

## IXL Rhinebeck Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:00 AM</b> To The Core!\$\$ (40 min)	<b>5:00 AM</b> STRONG \$\$ (90 min)	<b>9:00 AM</b> Aerobic Dance	<b>5:00 AM</b> STRONG \$\$ (90 min)	<b>5:30 AM</b> Intervals (45 min)	<b>8:30 AM</b> Cycle	<b>7:30 AM</b> Total Body Sculpt
<b>5:45 AM</b> Cycle (45 min)	<b>8:00 AM</b> Total Body Workout \$\$	<b>9:30 AM</b> Cycle	<b>7:00 AM</b> Sculpt (50 min)	<b>8:00 AM</b> Cycle	<b>8:30 AM</b> Aerobic Dance	<b>8:30 AM</b> Cycle
<b>8:30 AM</b> To The Core!\$\$ (45 min)	<b>8:30 AM</b> Walking Club	<b>10:00 AM</b> Sculpt	<b>8:00 AM</b> Total Body Workout \$\$	<b>8:30 AM</b> Pilates	<b>9:30 AM</b> Zumba	<b>9:00 AM</b> Gentle Yoga
<b>9:30 AM</b> Pilates-Sculpt	<b>9:00 AM</b> Gentle Yoga	<b>11:00 AM</b> Senior Fitness	<b>8:30 AM</b> Walking Club	<b>9:30 AM</b> Cycle	<b>10:35 AM</b> Vinyasa Yoga	<b>9:30 AM</b> Cycle
<b>9:30 AM</b> Cycle	<b>10:30 AM</b> Zumba	<b>4:30 PM</b> The Method \$\$	<b>9:00 AM</b> Active Yoga	<b>9:35 AM</b> Step/Sculpt		<b>10:30 AM</b> WillPower & Grace (45 min)
<b>11:00 AM</b> Senior Fitness	<b>12:00 PM</b> Weight Watchers \$\$	<b>5:30 PM</b> WillPower & Grace (45 min)	<b>10:30 AM</b> The Method \$\$	<b>11:00 AM</b> Senior Fitness		
<b>12:30 PM</b> Silver Sneakers	<b>4:30 PM</b> Sculpt	<b>6:00 PM</b> Cycle	<b>11:45 AM</b> Stretch	<b>4:30 PM</b> Cycle		
<b>4:30 PM</b> Gentle Yoga	<b>5:30 PM</b> Cycle	<b>6:30 PM</b> Quigong (50 min)	<b>12:45 PM</b> Silver Sneakers	<b>6:30 PM</b> Martial Arts \$\$		
<b>5:30 PM</b> Cycle	<b>5:45 PM</b> STRONG \$\$ (90 min)		<b>4:30 PM</b> Sculpt			
<b>6:00 PM</b> Cardio Sculpt	<b>6:45 PM</b> Flow Yoga		<b>5:30 PM</b> Cycle			
<b>6:30 PM</b> Yoga Spin \$\$			<b>5:30 PM</b> Zumba			
			<b>6:30 PM</b> Cycle			
			<b>6:30 PM</b> Vinyasa Yoga			

**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 cycle classes are 55 minutes. Unless noted all yoga classes are 75 minutes. \$\$ Paid program: See front desk for details.**