

Reebok Sports Club/NY | Group Exercise Schedule | Summer 2010 effective 5/24/10

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

6:30 – 7:15am	L1-3
Cycle Reebok*	
Cycle Studio	Aleah Stander
8:00 – 9:00am	L1-3
BodyWedge 21 Sculpt	
Studio 2	Jon Giswold
9:00 – 9:15am	L1-3
Abs Only	
Studio 2	Jon Giswold
9:15 – 10:15am	L1-3
Zumba®	
Studio 2	Irena Meletiu
9:15 – 10:15am	L2-3
Stoked Core®	
Studio 1	Kira Stokes
9:30 – 10:15am	L1-3
Cycle Reebok*	
Cycle Studio	Avery Washington
10:00 – 11:00am	L1
Splash Aqua Max	
Pool	Jill Karagezian
10:15 – 11:15am	L1-3
Definitions	
Studio 2	Terri Mangas
11:15 – 11:45am	L1-3
Jukari Fit to Flex™	
Studio 2	Terri Mangas
12:00 – 12:30pm	L2
Abs Only Plus	
Studio 2	Garry Baddal
12:30 – 1:30pm	L2
The Training System	
Studio 2	Garry Baddal
12:30 – 1:45pm	L2
Yogilates™	
Studio 1	Jonathan Urla
6:00 – 6:15pm	L2
Stoked Abs®	
Studio 2	Kira Stokes
6:15 – 7:30pm	L2-3
Stoked360®	
Studio 2	Kira Stokes
6:15 – 7:00pm	L1-3
Cycle Reebok*	
Cycle Studio	Jade Alexis
6:30 – 7:30pm	L1-3
Pilates Mat Plus	
Studio 1	Blayne Gregg-Miller
7:15 – 8:00pm	L1-3
Cycle Reebok*	
Cycle Studio	Al Sipzener
7:30 – 8:30pm	L1
M.E.L.T.™	
Studio 1	Terry Williams
7:30 – 7:45pm	L1-3
Abs Only	
Studio 2	Aleah Stander
7:45 – 8:30pm	L1-3
Definitions	
Studio 2	Aleah Stander

6:30 – 7:15am	L1-3
Cycle Reebok*	
Cycle Studio	Loi Jordan
6:30 – 7:30am	L2-3
Tri-Body	
Studio 2	Dianna Ineman
7:00 – 8:00am	L1-3
Pilates Mat	
Studio 1	Frances Taylor-Brown
7:30 – 8:15am	L1-3
Cycle Reebok*	
Cycle Studio	Loi Jordan
9:00 – 10:00am	L1-3
Calvinography	
Studio 2	Calvin Wiley
9:30 – 10:15am	L1-3
Cycle Reebok*	
Cycle Studio	Pablo Toribio
10:00 – 11:00am	L1-3
Body Architect	
Studio 2	Calvin Wiley
10:00 – 11:15am	L2-3
Vinyasa Yoga	
Studio 1	Jerry Bianchini
10:30 – 11:00am	L1-3
Run	
Track Club Level 3	Pablo Toribio
11:30am – 12:30pm	L1
M.E.L.T.™	
Studio 1	Whitney Chapman
12:00 – 12:30pm	L2-3
Kickboxing Express	
Studio 2	Emma Paynter
12:15 – 1:00pm	L1-3
Rhythm Ride™*	
Cycle Studio	Sue Hitzman
12:30 – 1:30pm	L1-3
Pilates Synergy Flow	
Studio 1	Jonathan Urla
12:30 – 1:00pm	L1-3
Definitions Express	
Studio 2	Emma Paynter
12:30 – 1:15pm	L1-3
Splash Cardio Fusion	
Pool	Julia Keefe
1:00 – 1:15pm	L1-3
Abs Only	
Studio 2	Emma Paynter
5:45 – 6:45pm	L1
Pilates Mat 101	
Studio 1	Ellen Shadle
6:00 – 6:45pm	L1-3
Cycle Reebok*	
Cycle Studio	Aleah Stander
6:00 – 7:00pm	L2-3
POW!™*	
Studio 2	Angie Lee
6:30 – 7:30pm	L1
Splash Cardio Fusion	
Pool	Dan Hogan
6:45 – 7:45pm	L1-3
Athletic Stretch	
Studio 1	Sahar Javedani
7:00 – 7:45pm	L1-3
Cycle Reebok*	
Cycle Studio	Marc Selden
7:00 – 8:00pm	L2-3
Strengthworks	
Studio 2	Angie Lee
7:45 – 8:45pm	L1-3
Zumba	
Studio 1	Irena Meletiu

6:30 – 7:15am	L1-3
Cycle Reebok*	
Cycle Studio	Melissa Morin
6:30 – 7:15am	L2-3
POW!™	
Studio 2	Frank Moran
7:15 – 7:30am	L1-3
Abs Only	
Studio 2	Frank Moran
8:15 – 9:15am	L1-3
BodyWedge 21 Sculpt	
Studio 2	Jon Giswold
8:45 – 9:45am	L1
Splash Cardio Fusion	
Pool	Sue Halloran
9:00 – 10:15am	L1-2
Anusara Inspired Yoga	
Studio 1	JoAnna Ross
9:30 – 10:30am	L1-3
Cycle Reebok Plus	
Cycle Studio	Pablo Toribio
9:30 – 10:15am	L2-3
Step	
Studio 2	Frank Moran
10:15 – 10:30am	L1-3
Abs Only	
Studio 2	Frank Moran
10:30 – 11:15am	L2-3
Definitions	
Studio 2	Frank Moran
10:30 – 11:30am	L1-3
Latin Groove	
Studio 1	Don Philpott
11:30am – 12:30pm	L1-3
Pilatesworks	
Studio 1	Angie Lee
12:00 – 12:30pm	L1-3
Abs Only Plus	
Studio 2	Jeffrey Fox
12:30 – 1:30pm	L1-3
On the Edge	
Studio 2	Jeffrey Fox
5:30 – 6:30pm	L1-3
Pilates Mat	
Studio 1	Jonathan Urla
5:45 – 6:45pm	L2-3
Forza	
Studio 2	Ilaria Montagnani
6:30 – 7:15pm	L1-3
Cycle Reebok*	
Cycle Studio	Jade Alexis
6:30 – 8:00pm	L1-3
JP's Dance Party Plus	
Studio 1	Johannie P.
6:45 – 7:45pm	L2-3
POWERSTRIKE™	
Studio 2	Ilaria Montagnani
7:45 – 8:45pm	L1-3
Definitions	
Studio 2	Ilaria Montagnani

6:15 – 7:00am	L1-3
Cycle Reebok*	
Cycle Studio	Al Sipzener
7:00 – 7:30am	L1-3
Definitions Express	
Studio 2	Frank Moran
7:30 – 7:45am	L1-3
Abs Only	
Studio 2	Frank Moran
7:30 – 8:15am	L1-3
Cycle Reebok*	
Cycle Studio	Loi Jordan
7:30 – 8:30am	L1-3
Pilates Mat	
Studio 1	Jana Lee
9:00 – 10:00am	L1-3
Masala Bhangra™	
Studio 1	Mickela Mallozzi
9:15 – 10:00am	L1-3
Cycle Reebok*	
Cycle Studio	Marc Selden
9:30 – 10:45am	L2-3
Stoked360®	
Studio 2	Kira Stokes
10:00 – 11:00am	L1
Splash Aqua Fit	
Studio 2	Judy Wyman
10:15 – 11:15am	L1
M.E.L.T.™	
Studio 1	Edya Kalev
10:45 – 11:00am	L2-3
Stoked Abs®	
Studio 2	Kira Stokes
11:15am – 12:00pm	L1-3
Jukari Fit to Flex™	
Studio 1	Kristen Grant
12:00 – 12:30pm	L1-3
Kickboxing Express	
Studio 2	Emma Paynter
12:15 – 1:00pm	L1-3
Cycle Reebok*	
Cycle Studio	Jade Alexis
12:30 – 1:00pm	L1-3
Definitions Express	
Studio 1	Emma Paynter
12:30 – 1:30pm	L2
The Training System	
Studio 2	Garry Baddal
5:30 – 6:30pm	L1-3
Pilates Mat	
Studio 1	Blayne Gregg-Miller
6:30 – 7:15pm	L1-3
Cycle Reebok*	
Cycle Studio	Melissa Morin
6:30 – 7:30pm	L1
Splash Aqua Max	
Pool	Dan Hogan
6:30 – 7:30pm	L1-3
Middle Eastern Dance	
Studio 1	Sahar Javedani
7:15 – 7:30pm	L1-3
Abs Only	
Studio 2	Eva Pelegrin
7:30 – 8:30pm	L1-3
Ball Chain Reaction	
Studio 2	Eva Pelegrin
7:30 – 8:30pm	L2-3
Drop Zone Bootcamp	
Studio 1	Bishop Garland

6:30 – 7:30am	L2-3
Tri-Body	
Studio 2	Dianna Ineman
7:00 – 7:45am	L1-3
Cycle Reebok*	
Cycle Studio	Angie Lee
8:00 – 9:00am	L1-3
Shred	
Studio 2	Matthew Waszen
9:00 – 10:00am	L1-3
Zumba®	
Studio 1	Janelle Cortes
9:15 – 10:15am	L2-3
POW!™*	
Studio 2	Frank Moran
9:30 – 10:30am	L1-3
Cycle Reebok Plus*	
Cycle Studio	Matthew Waszen
10:00 – 11:00am	L1
Splash Cardio Fusion	
Pool	Jenny Doctorow
10:15 – 10:30am	L1-3
Abs Only	
Studio 2	Frank Moran
11:00am – 12:00pm	L2-3
Strengthworks	
Studio 2	Angie Lee
11:00am – 12:15pm	L1-3
Buddha Mama**	
Studio 2	Michelle Hill
12:15 – 1:15pm	L2-3
Ultimate Burn-Off	
Studio 2	Stephanie Levinson
5:30 – 6:15pm	L1-3
Definitions	
Studio 2	Johannie P.
6:15 – 6:30pm	L1-3
Abs Only	
Studio 2	Johannie P.
6:30 – 7:30pm	L1-3
JP's Dance Party	
Studio 1	Johannie P.
6:30 – 7:30pm	L1-3
Cycle Reebok Plus*	
Cycle Studio	Blayne Gregg-Miller

8:30 – 9:15am	L1-3
Cycle Reebok*	
Cycle Studio	Angie Lee
8:30 – 9:30am	L2-3
POW!™*	
Studio 2	Akin Williams
9:30 – 10:15am	L1-3
Cycle Reebok*	
Cycle Studio	Marc Selden
9:30 – 10:30am	L2-3
Athleticworks	
Studio 2	Angie Lee
10:00 – 11:00am	L1
Splash Cardio Fusion	
Pool	Sue Halloran
10:30 – 11:30am	L1-3
Cycle Reebok Plus*	
Cycle Studio	Blayne Gregg-Miller
10:30 – 11:30am	L1-3
Dance Party	
Studio 1	Dave Guggino
10:30 – 11:30am	L2-3
Step	
Studio 2	Lamont Hampton
11:00 – 11:30am	L1
Splash Abs	
Pool	Sue Halloran
11:30am – 12:30pm	L1-3
Definitions	
Studio 2	Lamont Hampton
11:30am – 12:30pm	L1-3
Pilates Mat	
Studio 1	Ellen Shadle
12:30 – 1:30pm	L1
Athletic Stretch	
Studio 1	Sahar Javedani
1:30 – 2:30pm	L1-3
Belly Dancing	
Studio 1	Sahar Javedani
5:30 – 6:15pm	L1-3
Cycle Reebok*	
Cycle Studio	Aleah Stander

7:30 – 8:30am	L1-3
Cycle Reebok Plus*	
Cycle Studio	Avery Washington
9:15 – 9:30am	L1
Pre Floor Barre® Warm-up	
Studio 1	Jodi Moccia
9:30 – 10:30am	L1-3
Floor Barre®	
Studio 1	Jodi Moccia
9:30 – 10:30am	L1-3
Definitions	
Studio 2	Eva Pelegrin
9:30 – 10:30am	L1-3
Cycle Reebok Plus*	
Cycle Studio	Marc Selden
10:30 – 11:30am	L1-3
Dance!	
Studio 1	Rosie Fiedelman
11:00 – 11:45am	L1-3
Cycle Reebok*	
Cycle Studio	Lisa Raphael
11:30am – 12:30pm	L1-3
Pilates Mat	
Studio 1	Regina Forman
11:30am – 12:30pm	L2-3
POWERSTRIKE™	
Studio 2	Ilaria Montagnani
12:30 – 1:30pm	L1-3
Definitions	
Studio 2	Ilaria Montagnani
5:30 – 6:15pm	L1-3
Cycle Reebok*	
Cycle Studio	Jade Alexis
5:30 – 6:15pm	L1-3
Definitions	
Studio 2	Jeffrey Fox
6:15 – 6:30pm	L1-3
Abs Only	
Studio 2	Jeffrey Fox

Class Level Key
 L1: Beginner
 L2: Intermediate
 L3: Advanced
 L1-3: All Levels

Club Hours
 Monday – Thursday 5:00am – 11:00pm
 Friday 5:00am – 10:00pm
 Saturday & Sunday 7:00am – 9:00pm
 Workout areas close 30 minutes prior to the Club.
 160 Columbus Avenue (and 67th Street), New York, NY 10023
 Tel: 212.362.6800 Schedule Hotline: 212.501.1439
 Group Exercise Manager: Melissa Morin
 Tel: 212.501.1429 Email: mmorin@reeboksportsclubny.com

*Sign up is required 45 minutes prior to Cycle Reebok, Krank It Up, and POW!™ classes. Sign-up sheets are located outside the studios on Club Level 6. Please note, the bike pedals are compatible with SPD and Look.

**Fee-based program. Please contact the Group Exercise Manager for details.

Group Exercise instructors are available for one-on-one and duet instruction. Please contact the Group Exercise Manager to schedule. Look for special classes, workshops and master classes throughout the coming months which will be posted throughout the Club, at the Information Center and announced on the Group Exercise hotline.

Scheduled instructors may change without notice. Please note class schedule is modified periodically to address Member feedback and participation levels. Classes with low participation, less than 10, are subject to cancellation. Schedules may be modified during holidays.

Please consider the environment before taking a class schedule. Schedules can be referenced online or outside of our group exercise studios.



The goal of our award-winning Group Exercise Program is to provide you with professional instruction and a safe, effective, well-balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training and Mind Body awareness. Many of our classes are geared for all levels of fitness (L1-3) and some are more appropriate for beginning (L1), intermediate (L2) or the advanced exerciser (L3). We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury-free. Our instructors are here to help you. If you have any questions or need assistance with any exercise, feel free to speak with them. For personalized attention, many of our instructors are available for one-on-one or duet instruction. Prior to taking any group exercise class, it is highly recommended to complete your complimentary training sessions with a RSC/NY Private Trainer. Appointments can be made at the Fitness Desk on Club Level 4.

BODY SCULPTING

Abs Only/Abs Only Plus: This class helps you develop that washboard look. Focus on firming and defining the abdominals that play an important role in maintaining good posture and a healthy back. All fitness levels.

Athletic Stretch: Sport-specific stretches to improve flexibility and range of motion. All Levels.

Athleticworks: Angie Lee's aggressive cardio-strength workout combines sports-specific movements, plyometrics, and traditional strength and core training. Get ready to maximize your competitive edge and athletic ability!

Ball Chain Reaction: Stability and mobility are emphasized in this physio-ball and resistance sculpting class. The flowing sequences of exercises are designed to stimulate the nervous system, strengthen the body's "weak links", and to improve posture. All fitness levels.

Body Architect: A total body conditioning class designed to improve your body through slow, concentrated movements with stretching after every muscle. See you on the construction site. All fitness levels.

BodyWedge 21 Sculpt: Body definition class utilizing the BodyWedge 21 system for strength and flexibility training. This unique foam tool provides an incline and decline position not available in other formats. All fitness levels.

Definitions/Definitions Express: Work every muscle, from every angle, in every way. This intense total body workout is designed to improve your muscular strength and endurance by utilizing free weights and body bars and other fitness props. All fitness levels.

Jukari Fit to Flex™: Jukari Fit to Flex™ is a workout specially designed to improve your flexibility while increasing joint mobility and range of motion. Improve muscle endurance and core strength in a fun, challenging and dynamic way while moving to music inspired by the powerful, graceful performances of the Cirque du Soleil artists. Come experience "dynamic" flexibility for your everyday life and leave feeling longer, leaner, and inspired.

Krank Circuit: Krank it up and get an incredible upper body cardiovascular and lower body strengthening workout using Johnny G's latest creation, the Krank Cycle. You will use jump ropes and perform various weight intervals to achieve a full body, fat burning workout. All fitness levels.

M.E.L.T.™: Learn how to reduce joint pain and muscle tension with self-treatment techniques that rehydrate your connective tissue and rebalance your nervous system in this unique group class. This technique will make your body feel better and keep you active and pain-free for a lifetime.

M.E.L.T. Strength: Rebalance the stabilizing muscles that tend to weaken in every body regardless of activity level. This method combines neuromuscular repatterning with strengthening techniques to address the weak links that damage joints and inhibit your body's ability to function optimally.

Pilates Mat: This class is a total body/mind workout, which focuses on precise concentrated movement using the mind to feel and focus the body. Movements emphasize building strong abdominals and lower back to enhance strength, muscular symmetry, alignment, flexibility, grace and coordination. All fitness levels.

Pilates Mat 101: Get back to the basics in this introductory Pilates Mat course. Learn the fundamentals to develop core strength, increase flexibility and range of motion in joints. Beginners encouraged. All fitness levels.

Pilates Mat Plus: Increase the challenge of your pilates workout using magic circles, bands, and towels. Intermediate to advanced levels.

Pilatesworks: An intensive floor workout that is based on a combination of traditional Pilates and reformer exercises that lead to maximum improvement in flexibility and strength. All fitness levels.

Shred: Use your own body weight, free weights, plyometrics and core stability training to challenge your cardiovascular and strength levels with this total body workout. Shock your system as you push yourself to new limits and shred your body fat away.

Stoked Abs®: Learn the secrets to obtaining fab abs and a strong core with this 15-minute intense blast. All fitness levels.

Stoked Core®: Create a lean, sculpted body by combining the principles of isometrics, dance-based conditioning, and orthopedic stretches. With an emphasis on the mind/body connection, this class has a strong focus on the core as the center of strength. Get ready to re-shape and elongate your muscles in a safe and effective way! All fitness levels.

Strengthworks: An intense performance of back-to-back traditional strength moves for overall body conditioning and high caloric expenditure. All fitness levels.

Ultimate Burn-Off: Research has shown that the fastest and most efficient way to expend calories and to tone the body is through intense interval training. A high calorie burning class that includes the use of resistance and sweat-inducing drills. Come ready to work! All fitness levels.

Yogilates™: Take your Pilates or yoga practice to a new level with this challenging and fun workout. Core floor exercises flow into seamless yoga sequences to develop a strong center, better coordination, and a meditative grace. All fitness levels.

CARDIO/DANCE

Belly Dancing: The ultimate core workout! Work those hips and abs moving to the dance traditions of India, North Africa and the Middle East. All fitness levels.

Calvinography: A low impact, jazz dance workout designed to merge elements of mind, body and spirit. This method gives you more than a good workout, this great workout increases your ability to move better and bring joy to your spirit. Intermediate to advanced fitness levels.

Cardio Sculpt: Muscle building, strength training, full body exercises interspersed with cardio drills. The ultimate workout to sculpt and tone your entire body! All fitness levels.

Dance!: Make your body sweat and beg for more! Train your body and your head with fresh combinations every week. Bring out the dancer in this totally joyful class! All fitness levels.

Floor Barre®: A world-renowned technique that combines classical ballet with anatomical principles of alignment. Utilizing the floor, without the pressure of gravity, Floor Barre® corrects placement, and muscles and strengthens joints. All fitness levels.

JP's Dance Party: Learn dances from videos, musical theatre, hip hop and jazz. A new and fun combo every two weeks. Join this full out dance party! Intermediate to advanced fitness levels.

JP's Dance Party Plus: Same as above, but extended a half hour with a stretch at the end. Intermediate to advanced fitness levels.

Latin Groove: A mix of styles, from Salsa, Mambo, Cha Cha to Brazilian dances all done in an easy to follow format. All fitness levels.

Masala Bhangra™: Derived from two Indian words: Masala, which means "spicy" in Hindi, and Bhangra, which is a traditional folk dance from the northern state of Punjab, India. The Masala Bhangra Workout™ is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) movies. This unique dance mixes cardiovascular with fun, and is suitable for participants of all fitness levels.

Pilates Synergy Flow: Get ready to dance, do Pilates, and resistance train all in one super efficient class. Start with a groovy aerobic warm-up that leads into the floor for a killer Pilates-based routine using weights and props. Then, stand back up for a fun dance routine that will keep the calories burning. Lastly, pick up the weights to sculpt legs, arms, and shoulders and train balance, coordination, and power with unique "synergy" exercises. You sweat, you flatten, you have fun! All fitness levels.

Pre-Floor Barre® Warm-Up: Concentrate on individual injuries and posture with gentle stretches. Discuss the concept of the technique and how to apply it to everyday life i.e. standing, walking and sitting. All fitness levels.

Step: Still stepping are you? This tried and true workout on a stationary platform will give you a fantastic cardiovascular workout. All fitness levels.

Zumba®: A fusion of Latin and International-themed choreography that is easy to follow. This high energy mix of fun dance steps and body sculpting is a total body toning experience. All fitness levels.

MARTIAL ARTS/BOXING

Forza: The Italian word for strength and power. Forza is an intense workout using a wooden sword inspired by Samurai sword training moves. This is a great hour of cardiovascular training, mental concentration and muscular endurance. Intermediate to advanced fitness levels.

Kickboxing Express: A fast, high-powered kickboxing class taught in 30 minutes. All fitness levels.

POW™: Kick and punch your own freestanding heavy bag and develop the strength and stamina of a fighter. Bring out your primitive power! All fitness levels.

Powerstrike: An action-packed cardiovascular workout guaranteed to unleash your primal instincts. You'll kick, you'll punch and you'll sweat! You will change your body and experience your own power with Powerstrike! Intermediate to advanced fitness levels.

ATHLETIC/SPORTS TRAINING

Drop Zone Bootcamp: A powerful interval class that will take you to the next fitness level. Hit hard! Hit fast! Hit the showers! Intermediate to advanced fitness levels.

On The Edge: Anything goes with this fat burning, heart pumping interval workout. The low impact cardio/strength exercises will keep you moving, and quickly and efficiently help you lose weight and tone your body. All fitness levels.

Stoked360®: Shock the body with this hardcore workout. The combination of traditional and functional conditioning, signature body weight exercises, and challenging cardiovascular intervals create the ultimate fusion class. All fitness levels.

The Training System: This program is the workout that produces results. This is a high calorie burning class that will make you run, jump, push and pull with more power and endurance. All fitness levels.

Tri-Body: Train like an athlete. An intense cardio and resistance training class that produces results. All fitness levels.

INDOOR CYCLING

Cycle Reebok/Cycle Reebok Plus: Start pedaling and let go as your instructor takes you on the ride of your life. It's perfect for fitness enthusiasts, recreational cyclists, or serious racers. Cycle Reebok challenges both your aerobic and anaerobic thresholds through the use of interval training. All fitness levels.

Rhythm Ride: Strengthen your cardiovascular capacity, reduce body fat, and burn maximum calories without "burning out" with this fun, rhythm-based ride. Learn how to use your heart rate as a guide for getting an honest workout. All fitness levels.

SPLASH WATER CONDITIONING

Splash Aqua Abs: Take your core training into the water. Strengthen your abdominal and back muscles with a variety of exercises using the water, aqua props and your body as resistance. All fitness levels.

Splash Aqua Max/Splash Aqua Fit: A total body workout that will also improve your endurance and balance. Emphasis is placed on strengthening your legs, upper body and abdominals. All fitness levels.

Splash Cardio Fusion: An invigorating and fun Splash class with an emphasis on improving your cardiovascular and muscular endurance. All fitness levels.

For Mind Body class descriptions, please see our Mind Body schedule.

Studio Etiquette

1. Classes are a group activity; we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. Be considerate of other Member's exercise space. Please do not crowd a Member who has arrived in class before you.
4. Please keep conversation to a minimum.
5. Please do not enter the classroom before the current class has finished.
6. Hand weights are not permitted during the cardio section of any class.
7. Appropriate exercise attire must be worn.
8. Reserving places is not permitted.
9. Gym bags are not permitted in the studio.
10. Water must be in an enclosed, unbreakable container. Food is not permitted.
11. In consideration of other Members, no cell phones in the studio and we request that pagers are on silent mode.
12. We recommend the use of a towel.
13. Members may not use stereo equipment.
14. Please remember personal hygiene and refrain from wearing perfume or cologne.
15. We request that all equipment be returned to the proper storage area.