

Group Fitness Schedule

March 3 - April 27 • 2025



Studio 1
Studio 2
Yoga & Pilates
Group Cycle
Sports Performance
Aqua Fitness

CLARK SPORTS CENTER

124 County Highway 52, Cooperstown, NY • 607.547.2800 • www.clarksportscenter.com

Group Fitness

Group Classes

Schedule
March 3 - April 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fit for Life 9:30-10:15 Carlene	Fit Camp 6:00-6:30 Gretchen	Cardio Dance 8:30-9:15 Brittany	Fit Camp 6:00-6:30 Gretchen	Movement & Mobility 8:45-9:15 Brittany	Total Body Conditioning 9:00-9:30 Sabrina
Silver Sneakers Classic 11:00-12:00 Katherine	Power 45 8:15-9:00 John	Fit for Life 9:30-10:15 Carlene	Power 45 8:15-9:00 John	Pound 9:30-10:15 Doreen	
Total Body Conditioning 5:00-5:30 Sabrina	Zumba Dance 8:30-9:15 Veronica	Prime Time 11:00-12:00 Carina	Zumba Dance 8:30-9:15 Veronica	Prime Time 11:00-12:00 Carina	
Zumba Dance 5:15-6:00 Elma	POP Pilates® 5:00-5:30 Gianna	Cardio Dance 4:30-5:15 Elma	Sit & Get Fit 10:30-11:15 Carlene		Cardio Dance 9:30-10:15 Elma
	Pound 5:30-6:00 Michelle		POP Pilates® 5:00-5:30 Gianna		

Group Fitness

Group Cycle

Schedule
March 3 - April 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Cycle 6:30-7:00 Gretchen		Express Cycle 6:30-7:00 Gretchen		Group Cycle 6:00-6:45 Colleen	Group Cycle 8:30-9:15 Various
Group Cycle 8:30-9:15 Carlene	Express Cycle 9:15-9:45 Tom H	Express Cycle 8:30-9:00 Carlene	Group Cycle 9:15-10:00 Carlene	Express Cycle 8:30-9:00 Gretchen	
Gentle Cycle 10:30-11:00 Carlene		Gentle Cycle 10:30-11:00 Carlene			
	Express Cycle 5:30-6:00 Kara/Gretchen		Express Cycle 5:30-6:00 Tom H		Group Cycle 9:30-10:15 Various

Saturday Group Cycle

March 8	Tom
March 15	Gretchen
March 22	Amanda
March 29	Kara
April 5	Tom
April 12	Melissa
April 19	Gretchen
April 26	Don

ClarkSportsCenter

Intro to Group Cycling

March 20, 8:30-9:00am

Topics covered will include bike set up, proper form, intensity cues and familiarity with the console including the power meter. Instructed by Carlene. Register online.

Sunday Group Cycle

March 9	Amanda
March 16*	Tom & Colleen
March 23	Gretchen
March 30	Colleen
April 6	Edna
April 13	Amanda
April 20	CLOSED
April 27	Rebecca

*Helios Care Benefit Ride

Group Fitness

Yoga

Schedule
March 3 - April 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Easy Flow & Go Yoga 10:00-10:30 Katherine	Foundations to Flow 9:15-10:00 Erin	Sunrise Yoga Flow 6:00-6:45 Nicole	Slow Flow Yoga 9:15-10:15 Wendy	Yoga Flow 9:30-10:15 Wendy	Intermediate Flow 9:30-10:45 Antonita/Erin
	Silver Sneakers Yoga 10:30-11:15 Mary	Easy Flow Yoga 9:30-10:30 Antonita	Silver Sneakers Yoga 11:30-12:15 Katherine	Gentle Yoga 10:30-11:30 Wendy	
Gentle Yoga 1:00-2:00 Katherine			Gentle Yoga 1:00-2:00 Katherine	Friday Night Flow 5:30-6:15 Erin	Yoga Flow 8:15-9:00 Shannon
Power Yoga 6:30-7:30 Shannon	Heated Slow Flow 5:30-6:30 Antonita	Vin Yin 6:30-7:30 Erin	Heated Vinyasa Flow Yoga 5:30-6:30 Shannon		Yin Yoga 9:30-10:45 Shannon
					Sunday

Sports Performance

Schedule
March 3 - April 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben		Escape 6:00-6:30 Ben	Escape 9:30-10:00 Amanda/Graden
Escape 9:30-10:00 John	Escape 4:30-5:00 Kara	Escape 9:30-10:00 John	Escape 4:30-5:00 Gretchen	Escape 9:30-10:00 Mallory	
		Escape 5:00-5:30 Sierra			

Aqua Fitness

Schedule
March 3 - April 27

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweat Wet 8:00-8:45 Carole		Sweat Wet 8:00-8:45 Carole			
Aqua Body Blast 9:15-10:00 Carole		Aqua Body Blast 9:15-10:00 Carole			

All Clark Sports Center members who attend Group Fitness Classes are expected to adhere to Group Fitness rules and policies. Adult and youth members 12+ may participate in Group Fitness Classes. Reservations required. Please arrive 5-10 minutes prior to class. No late admittance. Preschoolers are not permitted in the studios during classes. Classes are subject to change and may be canceled at any time. Instructor substitutions may occur without notice.

Clean, dry footwear is required in the studios (excluding yoga). Leave outdoor shoes outside of the yoga studio in designated spots. The group fitness studios are only for the use of Clark Sports Center classes, programs, and for instructors to rehearse. With prior arrangement with the Group Fitness Director, the studios may be rented for \$20/hour. This includes individuals using the rooms for their personal workouts.

Find all Group Fitness Class Information & Policies posted in the studios and at www.clarksportscenter.com.

Class Key

Studio 1



Studio 2



Yoga Studio



NEW

New Class

NEW TIME

New Time



Returning Class

STUDIO 1

Cardio Dance (Limit 18) • Dance your way into shape! Fun, easy to learn moves, fuse old grooves with new tunes in this low impact but high energy aerobic workout combined with core strengthening exercises.

Movement & Mobility (Limit 16) • Embark on a laid-back exploration of movement and mobility appropriate for all ages. With a focus on the nuances that can improve your range of motion and joint function, this class offers the chance to learn the significance of subtle adjustments and discover a different way to move and feel. Join us for an easygoing journey towards improved mobility.

Pound® (Limit 16) • Designed for all fitness levels, Pound® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Utilizing Ripstix® (lightly weighed drumsticks engineered specifically for exercising), this exhilarating full body workout combines cardio, conditioning, and strength training with yoga and pilates inspired movements. The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

***Prime Time** (Limit 15) • A mild exercise class for seniors who would like to improve their strength, flexibility and balance while having fun in a relaxed social setting. It is designed to give the participant a variety of exercises while standing, seated and occasional floor work to help maintain and enhance their well being.

***Sit & Get Fit** (Limit 15) • A gentle exercise class geared towards those looking to improve strength, range of motion, coordination, endurance and flexibility primarily from a seated position. Classes will include strength training, chair aerobics, stretching, breathing exercises and fun activities giving us the chance to play! Occasionally, limited optional standing work may be offered.

***Silver Sneakers Classic** (Limit 15) • Seated and standing exercises to increase muscular strength, range of motion and activities for daily living. This class also includes fall prevention drills and exercises to improve strength and endurance.

Zumba Dance (Limit 18) • Zumba combines high energy and motivating music with unique moves and combinations that allow the participant to dance away their worries. Zumba is a "feel-happy" workout that is great for both the body & mind.

* - If you have recently completed a physical therapy program or have experienced medical issues or physical limitations that may impact your ability to safely participate in a group class, please contact Amy Porter, Group Fitness Director prior to class participation.

STUDIO 2

Fit Camp (Limit 22) • A non-choreographed conditioning class designed to sculpt, strengthen and stretch your body utilizing various equipment.

Fit for Life (Limit 22) • Let's have fun while getting fit. Try this varied, moderate intensity, low impact workout designed to improve strength, cardiovascular fitness, coordination and balance using circuit training, equipment and play. Come join us!

POP Pilates® (Limit 20) • POP Pilates® is Pilates like you've never seen before. It's an incredible fusion of ab-chiseling, total body defining moves choreographed to your favorite Top 40 hits. This mat-based workout for all levels challenges the student to flow from one exercise to the next, developing a rock solid core and lean, strong muscles.

Power 45 (Limit 22) • A full body class using body weight and minimal equipment that focuses on strength and balance.

Total Body Conditioning (Limit 22) • A high-energy fitness class that targets all major muscle groups through a combination of strength exercises and cardio segments. The class utilizes various equipment, such as dumbbells, body bars, and resistance bands, to deliver a full-body workout aimed at improving overall strength, muscular endurance, and body composition. The class is suitable for all experience levels.

GROUP CYCLE

Intro to Group Cycle (Limit 24) • A 30-minute intro to group cycling geared towards beginners, seniors, or anyone who would like to experience a low intensity indoor cycling ride. The topics covered will include bike set up, proper form, intensity cues, and familiarity with the console including the power meter.

Express Cycle (Limit 24) • A shorter version of our regular Group Cycle class for those with limited workout time.

Gentle Cycle (Limit 24) • A shorter, less intense indoor cycling class designed for beginners of all fitness levels or anyone wanting to improve their cardiovascular fitness while trying something new. Motivational coaching techniques and ride designs are used along with breathing awareness and stretching.

Group Cycle (Limit 24) • A stationary group cycling exercise class for all levels of fitness. Classes consist of changing ride profiles with instructors leading participants through an energizing "ride." Rides combine a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training.

YOGA

Easy Flow Yoga (Limit 20) • This morning easy flow class will gently get you moving. Warming up the body and flowing through postures to promote flexibility and mobility, this class is accessible for any body. Come as you are to explore movement and create some heat to start the day off right!

Easy Flow & Go Yoga (Limit 20) • This brief morning practice offers a safe and enjoyable way to begin your week. We will gently awaken our joints, then flow from posture to posture. Time will be dedicated for seated flexibility stretches and complete the journey with meditation and/or final relaxation.

Foundations to Flow (Limit 20) • A slow to moderate paced class designed to enhance a more mindful movement of the spine. This class focuses on proper alignment and marrying breath with movement. Learn to flow more fluidly through your poses or asanas, by learning about and exploring key foundational poses from which all others are built. This class feels very meditative, leaving you feeling refreshed and renewed. Both beginners and those with an established practice can benefit from this class.

Friday Night Flow (Limit 20) • The word "vinyasa" can be translated as "arranging something in a special way." In this vinyasa yoga class, movement is coordinated with breath, flowing from one pose to the next. The result is a moving meditation, resulting in greater flexibility, strength and mindfulness. This class is for students with prior yoga experience.

Gentle Yoga (Limit 20) • While uniting body, breath, and mind, this gentle yoga practice is for those who wish to strengthen their bodies, calm their minds, and find relaxation through breath work and yoga postures, both active & restorative. This is the perfect class to begin your yoga practice. Various props will be used.

Heated Vinyasa Flow Yoga (Limit 24) • The word "vinyasa" can be translated as "arranging something in a special way." In this vinyasa yoga class, movement is coordinated with breath, flowing from one pose to the next, in an 85° room. The result is a moving meditation, resulting in greater flexibility, strength and mindfulness. This class is for students with prior yoga experience.

Heated Slow Flow (Limit 20) • This slower paced heated (85 degrees) flow class allows time to explore the postures while cultivating strength, flexibility, balance and calm.

Intermediate Flow (Limit 24) • This intermediate flow class will be based primarily on positions and transitions from the Ashtanga primary series. Familiarity with the basic asanas (postures) is assumed.

Power Yoga (Limit 20) • A physically demanding style of yoga characterized by a fast-paced flow between poses, emphasizing strength, flexibility, and stamina often incorporating elements of Vinyasa yoga with a focus on linking breath to movement, making it a more intense workout.

Silver Sneakers Yoga (Limit 15) • Move through seated and standing yoga poses to increase flexibility, balance and range of motion. Great for beginners or more experienced exercisers interested in yoga and flexibility training.

Slow Flow Yoga (Limit 24) • Learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga. This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance & calm.

Vin Yin (Limit 20) • A blend of yin and yang modalities, this class cultivates a sense of balance between warming, active energy and cooling restorative energy. In the first half of class, the body is enlivened as muscles are warmed and heart rate increases through a moderate paced Vinyasa flow. In the second half of class, connective tissues and joints are deeply released using classic Yin postures while poses are held longer with an emphasis on a steady breath.

Yin Yoga (Limit 24) • Yin Yoga is the practice of quiet receptivity. This slower and meditative style of Yoga involves holding poses for longer periods of time and deep breathing. Through the application of moderate stretches to connective tissues including fascia, ligaments and tendons, students improve circulation to the joints and overall flexibility.

Yoga Flow (Limit 20) • This flow style yoga class incorporates energetic movement while focusing on strength and balance moving from one posture to another. Students will enjoy creative sequences as poses are woven together differently each time.

SPORTS PERFORMANCE

Escape (Limit 22) • A circuit style class incorporating functional exercises with a variety of equipment in the Escape Rig.

AQUA

Aqua Body Blast (Limit 20) • While easy on your joints, this "liquid gym" utilizes the deep and/or shallow ends of the lap pool to improve your core stabilization, cardiovascular fitness, and endurance with no or low impact.

Sweat Wet (Limit 14) • Jump right into the deep to increase your strength, endurance, and cardiovascular fitness. Designed to burn calories and make you sweat.