

CLASS DESCRIPTIONS

Total Body Burn: A challenging strength and resistance training with cardio training and core work. This class will work your body head to toe with the use of dumbbells, barbells, steps, resistance bands & more. Improve strength, power & stamina! A great way to get your heart pumping, burn fat and have fun in a class setting!

Cycle & Core: This combo class fuses high energy indoor cycling and core strength training for a full-body workout. The class begins with 45 minutes of cycling, followed by 15 minutes of targeted strength training focused on your core.

Power Yoga: Move at a faster pace, linking breath to movement. Heat is created in the body as you flow through traditional yoga postures, as well as added core work and cardio. Improve your mental and physical strength with this vigorous practice and leave feeling calmer and more at peace.

Vinyasa Yoga (all levels): Vinyasa yoga refers to a way of doing yoga that emphasizes the union of breath and movement, usually involving a gradual progression from one asana (pose) to the next, so that the poses are smoothly connected. This class offers modifications and different variations for all levels, allowing you to decide if you need to take it slow or challenge yourself.

Hatha Yoga: Moderate Yoga Flow with attention to detail to enhance the poses and overcome dysfunction. This class includes standing, seated and reclined poses to build strength and flexibility. Improved posture and focus are also benefits of the practice.

Slow Flow Yoga: The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose, instead of moving with each breath. The slower pace allows for deeper longer stretches, with plenty of room for strengthening. Slow Flow is appropriate for All Levels.

Pilates: Pilates may be the perfect fit for you! You will work on building a strong powerhouse. Each class will be formatted in a different way using Pilates rings, bands, gliders etc. to work on your core, burn calories, and stay toned. Modifications and levels will be shown during each class.

Zumba: A total workout, combining all elements of fitness: Cardio, muscle conditioning, balance, flexibility, boosted energy and a serious dose of awesome each time you leave class. Zumba mixes low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party.

For questions about Group Exercise, please contact our Group Exercise Coordinator, Jennifer Albin:
jenny@wtsc.com

Cycling: Ride on the flats, up hills and over rolling hills, all while being motivated by great music and instruction. Spinning is perfect for everyone, since you control the resistance and pedal speed creating just the right intensity for you.

Water Fitness: A low-impact water aerobics class where no swimming skills are needed. This class is designed to give a full-body workout, improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water. Exercises are performed in the shallow and deep end of the pool, using foam dumbbells while exercising to lively music.

UGX (Ultimate Group Exercise): A heart-pumping group fitness class that is specifically designed to provide a functional full-body workout while improving strength, endurance, capacity, mobility and body composition.

LES MILLS

LES MILLS BODYCOMBAT

BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner.

LES MILLS BODYPUMP

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

LES MILLS RPM

Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

LES MILLS CORE

An intensely challenging core workout that gets you results where it counts the most.

LES MILLS GRIT

A 30-minute high-intensity interval training (HIIT) workout designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



WESTBORO TENNIS & SWIM CLUB



ALL
LEVELS
WELCOME!

WTSC

GROUP EXERCISE CLASSES

RE-ENERGIZE | CENTER YOURSELF | HAVE FUN




















35 CHAUNCY ST. WESTBOROUGH, MA 01581




508.366.1222 | WTSC.COM

EFFECTIVE 9.3.24



Fall 2024

TIME	Mon.	Tues.	Wed.	Thurs.	Fri.		TIME	Sat.	Sun.
6:15 AM	 CYCLE w/ LAURA	 LES MILLS BODYCOMBAT w/NATALIE		 LES MILLS BODYPUMP w/NATALIE			8:00 AM	 CYCLE w/ BETH	LES MILLS CORE w/ MARI
6:30 AM	 UGX						8:45 AM		 BODYCOMBAT w/MARI  CYCLE & CORE w/ JENNY
8:30 AM			LES MILLS GRIT w/ SANJEETA 30 MIN. CLASS				9:00 AM	LES MILLS BODYPUMP w/MARI	
9:00 AM	WATER FITNESS w/KIM@POOL			WATER FITNESS w/KIM@POOL			10:00 AM		SLOW FLOW YOGA w/ TBA
9:15 AM	LES MILLS BODYPUMP w/ SANJEETA	 CYCLE w/ MONICA	LES MILLS BODYPUMP w/ SANJEETA	TOTAL BODY BURN w/ MONICA	LES MILLS BODYPUMP w/ SANJEETA		10:15 AM	ZUMBA w/NICKY	
10:30 AM	 HATHA YOGA w/ DYAN	 LES MILLS CORE w/ MONICA	 VINYASA YOGA w/ ELLEN	PILATES w/LORI	 SLOW FLOW YOGA w/ REBECCA		11:00 AM	 UGX	
11:30 AM		PILATES w/LORI							
12:00 PM				 SLOW FLOW YOGA w/ EILEEN					
5:00 PM		 VINYASA YOGA w/ KRYSTAL			 UGX				
5:15 PM	 LES MILLS RPM  w/ SANJEETA								
5:30 PM				30 MIN. CORE w/NATALIE					
6:00 PM	POWER YOGA w/ KRYSTAL	LES MILLS BODYPUMP w/ SHARON	 CYCLE w/ YANA	LES MILLS BODYCOMBAT w/NATALIE					
7:00 PM			PILATES w/LORI						

 Cycle 8 Soul Studio is located upstairs in the fitness center.
  UGX is a 1 hour class located across the street, at 30 Oak St (entrance is behind the kids club building).
  These classes are 45 min. long
 All other classes will be held in the Group Exercise Studio. Please try to be on time for class.

ALL CLASSES ARE 55 MIN UNLESS OTHERWISE NOTED
 EFFECTIVE: 9/3/24,
 VERSION 1