

Monday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
5:30-6:00am <b>GRIT</b> Cardio Sarah K.				
6:00-7:00am <b>BODYPUMP</b> BodyPump Melissa K.				
8:00-9:00am 20/20/20 Marisa	8:00-9:00am Yoga Fusion Melissa M.	8:50-9:20am <b>metaPWR™</b> MetaPWR Karen		
9:30-10:30am <b>BODYPUMP</b> BodyPump Angela	9:30-10:30am Barre Classic Lisa A.	9:30-10:30am Cardio Box Sharon	9:30-10:15am <b>SPVI</b> 45 Marisa	9:30-10:30am Aqua High Tia
10:45-11:45am Tai Chi Chih David	10:35-11:35am Mat Pilates Lisa A.			10:30-11:30am Cardio Low Tia
	11:45-12:45pm Strength & Balance Ellie			
4:30-5:30pm 20/20/20 Sharon				
5:30-6:00pm <b>GRIT</b> Strength Sharon	5:30-6:00pm <b>CXWORX</b> CXWORX Karen			
6:05-6:35pm <b>GRIT</b> Plyo/Cardio Karen				
6:40-7:40pm <b>BODYPUMP</b> BodyPump Sarah K.	6:30-7:15pm <b>SoulBody Barre</b> SoulBody Barre Marisa		6:30-7:15pm <b>SPVI</b> 45 Sharon	6:30-7:30pm Aqua Combo Jeanette
7:45-8:45pm <b>ZUMBA</b> Zumba Margo	7:20-8:20pm Restorative Yoga Melissa			

Tuesday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
5:15-5:45am HIIT Strength Tori			5:50-6:35am Cycle 45 Tori	
	6:00-7:00am Vinyasa Flow Yoga Melissa			
7:15-8:15am <b>BODYPUMP</b> BodyPump Marisa				
	8:30-9:15am <b>SoulBody Barre</b> SoulBody Barre Marisa			
9:30-10:00am <b>GRIT</b> GRIT Mix Becky	9:30-10:30am Hatha Yoga Debra		9:30-10:15am <b>SPVI</b> 45 Jen G.	9:30-10:30am Aqua High Tia
10:05-10:35am <b>CXWORX</b> CXWORX Becky				10:30-11:30am Cardio Low Tia
10:45-11:30am <b>ZUMBA gold</b> Zumba Gold Ellie	10:45-11:30am Beginner Barre Debra			
	11:45-12:45pm Gentle Yoga Melissa M.			
4:30-5:30pm <b>BODYCOMBAT</b> BodyCombat Erica				
5:30-6:30pm <b>BODYPUMP</b> BodyPump Steph	5:30-6:30pm Mat Pilates Lisa A.	6:00-6:30pm <b>metafit.</b> MetaFit Paige	6:00-7:00pm <b>SPVI</b> Gretchen	6:00-7:00pm Cardio & Calm Barbara
6:35-7:20pm Retro Step 45 Lisa A.	6:45-7:45pm Hatha Yoga Christopher	6:30-7:30pm Cardio Box Sharon		

Wednesday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
5:30-6:00am <b>GRIT</b> Plyo Sarah K.			6:00-7:00am <b>SPVI</b> Sarah K.	
7:45-8:15am <b>metafit.</b> MetaFit Cindy				
8:30-9:30am <b>BODYPUMP</b> BodyPump Cindy	9:00-9:30am Foam Rolling Sharon			
9:35-10:35am <b>ZUMBA</b> Cindy	9:35-10:35am <b>BODYFLOW</b> BodyFlow Sharon		9:35-10:35am <b>SPVI</b> Joanne	10:00-11:00am 20/20/20 Janice
	10:40-11:40am Belly Dancing Jenny	10:40 - 11:25am <b>TRX</b> TRX, Tori		
	11:45-12:45pm Strength & Balance - Tori			
4:00-4:30pm <b>metafit.</b> MetaFit Marisa				
4:30-5:00pm <b>CXWORX</b> CXWORX Sharon				
5:05-5:50pm Boot Camp 101 Sharon	5:15-6:00pm Barre Fusion 45 Marisa			
6:10-7:10pm <b>BODYPUMP</b> BodyPump Marisa	6:30-7:30pm Yoga Fusion Melissa		6:00-7:00pm <b>SPVI</b> Sarah K.	6:30-7:30pm <b>ZUMBA</b> Aqua Zumba Jeanette
7:15-8:15pm <b>ZUMBA</b> Zumba Margo			7:15-8:00pm <b>SPVI</b> 45 Jen G.	

Thursday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
5:30-6:00am Boot Camp 30 Amanda				
	8:30-9:30am Barre Classic Lisa A.		9:00-9:45am SPVI 45 Tori	
9:35-10:35am BODYPUMP BodyPump Angela	9:30-10:30am Barre Classic Lisa A.	9:30-10:30am Cardio Box Michelle K		9:30-10:30am Aqua High Tia
10:45-11:45am POUND & Sculpt - Gina	10:35-11:05am Mat Pilates 30 Lisa A.			10:30-11:30am Cardio Low Tia
	11:15-12:15pm Gentle Yoga Debra			
4:25-5:25pm Cardio Jam Fitness Jaclyn				
5:30-6:00pm GRIT Strength/Cardio Karen	5:25-5:55pm Foam Rolling Sharon (no class on Dec 7)			
6:00-7:00pm BODYCOMBAT BodyCombat Karen	6:00-7:00pm Vinyasa Flow Yoga Jenny	6:15-6:45pm metaPWR MetaPWR Sharon	6:15-7:15pm SPVI Steph	6:00-7:00pm 20/20/20 Jeanette
7:00-8:00pm Tai Chi Chih & Meditation David	7:05-7:50pm SoulBody Barre SoulBody Barre Ellie			

Friday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
5:30-6:00am GRIT Strength Sarah K.				
			6:00-7:00am Cycle Jim M.	
8:00-9:00am 20/20/20 Marisa	8:45-9:45am Slow Flow Yoga Debra	8:50-9:20am metaPWR MetaPWR Karen		
9:30-10:30am BODYCOMBAT BodyCombat Karen	9:45-10:30am Beginner Barre Debra		9:30-10:15am SPVI 45 Ed	10:00-11:00am Aqua Combo Lauren
10:45-11:45am ZUMBA Ellie	10:35-11:35am BODYFLOW BodyFlow Sharon			
	11:45-12:45pm Tai Chi Chih David			
		4:30-5:15pm TRX TRX Sharon		
5:30-6:30pm BODYPUMP BodyPump Sharon	6:00-7:00pm Restorative Yoga Christopher		5:30-6:15pm SPVI 45 Jaime	

You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begins.

If you have any questions or need more information, please contact:  
**Sharon Nicewinter, Group Fitness Manager**  
sharonn@fitnessandwellness.org

Saturday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
7:45-8:15am GRIT Plyo Sarah K.			7:45-8:45am SPVI Lauren	
8:20-9:20am BODYPUMP BodyPump Sarah K.	8:30-9:30am Barre Classic Aileen	9:00-9:30am metaPWR MetaPWR Paige		
9:25-10:25am BODYPUMP BodyPump Steph	9:35-10:35am Hatha Yoga Christopher	9:35-10:05am metafit. MetaFit Paige		9:30-10:30am Aqua Combo Jeanette
10:35-11:35am ZUMBA Rotation		10:05-10:35am Abs and Stretch, Paige	10:00-11:00am SPVI Walt	

Sunday				
Studio 2	Studio 1	Studio 3	Cycle	Aqua
8:30-9:30am BODYPUMP BodyPump Melissa K.			8:00-9:00am SPVI Marisa	
9:40-10:40am BODYCOMBAT BodyCombat Elana	9:15-10:00am SoulBody iBarre SoulBody Barre Marisa			9:00-10:00am Aqua Shallow & Deep Brett
10:45-11:45am POUND Gina	10:45-11:40am BODYFLOW BodyFlow Elana		10:30-11:30am SPVI Ed	10:00-11:00am Aqua Combo Brett
	12:00-1:00pm Tai Chi Chih Kathleen or Jennifer			

All classes and instructors are subject to change without notice.

1020 Baltimore Pike, Suite 150, Glen Mills, PA 19342 484-227-7999  
mainlinehealthfitnessandwellness.com

Hours of Operation: Monday – Friday 5:00am – 11:00pm & Saturday – Sunday 7:00am – 7:00pm

### Aqua – classes held in the Lap Pool or Therapy Pool

**20/20/20:** Twenty minutes each of cardio (low impact options provided), strength, and core and stretching in the pool.

**Aqua Combo:** A cardio, toning and stretching workout using equipment and the water's resistance.

**Aqua Zumba®:** A dance party in the water!

**Aqua High:** An energetic class that will improve your cardiorespiratory endurance.

**Aqua Shallow & Deep:** A higher intensity strength and cardio class held in the Lap Pool using both shallow and deep water. A flotation belt will be used in the deep water.

**Cardio & Calm:** Begin the class with gentle cardio in the warm water followed by relaxing stretching.

**Cardio Low:** A warm water aerobics class designed to increase your endurance using low impact movements. The instructor will give options for all levels.

### Barre

**Barre Classic:** A total body workout utilizing the ballet barre to perform small isometric movements set to fun and upbeat music. You will tone your legs, glutes, abs and arms while improving core strength and posture.

**Barre Fusion:** This class will use both the ballet barre and Pilates mat exercises. Tone your whole body using your body weight, light weights and resistance bands.

**Beginner Barre:** Learn the Barre basics. Slower paced with a focus on form and alignment. 45 minutes.

**Soul Body Barre™:** An invigorating total body workout created from using the most progressive techniques and cutting edge choreography set to motivating music that will transform your body resulting in power, physical grace and stamina.

### Core/Pilates/Yoga

**Abs & Stretch:** A 30 minute class with 20 minutes of abs and 10 minutes of stretch.

**BODYFLOW™:** A yoga class from Les Mills that includes Pilates and Tai Chi to build flexibility and strength. A carefully structured series of stretches, movements and poses to music followed by relaxation will bring the body and mind into a state of harmony and balance.

**CXWORX™:** Build your core strength and tone your abs, butt and legs with this 30-minute workout from Les Mills™. A whole body workout on its own or as a compliment to the rest of your workout.

**Foam Rolling:** A form of Self Myofascial Release that aids the recovery of muscles by assisting in returning them to normal function. Use the foam roller to self-massage the muscles and release muscle tightness and trigger points.

**Gentle Yoga:** A slower, basic yoga class that emphasizes stretching, coordination of breath with movement and attention to alignment. Poses will be adapted for the needs of the class, including the use of a chair. This class is suitable for all ages and fitness levels.

**Hatha Yoga:** Gentle yoga that uses postures and stretches with the breath to develop flexibility, balance and strength.

**Mat Pilates:** This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance. 30 and 60 minute class options.

**Restorative Yoga:** The combination of gentle hatha and deep restorative work improves range-of-motion and joint mobility while reducing general discomfort and the effects of stress.

**Slow Flow Yoga:** For beginning students and those wishing to practice at a moderate pace, this class is the perfect introduction to a faster vinyasa yoga.

**Tai Chi Chih and Meditation:** Often described as meditation in motion, Tai Chi Chih promotes serenity through gentle, flowing movements. The class will help to reduce stress and anxiety while increasing flexibility and balance.

**Vinyasa Flow Yoga:** A quicker paced class that uses sequences of poses that flow from one to the next. There is a focus on linking the breath with the movement.

**Yoga Fusion:** Explore different yoga styles including Hatha, Vinyasa, Vini, Yin, Chakra and Kundalini.

### Cycle

Bring your cycle training indoors using our Keiser bikes. Your instructor will take you on a journey of climbs, sprints and flat riding. Adjust your own resistance levels and speed so every ride meets your personal goals.

**SpiVi®:** Uses interactive 3D scenery based on data sent wirelessly from the bikes. Visualize training goals, show real time performance metrics and get in depth personal data analyses after each class.

**\*\*You must reserve a bike for all Cycle classes. Please pick up a ticket at the Reception Desk up to 60 minutes before class begin. One ticket per person.\*\***

### Cardio and Dance

**Belly Dancing:** A fun whole body workout with emphasis on the hips and core - great for beginners and also experienced dancers wanting to learn new moves.

**BODYCOMBAT™:** Unleash your inner warrior in this Les Mills™ class inspired by martial arts that draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. 30 and 60 minute class options.

**Cardio Box:** Boxing drills using heavy bags and cardio intervals will strengthen your body and help to release stress. Held in Studio 3. **Boxing gloves are required.**

**Cardio Jam Fitness:** A fun dance-inspired workout that incorporates functional strength bodyweight movements. The class finishes with resistance training and core work.

**Les Mills GRIT™ Cardio:** A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn using a variety of body weight exercises.

**Les Mills GRIT™ Plyo:** A 30-minute high-intensity interval training (HIIT) plyometric-based workout that combines explosive jumping with agility training to build a lean, athletic body.

**POUND®:** Using lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly fun and effective work out. **POUND® & Sculpt** incorporates light weights into the workout.

**Retro Step:** Tone your legs and booty by moving up, over and around your step. This class will improve coordination as you learn *simple* choreographed routines first taught when Step Aerobics became popular in the 1980s.

**Zumba®:** Move to Latin and international music – a fitness dance party!

**Zumba Gold®:** a modified **Zumba class** that uses the original moves you love, just at a lower-intensity.

### Cardio and Total-Body Strength Training

**20/20/20:** Twenty minutes each of cardio (low impact options provided), strength, and core and stretching.

**Boot Camp:** A mix of traditional calisthenic exercises along with cardio and strength training.

**Boot Camp 101:** A great place to start! Modifications and options for all levels.

**HIIT:** It's only 30 minutes! Push yourself a little harder to rev up the metabolism and get fast results.

**Metafit® HIIT:** Created by a former Royal Marine Commando, Metafit® combines the latest HIIT training techniques with traditional 'Old school' bodyweight exercises to set the metabolism on fire!

**metaPWR®:** From the creator of Metafit, a HIIT workout using battle ropes, sand bags and kettlebells.

### Total-Body Strength Training

**BODYPUMP™:** A revolutionary barbell workout from Les Mills™ that strengthens all the major muscle groups. The class consists of exercises such as squats, presses, rows and curls. You determine the intensity level by adjusting your weights for each body part. It's like a weight room with guided exercise and a team environment!

**Les Mills GRIT™ Strength:** A 30-minute high-intensity interval training (HIIT) workout that uses barbells, plates and body weight exercises to blast all major muscle groups.

**Strength & Balance:** Use different forms of resistance equipment and easy to follow movements to strengthen the whole body. Balance work is incorporated to strengthen the core and help prevent falls.

**TRX® Suspension Training:** Created by Navy Seals, TRX bodyweight exercises develop strength, balance and core stability. And you control the difficulty of the exercise by adjusting your body positioning.

### Group Fitness Etiquette

- If you are new, please arrive a couple of minutes before the start of class and introduce yourself to the instructor.
- Silence your cell phone. If you need to take a phone call, please do so in the hallway.
- Please place all personal belongings in a locker.
- Do not put away equipment during the class. Wait until the end of the class or as directed by the instructor.
- Please wipe down equipment, mats and bikes with cleaning materials provided.
- Remember that it is okay to smile!

Please turn over for more descriptions