

SPRING 2012 SCHEDULE

MONDAY

7:00a-7:45a	M-Fusion
Maria Berlinski	A
8:30a-9:30a	TRED™
Cheri Fogleman	Cardio Area
<i>Sign up Required</i>	
9:15a-10:00a	Zumba
Jamie Concepcion	A
10:00a-11:00a	Power Sculpt
Leslie Howitt	A
12:30p-1:30	Ashtanga Open
Lisa Landphair	A
6:00p-6:30p	SWEATcore
Challemar Bernard	A
<i>Sign up required</i>	
6:30p-7:30p	SWEAT
Challemar Bernard	A
<i>Sign up required</i>	
6:30p - 7:30p	CLAY Cycle
Jamie Norcini	B
<i>Sign up required</i>	
7:30p-8:30p	Rolling Grace
Michael McArdle	A

TUESDAY

7:15a- 8:00a	CLAY Cycle
Kati Cowardin	B
<i>Sign up required</i>	
9:00a -10:00a	Coreconnect
Leslie Howitt (Inter/Adv)	A
10:00a-10:45a	CLAY Cycle
Jamie Norcini	B
<i>Sign up required</i>	
11:00a-11:30a	Guts & Guns
Jamie Norcini	A
12:30p - 1:30p	Power Sculpt
Terry Fister	A
6:00p - 6:30p	BARREcore
Keisa Parrish	A
6:30p - 7:30p	bodyBARRE
Keisa Parrish	A
7:30p-8:45p	Vinyasa Yoga 1
Sylvie Barthelemy	A

WEDNESDAY

7:00a - 8:00a	Vinyasa Yoga Open
Melissa Ludwig	A
8:30a - 9:30a	TRED™
Jamie Norcini	Cardio Area
<i>Sign up required</i>	
9:30-10:30a	Rolling Grace
Michael McArdle	A
10:30-11:15a	YogaSTRENGTH
Michael McArdle	A
12:30p-1:30	Ashtanga Open
Lisa Landphair	A
6:30p - 7:30p	CLAY Cycle
Jamie Norcini	B
<i>Sign up required</i>	
6:30p - 7:30p	Pure Pilates
Leslie McNabb	A
7:30p-8:30p	Vinyasa Yoga
Carleen Shankle	A

THURSDAY

7:00a-8:00A	Recess
Egon O'Gun	A
7:15a-8:00a	CROSSCycle
Kati Cowardin	B
<i>Sign up required</i>	
9:00-10:00a	corePOWER ADV
Aida Palau	A
10:00a-10 :45a	CLAY Cycle
Maria Berlinski	B
10:15-11:00a	BodyBARRE
Keisa Parish	A
12:30p-1:30p	Power Sculpt
Cheri Fogleman	A
6:30p-7:30p	The Training Ground
Garry Baddal	A
6:45p-7:30p	CLAY Cycle
Melissa Ludwig	B
7:30p-8:30p	Vinyasa Yoga 2
Melissa Ludwig	A

FRIDAY

7:00a - 8:00a	TRED™
Cheri Fogleman	Cardio Area
<i>Sign up required</i>	
8:30a-9:45a	Vinyasa Yoga Open
Kristen McGee	A
10:00a-11:00a	Cardio Sculpt
Jamie Norcini	A
11:00a-12:00p	Pilates Basics
Pam Wagner	A
6:00p-7:30p	Recharge & RenewYoga 1
Whitney Chapman	A

SATURDAY

9:00a - 10:00a	Vinyasa Yoga 2
Michael McArdle	A
9:00a-9:45a	CROSSCycle
Jerome Isakov	B
<i>Sign up required</i>	
10:00a- 11:00a	CLAY Cycle
Jamie Norcini	B
<i>Sign up required</i>	
10:00-a-11:00a	Power Sculpt
Cheri Fogleman	A
11:00a -11:30a	CLAY Core
Cheri Fogleman	A
11:30a-1:00p	Vinyasa Yoga Open
Lisa Landphair	A
1:15:2:15p	Zumba
Jamie Concepcion	A

SUNDAY

9:00a - 10:00a	Pure Sculpt
Danna Sokoler	A
10:00a-11:00a	Just Dance!
Danna Sokoler	A
10:15a-11:00a	CLAY Cycle
Kati Cowardin	B
<i>Sign up required</i>	
11:00a-12:00p	Vinyasa Yoga Open
Christina Tarantoloa	A
12:00-1:00p	POWERhour
Thomas McClelland	A
3:00-4:30p	Vinyasa Yoga 2
Amrit Ramkisson	A

NEW

NEW

Indicates a change in class or instructor

Effective April 22nd, 2012

Semi-Private Pilates Equipment Classes at CLAY*

NEW	Thursday	6:30p - 7:30p	
	Reformer	Jenny Gillan	
	Sunday	10:00a-11:00a	Sunday
	Reformer	Jenny Gillan	Reformer
			Sunday
			11:00a - 12:00p
			Reformer
			Jenny Gillan

*Cost : \$40.00 per class

*Reservations are required

*Please contact Front Desk for scheduling

GROUP FITNESS at CLAY

25 West 14th Street
New York, NY 10011
212.206.9200
www.insideclay.com

Club Hours
Mon-Thurs: 5:30AM-11PM
Fri: 5:30AM-10PM
Sat-Sun: 8AM-9PM

Programming at CLAY reflects our philosophy of combining physical training with mindful exercise. Members are encouraged to integrate a variety of classes into their routine for optimal results.

PILATES Reformer Classes: Member:\$40.00 /NonMember \$50.00
Small Reformer Classes offer individual attention in a semi-private setting. Space is limited. Reservations must be made at the front desk.
Pilates Reformer. Tone, tighten and lengthen the body with the Pilates Reformer. This workout is a great introduction to the world of Pilates.
Pilates 101. Be introduced or revisit all the classic exercises on all Pilates apparatus. This class is individually modified to accommodate all levels.

PILATES

Pilates Basics—Learn or revisit the fundamentals of Pilates to begin or to enhance your Pilates practice.
Pure Pilates—A challenging classical mat class taught by CLAY's Pilates Director, Leslie McNabb. All levels.

YOGA/MEDITATION

Ashtanga. This class draws from the poses of the Ashtanga yoga primary series. While executing a series of poses the student is challenged to focus on breath and find a deep sense of calm. By moving past the physical aspects of the yoga practice, one can quiet the mind and deepen the connection to self. This class is recommended for intermediate to advanced students.

Recharge & Renew. A Restorative-inspired yoga class that slowly places the body into poses while supported by various yoga props such as blankets and blocks. This practice is an excellent gateway to meditation as it soothes the physical body and calms the mind. The perfect way to center yourself for the weekend.

Vinyasa- A class that incorporates traditional poses with breath that flows seamlessly from beginning to end. De-stress while enhancing your flexibility and calming your mind.

YOGA LEVELS

Level 1 - New to yoga? This non-intimidating class is performed at a slower pace to introduce yoga terminology, postures and breath awareness. Experienced practitioners may use this class to revisit the basics.

Level 2 - Challenge yourself with more advanced poses in this intermediate level class.

Level 2/3 - Designed for intermediate/advanced practitioners. This class includes challenging poses, previous experience is required of all students.

Open - This class is geared towards advanced practitioners but modifications will be shown to all levels.

DANCE

justDANCE African to Hip Hop to Jazz. This fun and easy to follow dance class with a driving beat and great music will allow you to feel free, let loose and have fun! All levels.

Zumba —Time to Zumba! A blend of Latin and international rhythms with easy-to follow moves creates a fun and calorie blasting dance workout. All Levels.

CONDITIONING

BARRECore. Make the cut with an intense core workout and see the chiseled results.

bodyBARRE. CLAY's signature class will sculpt your legs, lift your seat, create sexy and defined shoulders and give you rock hard abs. This workout infuses the principles of classical dance, Pilates, yoga, isometrics and a little bit of "funk".

Cardio Sculpt A body sculpting class that mixes it up with intervals of resistance and cardio intervals. An old school workout that produces great results.

CoreConnect -A challenging and effective class that hits deep into the core. This class blends the principles of Pilates, yoga, traditional core work and breath.

CLAY Core (30 minutes). Improve balance and posture, and strengthen your abdominals and trim your waistline. This class integrates modern training techniques with traditional abdominal work to improve the functionality and look of your core. All Levels.

corePowerADV-Challenge yourself in this Pilates-inspired class that is designed for the advanced student. Intermediate/Advanced

Guts and Guns Sculpt the arms and tighten your abs in this fast workout that will have your muscles standing at attention.

M-Fusion - A signature class that fuses cardio kickbox, military style strength exercises, endurance training, balance and core. This class has it ALL!

POWERhour— An hour of intense training that will challenge every muscle in your body. This ever changing exciting routine will have you lifting, jumping, punching and sweating your way to a fit and tight body.

Power Sculpt- This total body conditioning utilizes body bars, dumbbells, and steps, wedges and tubing to create one butt-kicking workout.

Rolling Grace- Take out the kinks in this foam rolling class. Feel the tension melt away as you gracefully roll every part of your body. This class is beneficial for the beginner to the advanced student.

Pure Sculpt - No gimmicks just an effective and challenging resistance training class. A proven and traditional workout that produces results.

Recess —Transform Studio A into a fitness playground. Timed high intensity intervals of cardio and endurance training are paired with deep core work. Be challenged as you strengthen and push calorie burning to the max!

SWEAT—Shock and awe the body with a workout that is constantly changing. Break through plateaus and reach your fitness goals with a dynamic class of cardio and resistance training. Have hard core fun and SWEAT!

The Training Ground -This unique class was designed by Garry Baddal for the athlete in training or anyone that wants the body of one. Intense intervals of sport specific drills and resistance will challenge everyone from the beginner to the elite.

TRED™*. CLAY's signature interval treadmill workout, includes core and sculpting drills between treadmill high-intensity walking, jogging and/or running. All Levels.

YogaSTRENGTH- Combining yoga, Pilates and resistance training this workout will open, lengthen and strengthen the body. All Levels.

CYCLING

Clay Cycle. A 45 or 60 minute, sweat-inducing, cycle class. All levels.

CROSSCycle Are you up for the challenge? Get ready to sweat in CLAY's new signature cross training class. This cardio and resistance interval program will push you to the max on and off the bike. Intense hills and flats, total body exercises, heart thumping music and motivational exercises all add up to one high energy and butt kicking workout.

TRANSFORM YOURSELF