

# Uptown

Class Schedule | 11/03/08 - 02/01/09

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 <b>Vinyasa Yoga</b> Daniel Dale	7:00 - 8:00 <b>Body Sculpt</b> Juel Bedford	7:15 - 8:15 <b>Pilates Core Training</b> Megan Krauszer	7:00 - 8:00 <b>Body Sculpt</b> Corey Hill	7:15 - 8:15 <b>Strength &amp; Alignment</b> Juel Bedford		9:00 - 10:00 <b>Cardio Sculpt</b> Juel Bedford
8:15 - 9:15 <b>Stretch*</b> Dana Snyder	8:00 - 9:00 <b>Vinyasa Yoga</b> Erica Mather		8:00 - 9:00 <b>Vinyasa Yoga</b> Erica Mather	8:15 - 9:15 <b>Cardio Dance</b> Corey Hill	8:15 - 9:15 <b>Fat Burning Pilates</b> Amy Baumgarten	10:00 - 10:15 <b>Abs</b> Juel Bedford
9:15 - 10:15 <b>Body Sculpt</b> Corey Hill	9:15 - 10:15 <b>Body Sculpt</b> John Boyd	9:15 - 10:15 <b>Cardio Sculpt</b> Stephen Lincoln	9:15 - 10:15 <b>Body Sculpt</b> John Boyd	9:15 - 10:15 <b>Pilates Core Training</b> Corey Hill	9:15 - 10:15 <b>Cardio Sculpt</b> Jim Linehan	10:15 - 11:15 <b>Vinyasa Yoga</b> Jen Guarnieri
10:15 - 11:15 <b>Yoga Core Training</b> Corey Hill	10:15 - 11:15 <b>Yoga Basics</b> Timothy Bouldry	10:15 - 11:15 <b>Pilates Mat</b> Sarah Mather	10:15 - 11:15 <b>Iyengar Yoga</b> Naghmeh Ahi	10:15 - 11:15 <b>Body Sculpt</b> Juel Bedford	10:15 - 11:15 <b>Cardio Dance</b> Jim Linehan	
11:30 - 12:30 <b>Swing Time</b> Corey Hill	11:15 - 12:15 <b>Pilates Core Training</b> Sarah Mather	11:30 - 12:30 <b>Swing Time*</b> Dana Snyder	11:15 - 12:15 <b>Pilates Core Training</b> Isabel Gotzkowsky	11:30 - 12:30 <b>Swing Time</b> Juel Bedford	11:15 - 12:15 <b>Vinyasa Yoga</b> Timothy Bouldry	
5:00 - 6:00 <b>Iyengar Yoga</b> Naghmeh Ahi	5:30 - 6:30 <b>Hatha Yoga</b> Christine Martiz		5:30 - 6:30 <b>Stength &amp; Alignment</b> Juel Bedford	12:30 - 1:30 <b>Stretch</b> Timothy Bouldry	1:15 - 2:15 <b>Pilates Mat</b> Lavinia Long	5:00 - 6:15 CandleLight <b>Liquid Yoga</b> Meredith Claire
6:30 - 7:30 <b>Pilates Core Training</b> Sara Kappraff	6:45 - 7:45 <b>Cardio Sculpt*</b> Amy Baumgarten	6:30 - 7:30 <b>Vinyasa Yoga*</b> Dana Slamp	6:30 - 7:30 <b>Cardio Dance</b> Juel Bedford			

\*New class, instructor or time.

## Class Descriptions | Body Altering Group Training

### CARDIOVASCULAR

**Cardio Dance:** Dance principles mixed with heart pounding choreography. This class will satisfy all your dance cravings.

**Cardio Sculpt:** Cardio training (floor patterns & step), strength training (free-weights, body-bars and bands) abs and stretching.

**Swing Time:** Smooth and easy-to-follow workout. A whole body warm-up is followed by non-impact movements that are high on effectiveness but low on muscular and joint stress. Muscular strength, endurance, balance and flexibility exercises are included.

### TRAINING

**Body Sculpt:** Progressive, comprehensive series of exercises that target the major muscles to attain a well-proportioned look.

**Pilates Core Training:** Combining challenging strength and body sculpt conditioning exercises with pilates-based core work.

**Strength & Alignment:** Create a leaner, stronger, more flexible body using classic sculpting and stretching techniques.

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

### YOGA AND FLEXIBILITY

**Fat Burning Pilates:** Pilates-based cardio maximizes fat burn while classic Pilates and strength-training sequences target all muscle groups to create a long, strong, and lean body. All levels welcome.

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

**Iyengar Yoga:** Emphasize your alignment so your mind is focused on the action and feeling of a pose. The result makes you aware of the moment, bringing about deep relaxation. Develop your stability, concentration and revitalize your entire body. 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 designed class to make you sweat! It will get your heart rate up and help tone and sculpt your 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:** Slow down and enjoy this one hour full body stretch class taught for all levels.

**Vinyasa Yoga:** Synchronize your movement with your breathing, linking the postures together into a flowing practice. Your breathing is used as a constant point of reference. This class moves continually and all levels are welcome. 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.

### Class Policies

#### For Your Safety & In Consideration Of Others

1. Please mention 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 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. Please respect classes in progress. Keep voices down inside & outside the classroom door.
7. If you must bring a cell phone, please turn the ringer off.
8. Direct all comments and questions having to do with the program to the director's contact information below.

#### DavidBartonGym – Uptown

30 East 85th Street  
New York, NY 10028  
212.517.7577  
www.davidbartongym.com

#### Class Hotline

212.386.9125

#### Program Director

stephen.lincoln@dbgym.com  
212.386.9105

#### Hours

Monday thru Friday  
5:30am - 11:00pm  
Saturday and Sunday  
8:00am - 9:00pm

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