will be provided. Stretch and strengthen your body, mind and spirit.

FLOW YOGA♥♥♥

A fluid style practice that links yoga postures together with the breath. This class is challenging, but can be enjoyed by students of a wide variety of levels of practice.

KUNDALINI YOGA♥♥♥

Unlike any other type of yoga practice, this is an immensely potent, dynamic and effective system of yoga. In a very short time you will gain more energy, build physical strength, develop emotional stability, experience deep relaxation, and shine with a youthful, radiant glow...all while having a really fun time!

POWER YOGA♥♥♥♥

A strong and flowing practice that incorporates more advanced poses, requires greater stamina and is geared toward students with experience practicing yoga.

RESTORE/YIN YOGA♥

Release tight and tense muscles while reducing stress. The practice will include long holds including supported postures using props. Participants will enjoy a closing gong meditation. All levels of students will benefit.

PILATES CORNER

The Pilates Studio at Gainey Village is a premiere Pilates studio with some of the best instructors and trainers in the area. In addition to private training sessions, we offer small group classes for a nominal fee. Classes offer the benefit of the reformer equipment, with the fun, spirit and energy that comes from working out in a group. Reservations for the Group Pilates classes should

be made with the individual instructors. Contact Patricia Vamos at pvamos@dmbclubs.com or 480.221.8106 for more information on classes or instructors — \$25/class, packages \$20/class.

REBARRE

Pilates reformer plus barre work. ReBarre is a high energy fusion workout that utilizes the resistance of the Pilates reformer as well the precise moves of barre work. It is a total body workout that is efficient and fun, while you sculpt long, lean muscles and a toned physique. 60 minutes.

MON 10:00a Bonnie
SAT 10:30a Niece

GROUP REFORMER

Pilates will help you achieve total body strength, increased flexibility and an amazingly strong core. Previous Pilates experience of at least 3 private sessions or instructor permission is required. 60 minutes.

MON 6:00a	Vanessa	WED 12:00p	Joan
MON 12:00p	Joan	THUR 8:00a	Jackie
MON 6:00p	Niece	FRI 12:00p	Kim
TUES 8:00a	Jackie	FRI 6:30p	Vanessa
TUES 11:30a	Alexis	SAT 8:30a	Vanessa
TUES 6:00p	Joan	SUN 9:00a	Maurice
WED 6:00a	Vanessa		

INTRO TO REFORMER PILATES

COMPLIMENTARY CLASS

Intro to Pilates Reformer Sessions are offered several times each month and are perfect for new members or any member that has never taken the opportunity to learn about our incredible Pilates Studio. These classes require a reservation.

Please contact Patricia Vamos to schedule an Intro to Reformer Session.

Pilates Questions?

Please contact Patricia Vamos at pvamos@dmbclubs.com.



Patricia Vamos
Group Fitness &
Yoga Director



→ Instructors are subject to change.
→ All Cycle classes require a reservation. Reservations may be made at the Front Desk at 480.609.6979.

→ Indoor cycles are SPD compatible. Athletic shoes may also be worn to Cycle classes.

→ Water or athletic shoes are recommended for Water Workout Classes.

→ Please place cell phones on silent or vibrate during all classes.

→ Please refrain from wearing fragrances to classes.

→ Studios are climate controlled for the general population. Please dress accordingly.

→ Please contact Patricia Vamos, Group Fitness & Yoga Director, at 480.609.6979 with any questions.

Cycle/Kinesis/Hot Yoga Reservation Policy: You must make a reservation to participate in class. Reservations can be made the prior day beginning at 5:00a. Please bring two water bottles to class. Towels are provided. If you are new, please plan to arrive a few minutes early. Inform the instructor that it is your first class.

Please see the online Group Fitness & Yoga Schedule for up-to-date information on substitute instructors

Club Hours:

Monday – Friday: 5:00a – 10:00p
Saturday & Sunday: 7:00a – 8:00p

www.villageclubs.com

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