

Effective 3/1/10

The Solebury Club Class Schedule

(Excludes Karate)

thesoleburyclub.com 215-794-3494

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:30am	Pump and Flex	Irene	Karate	6:00-7:00am	Semi-Private Vinyasa Gentle	Amber	Namaste
9:30-10:30am	Spinning®	Carole	Spin	9:00-10:00am	Cardio Ball	Dori	Karate
9:30-10:15am	Lengthen&Strengthen/ Vinyasa Beginner	Lisa	Om	9:15-10:45am	Alignment Inspired Vinyasa 2-3	Karin	Om
9:30-11:00am	Vinyasa 1-3	Amy	Namaste	9:30-9:50am	Spinning® Beginner	Irene	Spin
11:15-12:30pm	Vinyasa Gentle	Debra	Om	9:30-11:00am	Svaroopa®	Maureen	Namaste
6:15-7:15pm	Spinning®	Lew	Spin	10:00-11:00am	Pump Fusion	Irene	Karate
6:30-8:00pm	Svaroopa®	Maureen	Namaste	6:30-7:45pm	Vinyasa 2-3	Karin	Namaste
TUESDAY				FRIDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:00am	Pump Fusion Xpress	Dori	Karate	9:00-9:30am	Express Circuit	Gail	Karate
9:00-9:20am	Absolute ABS	Irene	Karate	9:30-10:00am	Spinning® Express	Gail	Spin
9:30-10:30am	Zumba	Mary	Karate	9:30-10:30am	Kickbox	Ed	Karate
9:30-10:30am	Spinning®	Irene	Spin	9:30-11:00am	Vinyasa 2-3	Amy	Namaste
9:30-11:00am	Svaroopa®	Maureen	Namaste	10:30-11:30am	Zumba	Mary	Karate
6:30-7:30pm	Vinyasa Beginner	Courtney C.	Om	11:00-12:00pm	Hatha	Anna	Om
6:30-7:45pm	Vinyasa 2-3	Karin	Namaste				
WEDNESDAY				SATURDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
8:30-9:15am	Lengthen&Strengthen/ Vinyasa Beginner	Lisa	Om	8:00-9:00am	Vinyasa 1	Michele A.	Om
8:45-9:45am	Spin®Flex Core	Irene	Spin	8:30-9:30am	Strength Interval	Irene/Dori	Karate
9:15-10:15am	Kickbox	Greg	Karate	8:30-10:00am	Iyengar Inspired Vinyasa 2-3	Jeremi	Namaste
9:30-11:00am	Vinyasa 2-3	Karin	Om	9:00-10:00am	Spinning®	Carrie/Lew	Spin
9:30-11:00am	Iyengar Inspired Vinyasa 2-3	Jeremi	Namaste	9:30-10:30am	Kickbox	Matt	Karate
10:15-10:45am	Express Circuit	Greg	Karate	10:15-11:45am	Hatha Svaroopa®	Michelle W.	Namaste
11:15-12:30pm	Vinyasa Gentle	Debra	Om				
6:00-7:00pm	Spinning®	Jen	Spin	SUNDAY			
6:30-8:00pm	Svaroopa®	Maureen	Namaste	Time	Class	Instructor	Studio
6:30-7:45pm	Hot Yoga	Annemieke	Om	9:00-10:00am	Spinning®	Julie/Renee	Spin
7:15-8:15pm	Kickbox	Ed	Karate	8:30-9:45am	Vinyasa 1-3	Amy	Namaste
				10:00-11:30am	Vinyasa 2-3	Karin	Namaste

Note: Classes are subject to change with an average of 3 or less

Absolute ABS: 20 min of intense Abdominal work to strengthen your entire mid section

Beginner Express Spin®: Learn bike set-up, core movements and enjoy a quick ride 20min.

Body Shaping: Build lean muscle and boost your metabolism using weights, bands and body bars. 60min.

Cardio Ball: Creative combinations of hi lo using the stability ball strengthening the upper and lower body during a great aerobic workout. 60min.

Express Circuit: 30min weight circuit

Hatha Yoga classes-poses are done with pauses in-between. Without flow

Hatha-easy accessible poses, modified as needed for each student

Hot Yoga classes-a set sequence of poses done in a hot room. Even iron will bend if heated enough! Please hydrate before, during and after this class.

Svaroopa® (swa-roo-pa) Yoga classes- a restorative style to unravel the deepest tensions of the body and mind. Poses are held long and comfortable with support from blankets, blocks and other props. This different approach releases the muscles that attach to your spine. Must be able to move down to and up from the floor.

Kickbox: An awesome interval class of combo's on the bag, jumping rope, core training, and lots of lower body sculpting to make this a complete workout.

Lengthen & Strengthen: The most important class you can take. Improve circulation, joint mobility, range of motion and relieve stress.

Pump Fusion: 60min of an energizing 3-dimensional body sculpting and cardio class fused with the barbell system to maximize your fitness results.

Pump Fusion Xpress: 30min version of Pump Fusion.

Spinning®: A heart rate training program for new riders and serious athletes alike. The goal in Spinning® is to build a strong aerobic foundation and help each individual reach his or her fitness goal by utilizing Energy Zones. 60min.

Spinning® Express: 30-40min ride, great for beginners!!

Spin® Flex Core: 45min ride, followed by 15 min of core strengthening and flexibility.

Strength Interval: This class will get the heart rate up and create an all over FULL BODY workout. Utilizing all muscle groups and incorporating small blocks of drills, cardio and core. All fitness levels. 60min

Vinyasa Yoga classes - poses flow one into the next synchronized with breath.

Beginner- for students new to yoga and/or who need to proceed slowly due to injury, deconditioning or preference. Basic explanations and support provided.

Gentle- a gentle approach with poses broken down into easy, accessible movements. Students are taught to modify poses to stay within safe limitations.

Level 1- for students with a developing practice. Poses may be modified. May include an introduction to more advanced poses such as arm balances and inversions.

Level 2- for students with an established practice, offering vigorous and deep sequences. Student will be introduced to more challenging poses and variations.

Level 3- for students seeking advanced options and variations in all poses, particularly arm balances, inversions, backbends and binds. Offers more challenging sequencing and pace.

Alignment Inspired Vinyasa 2-3 -attention to alignment. For those who want a deeper understanding of poses.

Iyengar Inspired Vinyasa 2-3-based on BKS Iyengar's development of using all props, including the ropes wall, to facilitate a deep anatomical understanding of yoga asanas.