

Gansevoort South

Group Training | 11/03/08 - 02/01/09

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 ASSolutely ABBulous* Olivia	6:45 - 7:30 Xpress Spin Vanessa	7:00 - 8:00 Pain & Pleasure Bryan	6:45 - 7:45 Barton Biking Vanessa & Zeyn	7:00 - 8:00 Pain & Pleasure Megan		9:30 - 10:00 Guns Ari
9:15 - 10:15 Pain & Pleasure Richard	8:00 - 8:45 Steam* Cem	9:15 - 10:15 Spin* Mark Ryan	8:00 - 9:00 Pain & Pleasure Ace	9:15 - 10:00 ASSolutely ABBulous* Richard	9:30 - 10:00 Six-Pack Attack!* Joe D.	10:00 - 11:00 Barton Biking Fabiana & Sheree
10:15 - 11:00 Xpress Spin Sheree	9:00 - 9:30 Guns Chad Welch	10:15 - 10:45 Six Pack Attack! Joe D.	9:00 - 9:30 Six Pack Attack!* Kenny	10:15 - 11:00 Xpress Spin* Richard	10:00 - 10:45 Xpress Spin Vanessa	11:00 - 11:45 Six-Pack Attack! Zeyn
	9:30 - 10:30 Pain & Pleasure Bryan		9:30 - 10:30 Spin* Mark Ryan		11:00 - 12:00 Pain & Pleasure* Fabiana	12:00 - 12:45 Xpress Spin* Anthony
	5:30 - 6:15 Six Pack Attack! Kenny	5:45 - 6:30 Upper Cuts* Fabiana	5:30 - 6:15 Six Pack Attack! Erez	5:30 - 6:00 Six Pack Attack!* Carlos	12:00 - 1:00 Spin* Carlos	
5:45 - 6:30 Six Pack Attack! Fabiana	6:15 - 7:00 Xpress Spin* Vanessa	6:30 - 7:15 Steam Cem	6:15 - 7:15 Junk* Chad Welch	6:00 - 6:30 Guns Bryan	5:30 - 6:30 Barton Biking Jamie & Sheree	
6:30 - 7:15 Steam* Victor/Richard	6:15 - 7:15 Pain & Pleasure Chad Welch	6:30 - 7:30 Spin* Carlos	7:15 - 8:00 Guns* Ace	6:30 - 7:15 Steam Megan	6:30 - 7:15 ASSolutely ABBulous Olivia	
6:30 - 7:30 Spin* Giorgio	7:15 - 8:15 Barton Biking Giorgio & Fabiana	7:30 - 8:15 Six Pack Attack! Jared	7:15 - 8:15 Spin* Vanessa	6:30 - 7:30 Spin* Carlos		
7:30 - 8:00 Guns Erez		7:45 - 8:30 Xpress Spin* Sheree				
7:30 - 8:15 Xpress Spin* Carlos						

Class Descriptions | Body Altering Group Training

Group Training @ **DavidBartonGym** is unique as our trainers teach the classes focussing on safe, efficient body altering exercises designed to change not only the way you think and train but the way you look. Benefits include cardiovascular endurance, muscular strength, tone and flexibility. Show up and be prepared to be worked out.

ASSolutely ABBulous: If you've been looking back in the mirror and aren't satisfied with what you see or how those \$200 jeans are fitting then turned around to the front and still weren't feeling it...get your ass into this class! Effective movements target the quads, glutes and hammies plus the best ab training exercises to reorganize the junk in your trunk and create the sexy six-pack you want!

Barton Biking: Combine intense upper body strength work with cardiovascular intervals done on Studio Cycles and you get an incredible conditioning workout to compliment your overall fitness program. Taught by DBG trainers with an emphasis on building overall muscular endurance.

Guns: Biceps and triceps, that's it! Get the arms you want in 30 minutes.

Pain & Pleasure: No pain, no gain, that's the buzz about this 60-minute weight training class designed to add lean muscle mass to your body. Trainers will lead you through a workout targeting 3 muscle groups. Medium to heavy weights, multiple sets and active recovery segments will challenge you during the hour. Results are guaranteed!

Six-Pack Attack!: Calisthenics, core training and traditional abdominal exercises combined in a 30-minute format designed to strengthen the entire core with a focus on the abdominal and lower back muscles.

Steam: Hot, hot, hot is how you'll feel and look after this EXTREME training challenge. High repetition, burn producing strength training exercises will be integrated with cardio drills and core strengthening movements. You will be asked to train at approx. 75% of your maximal target heart rate to increase caloric expenditure and training intensity. Use of a heart rate monitor is encouraged and all participants should complete a minimum of 20 minutes of cardio prior to the start of the class. Determination and commitment are required and results are guaranteed.

Upper Cuts: Targets the whole upper body to get you the cuts of a Greek God.

Xpress Spin: An intense 45 minute cardiovascular workout designed to leave you drenched with sweat.

Class Policies

For Your Safety & In Consideration Of Others

1. Please mention any physical limitations to the instructor prior to the start of class.
2. Class is closed 10 minutes after start time. Please do not ask to be the exception.
3. When entering a class late, please begin in the back of class.
4. If you will be modifying choreography, please do so away from the front of the class.
5. If you will be leaving class early, please exit as quietly as possible.
6. Street shoes are not permitted on the studio floor. Athletic shoes only.
7. Please respect classes in progress, keep voices down inside & outside the classroom door.
8. If you must bring a cell phone into the classroom, please turn the ringer off.

DavidBartonGym- Gansevoort South

2323 Collins Avenue
Miami Beach, FL 33139
305.534.1660
www.davidbartongym.com

Group Training Director

laine@dbgym.com

Hours

Monday thru Friday
5:30am - Midnight
Saturday and Sunday
8:00am - 9:00pm

DavidBartonGym

Gansevoort South

Yoga & Flexibility Studio Schedule | 11/03/08 - 02/01/09

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 Dharma Yoga* Jas'mine	7:15 - 8:30 Ashtanga Yoga* Angeliqe Sandas	6:00 - 7:00 Vinyasa Yoga Chad Ingram	7:15 - 8:30 Ashtanga Yoga* Angeliqe Sandas	8:00 - 9:00 Pilates Mat* Jas'mine	9:00 - 10:00 Yoga Basics Angeliqe Sandas	9:00 - 10:00 Yogic Arts Ruslan Kleytman
9:00 - 10:00 Pilates 101 Leah Kinsella	9:15 - 10:45 Yoga Core Training Mark Oliver	8:00 - 9:00 Yoga Core Training* Jas'mine	9:15 - 10:45 Yoga Core Training Mark Oliver	9:00 - 10:00 Yoga Core Training Colleen Farnum	10:00 - 11:15 Vinyasa Yoga Laura Pellegrini	10:00 - 11:15 Vinyasa Yoga Chad Ingram
10:00 - 11:15 Vinyasa Yoga Brittany Ganson	11:30 - 1:00 Yoga Basics* Sharyn Sambrick	10:00 - 11:15 Power Vinyasa Yoga* Brittany Ganson	11:30 - 1:00 Yoga Basics* Sharyn Sambrick	10:00 - 11:15 Vinyasa Yoga Brittany Ganson	11:30 - 12:30 Pilates Mat* Jote Prakash Kaur	12:30 - 1:30 Pilates Core Training* Jote Prakash Kaur
12:00 - 1:00 Pilates Mat* Anna Semeniuk	1:00 - 2:00 Pilates Mat Jas'mine	11:15 - 12:15 Pilates Core Training Jote Prakash Kaur	1:00 - 2:00 Pilates Mat Jas'mine	12:00 - 1:00 Yoga Core Training* Anna Semeniuk	1:00 - 2:30 Power Vinyasa Yoga Mark Oliver	2:00 - 3:15 Liquid Yoga* Laura Pellegrini
6:30 - 8:00 Power Vinyasa Yoga Kristin Jones	6:30 - 7:30 Stretch & Abs Anna Semeniuk	12:15 - 1:30 Vinyasa Yoga Jote Prakash Kaur	5:00 - 6:00 Pilates Core Training Jote Prakash Kaur	6:00 - 7:15 Kundalini Yoga Jote Prakash Kaur	6:00 - 7:30 Yoga Core Training Ruslan Kleytman	7:00 - 8:15 Candlelight Hatha Yoga Mark Oliver
8:00 - 9:00 Yoga For Jocks* Kristen Jones	7:45 - 9:15 Dharma Yoga* Jas'mine	6:00 - 7:15 Yoga Warrior Sharyn Sambrick	6:15 - 7:45 Yogic Arts Ruslan Kleytman	6:00 - 7:15 Kundalini Yoga Jote Prakash Kaur		
9:00 - 10:15 Vinyasa Yoga Michael Olusczak	9:15 - 10:15 Vinyasa Yoga* Laura Pellegrini	7:15 - 8:00 Pilates 101* Leah Kinsella	7:45 - 9:15 Dharma Yoga* Jas'mine			
		8:00 - 9:00 Mind Over Muscle Michael Olusczak	9:15 - 10:15 Vinyasa Yoga* Laura Pellegrini			
		9:00 - 10:15 Yoga Core Training Michael Olusczak				

*New class, instructor or time.

Class Descriptions | Yoga & Flexibility Studio

YOGA

Yoga@DavidBartonGym will change the way you look, feel and think. Classes focus on breathing in relation to postures that improve flexibility, balance, coordination and strength. So whether you are in Half Moon pose working your hamstrings, pecs, and trapezius or chilling out in Eagle pose which helps joint mobility and sexual energy... there's definitely a ton of benefits awaiting you.

Ashtanga Yoga: Builds strength, flexibility and balance through dynamic breathing and a choreographed series of postures.

Dharma Yoga: A graceful yet powerful class with advanced posture practices of Sri Dharma Mittra, world renowned inspirational instructor and creator of over 300 postures and variations. Controlled breathing and subtle techniques are taught in order to purify and stimulate the flow of energy through the spinal column, helping you attain a powerful state of conscious relaxation.

Hatha Yoga: Basic yoga with a focus on optimizing the universal principles of alignment and connecting your body to your mind.

Kundalini Yoga: This class includes a series of exercises, breath work, and meditation. Working the entire body and providing you with an experience of total relaxation, increased flexibility and a renewal of energy and revitalization, as well as an overall sense of well-being. All levels welcome.

Liquid Yoga: If you think yoga is too slow or you can't get a "real workout"- think again. Be prepared to work and move with this fast-paced, dynamic vinyasa yoga class designed to make you sweat! It will get your heart rate up and help tone and sculpt your body.

Power Vinyasa Yoga: Be prepared to really sweat... a lot. Designed to build strength, sustain focus and venture into self. Get ready to see your body change. Not for beginners.

Vinyasa Yoga: Synchronized movement with breath, linking postures together into a dynamic practice. The breath is used as a constant point of reference for returning to and resting in the present moment. Designed to build strength and sustain focus.

Yoga Basics: Keep yoga simple by perfecting the basics. Breathing, relaxing, movement, flow and studying a pose. This class guides everyone on an individualistic level from beginner to advanced.

Yoga For Jocks: This class is for the jock in every guy and girl. It focuses on stretches based on the practice of yoga to enhance performance of specific sports. Strengthens muscles while bringing flexibility to the body and mind.

Yoga Warrior: Find the peaceful warrior within and learn how to honor and protect yourself while becoming effortless in your poses. A dynamic set of asanas that improve mobility, strength flexibility and awareness to your core. Create concentration and focus while building a strong, stable foundation. Be prepared to sweat and then finish with deep relaxation.

Yogic Arts: Integrating core strength and joint conditioning with elements of Buddhist Gung-Fu. This system mixes Ashtanga Yoga, the healing touch of traditional Thai Therapy, Martial Arts, kicking drills and core floor workout...finishing with a guided meditation.

STRENGTH AND FLEXIBILITY

As muscles are stretched and contracted at a cellular level; lipids and proteins reorganize optimally allowing for better circulation. All classes use muscular resistance and isolation in order to rock your body toward your goals. All levels welcome.

Mind Over Muscle: This unique yoga based stretch class is designed to balance pumping all that iron on the gym floor with ultimate flexibility. Retain size and strength yet increase your range of motion.

Pilates 101: Learn the fundamentals of the Joseph Pilates technique in this one hour workout open to all levels.

Pilates Core Training: Combines challenging strength and body-sculpt conditioning exercises with pilates-based core work to create lean muscle mass and a more flexible body.

Pilates Mat: A series of exercises performed on a mat to strengthen the core muscles and lengthen tight muscles of the lower body. Benefits include core strength and overall flexibility.

Stretch & Abs: Enjoy a mix of yoga and fitness stretching with abdominal work. Slow down and enjoy this full body stretch class.

Yoga Core Training: Combines challenging strength and body-sculpt conditioning exercises with yoga-based core work.

Class Policies

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3. When entering late, please begin in the back of class.
4. If you will be modifying movements, please do so away from the front of the class.
5. If you will be leaving class early, please exit as quietly as possible.
6. Shoes are not permitted on the studio floor.
7. Please respect classes in progress. Keep voices down inside & outside the classroom door.
8. No cell phones in class.
9. Direct all comments and questions having to do with the yoga program to the director's contact information below.

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2323 Collins Avenue
Miami Beach, FL 33139
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www.davidbartongym.com

Program Director

stephen.lincoln@dbgym.com
212.978.4608

Hours

Monday thru Friday
5:30am - Midnight
Saturday and Sunday
8:00am - 9:00pm

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