

IXL Rhinebeck Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM Cycle (45 min)	5:00 AM Muscle Mania \$\$ (90 min)	7:15 AM Medical Qigong \$\$	5:00 AM Muscle Mania \$\$ (90 min)	5:45 AM Sculpt (45 min)	8:30 AM Cycle	8:30 AM Cycle
8:30 AM To The Core! \$\$ (45 min)	8:00 AM Total Body Workout \$\$	9:00 AM Aerobic Dance	8:00 AM Total Body Workout \$\$	8:30 AM Pilates	8:30 AM Aerobic Dance	9:00 AM Gentle Yoga
9:30 AM Pilates Fusion	8:30 AM Walking Club	9:30 AM Cycle	8:30 AM Walking Club	9:30 AM Cycle	9:35 AM Zumba Sign up required	9:35 AM Cycle
9:30 AM Cycle	9:10 AM Gentle Yoga	10:00 AM Cardio Sculpt	9:10 AM Active Yoga	9:35 AM Step/Sculpt	10:35 AM Vinyasa Yoga	10:30 AM WillPower & Grace (45 min)
11:00 AM Senior Fitness	10:35 AM Zumba	11:00 AM Senior Fitness	10:30 AM The Method \$\$	11:00 AM Senior Fitness	12:00 PM Zumbatomic for Kids \$\$ Lil Starz (age 4-7)	11:30 AM Latin Fusion Groove\$\$
12:00 PM The Method \$\$	12:00 PM Weight Watchers \$\$	12:00 PM Yoga Spin \$\$	12:00 PM Stretch	3:00 PM YAPT \$\$	1:00 PM Zumbatomic for Kids \$\$ Big Starz (age 8-12)	
3:00 PM YAPT \$\$	3:30 PM Silver Sneakers Sign up required	4:15 PM Yoga For Wellness \$\$	1:15 PM Silver Sneakers	5:30 PM Barefoot Bunz (45 min)	3:45 PM Yoga Basics \$\$	
4:30 PM Gentle Yoga	4:30 PM Sculpt	5:00 PM Cycle (60 min)	4:30 PM Sculpt			
5:30 PM Cycle	5:30 PM Zumba	6:00 PM WillPower & Grace (45 min)	5:30 PM Cycle			
6:00 PM Full Body Cardio Fusion	6:00 PM Cycle	6:00 PM Cycle (55 min)	6:00 PM Zumba Toning (45 min)			
6:30 PM Yoga Spin \$\$	6:30 PM Flow Yoga	6:45 PM Tai Chi \$\$	6:45 PM Vinyasa Yoga			
7:45 PM Bellydancing \$\$	7:45 PM Ballroom Dancing \$\$					

Schedule subject to change. Please call club to confirm schedule of specific classes. All cycle classes require sign-up beginning at 7AM the day prior. All classes are 55 minutes. Unless noted all yoga classes are 75 minutes. \$\$ Paid program: See front desk for details.