

GROUP FITNESS

Schedule effective January 1, 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 7 AM BURN 6 th Floor Jennifer \$	6 - 7 AM ENDURANCE SPIN Spin Studio Erin	6 - 6:45 AM RIDE IN 45 Spin Studio Jennifer	6 - 7 AM BURN 6 th Floor Jennifer \$	6 - 6:45 AM RIDE IN 45 Spin Studio Tracey	8 - 8:45 AM RIDE IN 45 Spin Studio Tracey	
6 - 6:45 AM RIDE IN 45 Spin Studio Jamie	6:30 - 7:15 AM VINYASA FLOW 6 th Floor Steve	6 - 6:45 AM TOTALSTRENGTH 6 th Fl / Brittany	6 - 7 AM ENDURANCE SPIN Spin Studio Erin	6:30 - 7:15 AM VINYASA FLOW 6 th Fl / Annie	8 - 8:45 AM YOGA FLOW 6 th Floor Steve	8:30 - 9:15 AM RIDE IN 45 Spin Studio Erin
		8:30 - 9:15 AM REFORMER PILATES EXPRESS 6 th Fl/Kelsey \$		9:30 - 10:15 AM AQUA TONE Pool / Reggie		
9:30 - 10:15 AM AQUA TONE Pool / Reggie	9:30 - 10:10 AM TOTALSTRENGTH 6 th Floor Michele	9:30 - 10:15 AM BARRE 6 th Floor Kelsey		9:30 - 10 AM HITT 30 6 th Floor Erin	9 - 10 AM VINYASA FLOW 6 th Fl/Annie	
10 - 10:45 AM LIFT 6 th Floor / MJ	10:20 - 11 AM MAT PILATES 6 th Floor Michele		10:15 - 11 AM SLOW - FLOW VINYASA 6 th Fl / Ashley		9 - 9:45 AM SPINERVALS Spin Studio Jon	
11:30 - 12:15 50/50 6 th Floor/Spin Dr. Sandy	11:25 - 11:55 AM TABATA TAKEDOWN 6 th Fl/Tera	12 - 12:30 PM ABS, CORE, CARDIO (ACC) 6 th Fl/Michele	11:15 - 12:00 VINYASA FLOW 6 th Floor Ashley W.	11:30 - 12:15 50/50 6 th Floor/Spin Dr. Sandy	10:15 - 11 AM BARRE 6 th Floor Jess	10:30 - 11:25 AM MAT PILATES 6 th Floor Jess
12 - 12:45 PM REFORMER PILATES EXPRESS 6 th Floor Michele \$	12:10 - 1 PM VINYASA POWER FLOW 6 th Floor Annie	12:30 - 1:15 PM REFORMER PILATES EXPRESS 6 th Floor Michele \$	12:15 - 1 PM BODYPUMP EXPRESS 6 th Floor/Pam	12 - 12:45 PM REFORMER PILATES EXPRESS 6 th Floor Michele \$		
12:30 - 1:15 PM RIDE IN 45 Spin Studio Tiffany	12:30 - 1:15 PM RIDE IN 45 Spin Studio Tera	12:30 - 1:15 PM RIDE IN 45 Spin Studio Pam	12:30 - 1:15 PM RIDE IN 45 Spin Studio Laura	12:30 - 1:15 PM RIDE IN 45 Spin Studio Erin		
	4:30 - 5:15 PM REFORMER PILATES 6 th Floor Kelsey \$				KID ZONE & NURSERY <u>Hours of Operation</u> Monday through Friday: 9 AM - 1:30 PM and 5 PM - 9 PM Saturday: 8 AM - 12 PM Please call the Front Desk to make arrangements: 614.221.3344. Reservations may be made 48 hours in advance.	
6 - 6:45 PM RIDE IN 45 Spin Studio Jennifer	5:45 - 6:30 PM BODYPUMP EXPRESS 6 th Floor Gina	6 - 7 PM SPIN / YOGA Spin Studio/ 6 th Floor Gina	5:45 - 6:30 PM BODYPUMP EXPRESS 6 th Floor Gina			
6 - 7 PM SLOW-FLOW MEDITATION 6 th Floor/Gina	6:35 - 7:30 PM MAT PILATES 6 th Floor Jess					

\$ Denotes member fee. Contact Michele DeVault for all Reformer Pilates reservations: mdevault@accolumbus.com. Spinning and BodyPump classes require reservations; sign up on the ACC app, on the website, or call the Front Desk, 614.221.3344, within 25 hours. Please contact Athletic Director Dana Johnson with questions: djohnson@accolumbus.com.

AQUA CLASSES

AQUA TONE Pool, 4th Floor

An upgrade from traditional water aerobics; focus on one or more exercises that will tighten the core and provide a cardio workout. Class includes boxing, water aerobics, aqua belts, and swimming components.

INDOOR CYCLING CLASSES

50/50 Spinning Studio, 3rd Floor and 6th Floor Studio**

Start with an intense 30 minute sculpt routine in the 6th floor studio and finish with 30 minutes of spinning. Two workouts in one to save time and get results.

RIDE IN 45 Spinning Studio, 3rd Floor **

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.

***ENDURANCE SPIN**- same class, extra 15 minutes!

SPIN / YOGA Spinning Studio, 6th Floor Studio**

Begin with 30 minutes on the bike in the spin studio for an intense cardio work out, finish up in the 6th floor studio for the last 30 minutes of class to cool down, stretch and restore your muscles.

MIND/BODY CLASSES

BALANCE 6th Floor Studio

A yoga inspired stretch and strength class designed to achieve body symmetry and muscular balance. Movement combines the whole of the body with emphasis on core strength, isolating body quadrants & planes equally. Beneficial to athletes, rehabbing injured and fitness enthusiasts. Newbies welcome!

BARRE 6th Floor Studio**

Barre is an upbeat exercise workout that integrates interval training with muscle-shaping isometrics to quickly and safely re-shape your entire body. This low-impact workout combines the grace of the ballet bar with the wisdom of yoga and the strength of Pilates. The class also incorporates stretching segments after each strengthening series, lengthening your body and increasing flexibility while you tone. You will become strong like an athlete, long and lean like a dancer.

MAT PILATES 6th Floor Studio

Pilates Mat classes are the floor work version of the Pilates method. Focus is placed on precise movements originating from the center or core of your body. Working from the deepest layers of muscles, which stabilize and support your spine and pelvis, resulting in a strong, flexible spine with ideal posture and alignment.

REFORMER PILATES 6th Floor Studio \$*

One of the best things about the reformer is its versatility. Exercises can be done lying down, sitting, standing, pulling the straps, pushing the footbar and many other variations. The reformer offers all of the famous benefits of Pilates including overall strength, flexibility, coordination and balance.

SLOW FLOW VINYASA YOGA 6th Floor Studio

Allows beginners to create their own synchronized practice, while learning poses and how to move, breathe, and stretch between poses. Slow Flow brings the element of time into the practice. The student has time to evaluate how and when a pose should be modified, due to physical limitations or limitations in experience. The student also has the time to mentally engage with the body, as it moves through a series.

Modifications provided for each movement or exercise. All levels welcome in all classes.

VINYASA FLOW 6th Floor Studio

A fast paced heated yoga with an advanced ring to it. This class is no joke - Strong vinyasa flow utilizing upbeat music to intensify your workout, you will be taken through a sequence of advanced postures, arm balances and standing poses. Previous experience recommended.

YOGA FLOW 6th Floor Studio

Like all styles of yoga, Vinyasa has both mental and physical benefits. Physically, sweat expels toxins and re-energizes your body. Mentally, the synchronized breathing relaxes your mind and helps to release any blockage of energy flow throughout your body.

SLOW-FLOW MEDITATION 6th Floor Studio

Take it slow with this gentle, but deep approach to Vinyasa yoga. This practice links poses to breath to reveal body awareness, inner strength, and easeful opening. The class also includes a guided meditation for the ultimate yoga experience.

STRENGTH CLASSES

BODYPUMP® 6th Floor Studio **

The original barbell class that strengthens your entire body. This 60-minute workout challenges all of your major muscle groups. Great music, awesome instructors and your choice of weight inspire you to get the results you came for...and fast! One of the nationally recognized Les Mills lines of classes.

HITT 30 6th Floor Studio

Similar to Tabata Protocol (see below), HITT 30 follows a specific format: 30 seconds of high intensity exercise, 30 seconds of rest.

TABATA TAKEDOWN 6th Floor Studio

Tabata training, also known as the Tabata Protocol, is a type of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. Tabata training follows a specific format: 20 seconds of a very high intensity exercise, 10 seconds of rest. Be prepared to sweat!

TOTAL STRENGTH 6th Floor Studio

Total Strength is a great way to achieve overall strength and muscle tone. This class will feature high- energy total body strength training techniques aimed at building lean muscle and blasting fat. The class utilizes premium fitness equipment (barbells, dumbbells, TRX, exercise bands, etc.) as well as body weight and plyometrics for an all-over high-intensity workout.

SMALL GROUP TRAINING

BURN 6th Floor Studio - \$*

If your desire is to improve your fitness or take your training to the next level, this small-group workout is for you. Working with a Certified Personal Trainer, you'll experience a total-body circuit training regimen composed of resistance and body-weight training, cardio, plyometrics, and ab work.

TRX 6th Floor Studio - \$*

The TRX Suspension Trainer is a workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise. TRX also requires you to use your core in every single movement, which leads to a stronger and better functioning body. *(Not currently offered)*

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\$* Denotes additional member charge, reservations required 24 hours in advance,
** Reservation required ONLINE (through the website or the ACC app) within 25 hours
of the class to secure your attendance. A \$10 fee will be charged to your member
account for a no - show.

Please contact Group Fitness Coordinator Michele DeVault with any questions
regarding the Group Fitness Schedule:
mdevault@accolumbus.com, 614.221.3344