



TYSONS CORNER
WINTER 2 2010
Schedule Effective:
 Feb 1, 2010 - Mar 31, 2010

GROUP FITNESS MANAGER: Tracy Bannister
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 * HammerRide CS Andy MacDonald 7:00 - 8:00 Pilates Body YS Brittany McGuire 8:30 - 9:30 Serious Sculpt MS Rebecca Elliott 9:30 - 10:30 * Cycle Go! CS Bob Holmes 10:30 - 11:15 Iron Body: Power MS Tara Taylor 10:30 - 11:45 Vinyasa Flow Yoga YS Najla Ammouri	6:00 - 7:00 Chisel'd MS Tara Taylor 6:00 - 7:00 Swim Club PD Andy MacDonald 8:30 - 9:30 CARDIO Burn! MS Tami Hayes 9:30 - 10:30 Boot Camp MS Kelly Lovallo 9:30 - 10:30 Vinyasa Flow Yoga YS Carolyn Weininger 10:30 - 11:30 Pilates Body YS Brittany McGuire	6:00 - 7:00 * Endurance Ride CS Andy MacDonald 8:30 - 9:30 Real Deal Boxing MS Rebecca Elliott 9:30 - 10:30 * Studio Cycling CS Tara Taylor 9:30 - 10:30 Serious Sculpt MS Rebecca Elliott 10:00 - 11:00 Aqua Motion PD Mary Lou Shehadi 10:30 - 11:45 Vinyasa Flow Yoga YS Najla Ammouri	6:00 - 7:00 Chisel'd MS Jeanne Slade 7:00 - 8:00 * Studio Cycling CS Tara Taylor 7:00 - 8:00 Power Flow Yoga YS Julia Kalish 8:30 - 9:45 Prana Flow Yoga YS Julia Kalish 9:30 - 10:30 * Rhythm Revolution CS Christianne Phillips 9:30 - 10:30 Chisel'd MS Tami Hayes 10:30 - 11:30 The Skinny Jeans Workout™ MS Tracy Cherpeski-Bannister 10:30 - 11:30 Vinyasa Flow Yoga YS Carolyn Weininger	6:00 - 7:00 Swim Club PD Jayme Deerwester 8:30 - 9:30 BOSU Burn! MS Gia-Ninh Chuang 9:30 - 10:30 * Performance Cycling CS Gia-Ninh Chuang 10:30 - 11:30 rEalign Pilates YS Jodi Rakoff	9:00 - 10:00 * Studio Cycling CS Jeanne Slade 9:00 - 10:15 Step Challenge MS Parastoo Zahedi 9:00 - 10:00 Aqua Motion PD Mary Lou S & Diane F 9:30 - 10:30 Pilates Mat YS Lilia Browning 10:15 - 10:30 Core Cuts MS Parastoo Zahedi 10:30 - 11:30 Chisel'd MS Gia-Ninh Chuang 10:30 - 11:45 Prana Flow Yoga YS Andrew McAuley 11:30 - 12:15 Iron Body: Power MS Gia-Ninh Chuang 11:45 - 12:15 Deep Release Yoga YS Andrew McAuley	8:30 - 9:15 * Treadmill Race Training TR Bob Holmes 9:15 - 10:15 The Skinny Jeans Workout™ MS Tracy C & Lisa G 9:15 - 10:15 * Interval Cycling MS Carolyn Weininger 10:15 - 10:30 Ab Lab MS Tracy Cherpeski-Bannister 10:30 - 11:30 BOSU Burn! MS Tracy Cherpeski-Bannister 10:30 - 11:45 Vinyasa Flow Yoga YS Carolyn Weininger
12:15 - 1:15 Boot Camp MS Kelly Lovallo	12:15 - 1:00 * Studio Cycling CS Dave Slikker 12:15 - 1:15 Lunchtime Yoga Flow YS Andrew McAuley	12:15 - 1:15 Whipped! MS Tara Taylor	12:15 - 1:00 * Studio Cycling CS Susan Russell	12:15 - 1:15 Climb-Max MS Gia-Ninh Chuang	12:15 - 1:00 * Impact! MS Lynette Bailey	2:30 - 3:30 Athletic Pilates YS Suzanne Miller
6:00 - 7:00 Whipped! MS Tara Taylor 6:00 - 7:00 Pilates Flow YS Lilia Browning 6:30 - 7:30 * Studio Cycling CS Susan Russell 6:30 - 7:30 Aqua Boot Camp PD Connie Warasila 7:00 - 7:45 Strength and Sculpt MS Kelvin Everitt 7:00 - 8:15 Prana Flow Yoga YS Andrew McAuley 7:45 - 8:00 Core Combinations MS Kelvin Everitt	5:45 - 6:30 Cardio Knockout! MS Lindsay Zahra 6:00 - 7:00 Centergy YS Tracy Cherpeski-Bannister 6:30 - 7:30 * Endurance Ride CS Noelle Holmes 6:30 - 7:45 Step Challenge MS Parastoo Zahedi 7:00 - 8:00 Vinyasa Flow Yoga YS Najla Ammouri 7:45 - 8:15 RIPPED Abs & Arms MS Parastoo Zahedi 8:00 - 8:30 Meditation YS Najla Ammouri	5:45 - 6:30 Climb-Max MS Gia-Ninh Chuang 6:00 - 7:00 * Studio Cycling CS Angela Akl 6:00 - 7:00 Pilates Power Play YS Lisa Grimmer 6:30 - 7:00 Ab Lab MS Gia-Ninh Chuang 7:00 - 8:00 Chisel'd MS Gia-Ninh Chuang 7:00 - 8:15 Prana Flow Yoga YS Andrew McAuley 7:00 - 7:45 * Treadmill Race Training TR Bob Holmes 7:15 - 8:15 * Interval Cycling CS Susan Russell	5:45 - 6:30 Iron Body: Power MS Tara Taylor 6:00 - 7:15 Vinyasa Flow Yoga YS Najla Ammouri 6:30 - 7:30 * Cycle Go! CS Bob Holmes 6:30 - 7:30 Step Challenge MS Matt Boehmer 7:15 - 8:15 Pilates Mat YS Suzanne Miller	5:15 - 6:00 Core Strength Yoga Flow YS Rob Hess 6:00 - 7:00 Sunset Yoga Flow YS Rob Hess	5:00 - 6:15 Candlelight Yoga YS Diane Rogers	

BOLD New Class, Instructor or Time
 * Sign-up required
 (available 30 min prior to start of class)

CLASS LEVEL GUIDE
 Unless otherwise indicated,
 all levels are welcome
 L1 Beginner
 L1/2 Beginner/Intermediate
 L2 Intermediate
 L2/3 Intermediate/Advanced
 L3 Advanced/Practiced

STUDIO KEY
 CS Cycling Studio
 MS Main Studio
 PD Pool Deck
 YS Yoga Studio
 TR Treadmill Area



TYSONS CORNER

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CLUB HOURS

Mon - Thurs: 5:30am - 11:00pm
Fri: 5:30am - 10:00pm
Sat - Sun: 8:00am - 7:00pm

KIDS's CLUB HOURS

Mon - Sun: 8:30am - 2:00pm
Mon - Fri: 4:00pm - 8:00pm

WINTER 2010 - CLASS DESCRIPTIONS

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

AQUA BOOT CAMP

A great fun workout to kick off your new year fitness goals. Get stronger and leaner without impact on your joints with Aqua Boot Camp Training using Water Resistance, Weights and Noodles. Great core training, and total body workout for all levels.

AQUA MOTION

Cardio and strength movement combinations patterned to maximize the resistance of the water.

ATHLETIC PILATES

An athletic approach to Pilates Mat, this class moves a bit faster with an emphasis on strengthening the core for other activities such as cycling and running.

BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

BOSU BURN!

A BOSU training class that combines cardio and sculpt.

CANDLELIGHT YOGA

A candle-lit room and a gentle healing approach to relieve stress and relax from the inside out. This class is for everyone!

CARDIO BURN!

Calorie-burning cardio...simple, fast & fun. Be ready for intervals that may include plyometrics, jump rope, athletic drills & more. Elevate your heart rate, your spirits & sweat yourself into that fit body.

CARDIO KNOCKOUT!

Knock your body into shape. This class integrates chambering, kicking, striking and blocking for a non-stop, sweat drenching workout. Fun and easy to follow.

CENTERGY

Change the way you think about your body and Center Your Energy with Centergy. A fusion of Yoga, Pilates, Dance and traditional exercise done to amazing music. A true experience.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CLIMB-MAX

PEAK your workout with Climb-Max for maximum results! The new SPRI Slanted Riser™ pushes all limits in an exciting and effective cardio/strength workout. Incline training can work your glutes up to 85% more than traditional training. So start climbing, burn calories and start seeing results.

CORE COMBINATIONS

In this non-aerobic conditioning class to specifically train the abdominals, lower back, and stability in the shoulder and hip girdle. Enhances abdominal definition, core strength, stability and flexibility.

CORE CUTS

Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

CORE STRENGTH YOGA FLOW

This class is a vigorous vinyasa flow that focuses on strengthening and moving from the core in each posture. The class highlights standing poses, arm balances, inversions and much more, while adding an abdominal workout section. Prepare to sweat, laugh and learn! Good for strong beginners to advanced students.

CYCLE GO!

Get your cardio buzz going with this great indoor cycling class taught to energizing music.

DEEP RELEASE YOGA

To hold or to flow...why not do both? Guided Prana Flow Yoga to organically lubricate the joints, warm the muscles of the body, and stimulate self awareness. Innovative postures held for longer durations supported by props to increase flexibility and encourage a full-body Deep Release.

ENDURANCE RIDE

An extended studio cycling class that is perfect for the weekend warrior. Extra minutes equals extra endurance, extra calories and extra strength.

HAMMERRIDE

Nail down your technique and improve your athletic performance! Strength, speed work, climbing, and breathing techniques for a high-intensity Studio Cycling class that appeals to the inner athlete in you! Developed by Andy MacDonald.

IMPACT!

Impact is the evolution of shadow kickboxing. No other workout can bring you the excitement, the intensity and the physical benefits of working on a bag. When striking a bag you are constantly testing your strength, increasing your stamina and are forced to improve your form and technique.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

IRON BODY: POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell.

LUNCHTIME YOGA FLOW

This hour long class leads you through a flow sequence building greater strength, flexibility and stamina while still providing detailed posture instruction. Posture modifications are provided.

MEDITATION

Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.

PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

PILATES FLOW

This class is a vigorous sequence of mat exercises based on Joseph Pilates work. The class will demonstrate core stability, flexibility and balance with upbeat music and flowing transitions.

PILATES MAT

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & agility.

PILATES POWER PLAY

Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

POWER FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

PRANA FLOW YOGA

Synthesized by Shiva Rea, this dynamic practice incorporates wave motion and circular patterning to access the body's instinctual alignment. Creative, meticulously crafted sequences build strength, improve flexibility, concentration, and cultivate a deeper connection with prana, or life force.

REAL DEAL BOXING

Train like a boxer with a real boxer. A technique-oriented boxing class that also focuses on self-defense. Using real boxing equipment that may include heavy bags, speed bags, hand wraps and boxing gloves, you'll be on the same training path as a professional boxer, enhancing strength, focus, speed and agility.

REALIGN PILATES

Strengthen, lengthen and restore symmetry to your body in this innovative approach to Pilates Mat. This focused workout improves core strength, flexibility and postural alignment. Whether you spend your life behind a desk or behind the wheel, we all need to rEalign!

RHYTHM REVOLUTION

A mix of the West Coast indoor cycling experience with the added flair of East Coast "get busy" technical training. The ride is as diverse as the playlist. Part party, part sweat fest...something for everyone.

RIPPED ABS & ARMS

Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

SERIOUS SCULPT

Informed by the latest findings in exercise science, instructors focus on strengthening and fine-tuning major muscle groups with a focus on functional exercises. This cutting-edge workout may include use of The Step, dumb-bells, Body Bars, medicine balls, body resistance, and/or the Gliding Disc (tm).

STEP CHALLENGE

This step class is all about choreography and fun. If you love step, you'll love this heart pounding, blood pumping, high intensity workout. This one-hour class will keep you stepping through the combinations for 45-50 minutes with a cool down and stretch to make your day.

STRENGTH AND SCULPT

Challenge yourself to a diverse total body workout incorporating creative exercises designed to strengthen and sculpt the body. Weights, bars, medicine balls are all used for a unique workout that is different from week to week.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

SUNSET YOGA FLOW

A new kind of "Happy Hour", Sunset Flow celebrates our inner bliss and happens every Friday after work. Release any stress or tension from your week in this body-warming, mind-centering, heart-opening yoga flow class.

SWIM CLUB

Focus on drills and form as you develop an efficient swim stroke. Training for a triathlon? Want to improve your form? Swimming for fitness? This class is for you! Emphasis is on the freestyle stroke. Participants must be able to swim 100 yards freestyle non-stop. Pool closed during class.

THE SKINNY JEANS WORKOUT™

A Whole Body Workout designed to focus on your abs, buns and thighs and get you into those skinny jeans. Molly Fox creator, Skinny Jeans Advocate and Change your Body Agent, fused tried and true 80's exercises with new modern moves. A fitness experience for all ages, get into a pair today...

TREADMILL RACE TRAINING

Run faster and farther through specifically devised workouts that are creative and challenging. For running athletes of all levels training for marathon to triathlon or simply running for fitness. Learn to improve running economy, form, muscular strength, power and endurance.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.