

## IXL Rhinebeck Fall Group Fitness Schedule

| Monday                                    | Tuesday                                     | Wednesday  | Thursday                                   | Friday                                      | Saturday   | Sunday  |
|---|---|--|--|---|--|---|
| <b>5:45 AM</b><br>XCEL Cycle<br>(45 min)  | <b>9:00 AM</b><br>Gentle Yoga<br>(85 min)   | <b>5:45 AM</b><br>XCEL<br>Step/Sculpt<br>(45 min)          | <b>6:30 AM</b><br>Tai Chi \$\$             | <b>5:45 AM</b><br>XCEL Interval<br>(45 min) | <b>8:30 AM</b><br>Aerobic Dance                      | <b>9:00 AM</b><br>Gentle Yoga<br>(80 min)               |
| <b>8:30 AM</b><br>Pilates                 | <b>10:30 AM</b><br>Willpower and<br>Weights | <b>9:00 AM</b><br>Aerobic Dance                            | <b>9:15 AM</b><br>Active Yoga<br>(85 min)  | <b>8:30 AM</b><br>Pilates                   | <b>9:00 AM</b><br>XCEL Cycle                         | <b>9:30 AM</b><br>XCEL Cycle                            |
| <b>9:30 AM</b><br>XCEL Sculpt             | <b>4:30 PM</b><br>XCEL Sculpt<br>(55 min)   | <b>9:30 AM</b><br>XCEL Cycle                               | <b>11:30 AM</b><br>XCEL Stretch            | <b>9:30 AM</b><br>XCEL<br>Step/Sculpt       | <b>9:30 AM</b><br>Zumba<br>(55 min)                  | <b>10:30 AM</b><br>XCEL Sculpt                          |
| <b>9:30 AM</b><br>XCEL Cycle              | <b>5:30 PM</b><br>XCEL Cycle                | <b>10:00 AM</b><br>XCEL Sculpt                             | <b>4:30 PM</b><br>XCEL Sculpt<br>(55 min)  | <b>9:30 AM</b><br>XCEL Cycle                | <b>10:35 AM</b><br>Active Yoga<br>(80 min)           | <b>12:00 PM</b><br>Bodies Under<br>Construction<br>\$\$ |
| <b>11:00 AM</b><br>XCEL Seniors           | <b>5:30 PM</b><br>XCEL<br>Endurance         | <b>11:00 AM</b><br>XCEL Seniors                            | <b>5:30 PM</b><br>XCEL Cycle               | <b>11:00 AM</b><br>XCEL Seniors             | <b>12:00 PM</b><br>Bodies Under<br>Construction \$\$ |   |
| <b>4:30 PM</b><br>Gentle Yoga<br>(80 min) | <b>6:30 PM</b><br>Yoga<br>(80 min)          | <b>4:00 PM</b><br>The Children's<br>School of Yoga<br>\$\$ | <b>5:30 PM</b><br>Zumba<br>(45 min)        | <b>4:30 PM</b><br>XCEL Cycle                | <b>1:30 PM</b><br>Family Yoga \$\$                   |   |
| <b>5:30 PM</b><br>XCEL Cycle              | <b>8:00 PM</b><br>Ballroom<br>Dancing \$\$  | <b>5:00 PM</b><br>Bellydancing \$\$<br>See front desk.     | <b>6:15 PM</b><br>Flow Yoga<br>(75 min)    |   | <b>2:15 PM</b><br>Children's Yoga<br>\$\$            |   |
| <b>6:00 PM</b><br>XCEL Sculpt<br>(55 min) |   | <b>6:00 PM</b><br>XCEL Sculpt<br>(55 min)                  | <b>7:30 PM</b><br>Ballroom Dancing<br>\$\$ |   |  |   |
|   |   | <b>6:00 PM</b><br>XCEL Cycle                               |  |   |  |   |
|   |   | <b>7:00 PM</b><br>Kickboxing                               |  |   |  |   |

**Fall Schedule starts September 22nd. Schedule subject to change. Please call club to confirm schedule of specific classes. Cycle classes require sign-up 24 hours prior. \$\$ See front desk for Specialty Class information. Bellydancing starts in October.**