

Fall 2019  
effective Sept 4, 2019

# BRONX HOUSE

990 Pelham Parkway S  
Bronx, NY 10461  
718.792.1800, ext. 244  
www.bronxhouse.org

**FALL FITNESS HOURS**  
Mon–Fri 8:30am-8:45pm  
Sat & Sun 8:30am-4:45pm

**Classes, times, and  
instructors are subject to  
change or cancellation.**

## FITNESS CLASSES

### MONDAY

#### SENIOR CONDITIONING

9:15-10:15am  
Chris (GYM)

#### AQUA FIT & DANCE

10:30-11:15am  
Tony (POOL)

#### ZUMBA GOLD

11:30-12:30pm  
Tony (Studio)

#### STRONG BY 30

6:00-6:30pm  
Catherine (Studio)

#### BOOT CAMP

6:35-7:30pm  
Chris (Studio)

#### ZUMBA

7:35-8:35pm  
Danilo (AUD)

### TUESDAY

#### SILVER SNEAKERS

9:15-10:15am  
Catherine (GYM)

#### WATER WORKS

10:45-11:30am  
Borin (POOL)

#### CORE CRUSHER

6:00-6:45pm  
Catherine (Studio)

#### THEME SPIN

6:50-7:35pm  
Zuleika (Studio)

#### HIIT YOGA- LATES

7:45-8:30pm  
Lee (Studio)

### WEDNESDAY

#### SENIOR CONDITIONING

9:15-10:15am  
Chris (GYM)

#### YOGA-LATES

10:30-11:30am  
Lee (Studio)

#### STRONG BY 30

6:00-6:30pm  
Joelis (Studio)

#### STRENGTH CONDITION

6:35-7:30pm  
Chris (Studio)

#### ZUMBA

7:35-8:35pm  
Jose (AUD)

### THURSDAY

#### SILVER SNEAKERS

9:15-10:15am  
Catherine (GYM)

#### ZUMBA

10:15-11:00am  
Joelis (Studio)

#### YOGA-LATES

11:45-12:30pm  
Lee (Studio)

#### HIIT PILATES

6:00-6:40pm  
Lee (Studio)

#### YIN-YOGA

6:45-7:25pm  
Lee (Studio)

#### THEME SPIN

7:30-8:15pm  
Tony (Studio)

### FRIDAY

#### YIN-YOGA

9:30-10:30am  
Lee (Studio)

#### WATER WORKS

10:45-11:30am  
Borin (POOL)

#### TRX INTERVAL

6:00-7:00pm  
Anthony (Studio)

#### YOGA FLOW

7:00-7:45pm  
Vivian (Studio)

### SATURDAY

#### ZUMBA TONING

9:30-10:30am  
Dena (AUD)

#### KIDS YOGA

9-9:45AM (ages 8-12)  
10-10:45AM (ages 4-7)  
Jazy (Studio)

#### VINYASA YOGA

11:00am-12:00pm  
Joanne (Studio)

### SUNDAY

#### SPIN LITE

9:00am-9:45am  
Tony (Studio)

#### YOGA FLOW

10:00-11:00am  
Denise (Studio)

#### MEDITATION

11:00-11:30am  
Denise (Studio)



For questions —  
Please contact Fitness Director, Ari Ruiz  
Email: [Ari@bronxhouse.org](mailto:Ari@bronxhouse.org)  
Phone: 718-792-1800, ext 244

# CLASS DESCRIPTIONS

## MIND/BODY CORNER:

**Yoga-lates** – Our Yogalates class equally combines Classic Yoga & Pilates. We focus on breath, balance, flexibility & body strengthening. All are welcome with modifications available.

**Yoga Flow** - This gentle sequenced pattern of poses and flow of movement help to increase strength, flexibility, endurance, circulation and respiratory function while also uniting the connection of mind and body.

**Meditation** – This 30min class is dedicated to the practice of meditation and its benefits. You will learn to quiet the mind by going within to obtain stillness and silence.

**Vinyasa Yoga** – Vinyasa classes use the linking together of movement and breath to create a 'vinyasa flow.' Open to all levels.

**KIDS YOGA** – Children ages 4-7 and 8-12 can also experience the benefits of yoga practice. Register for these 10 week seasonal classes.

**YIN-YOGA** - a slow paced Meditative practice. This helps us still our minds, stretch our bodies and open the deeper connective tissues. This Yin practice is done on our mats in seated and lie down positions with the assist of yoga blocks if needed to soft music.

## ZUMBA CORNER:

**Zumba (Basic)** – Zumba combines high energy, and captivating music with Latin inspired moves that will leave you asking for more! Think you're not a dancer? No Problem! Zumba is a "feel good" workout geared toward all levels and the most fun you will have while getting in shape!

**Zumba Gold** – Designed for the active older adult, the true beginner or people who are not used to exercising. The same great Latin music and dance moves are used get the heart rate up. Burn calories while having fun!

**Zumba Toning** – Zumba is one way to incorporate exercise while having fun together. Here's a great opportunity to improve your health with easy-to-follow dance routines. Add in 1 or 2 pound weights and you got yourself a muscle toning and cardiovascular combination work.

## CARDIO & CONDITIONING CORNER:

**Theme Spin** - Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to a themed playlists (i.e. - Soca, 80s, Latin, Rock, artist v. artist, etc.) created to motivate and inspire! This is a great workout if you want to burn calories, increase endurance and improve cardiovascular health. This class is for beginners as well as seasoned cyclists!

**Aqua Fit & Dance** – *LOW IMPACT*: Bringing the party to the pool! Aerobic water exercise set to the beat of Zumba music. Water cap and water shoes are recommended to wear.

**Water Works** – *LOW IMPACT*: This water fitness class is focused on providing aerobic endurance and strength training. Participants work in the shallow end of the pool with the use of resistance equipment to improve range of motion, stamina, muscle tone, cardiovascular health, balance and overall flexibility. Knowing how to swim is not required.

**HIIT Yoga-lates** – mixes *High Intensity Interval Training* (HIIT) with Pilates. HIIT involves performing short bursts of exercises which work the entire body and get the heart rate up. These classes improve your flexibility & energy while toning your core, glutes, arms & more.

**Spin Lite** – Intimidated by the intensity of a regular spin class? This alternative is perfect for you! The features of a regular cycle class but with less stress and tensions, limited sprints, stands and jumps!

## STRENGTH & CONDITIONING CORNER:

**Core Crusher!** - 45 minutes of concentrated core development that will leave your abs feeling rock solid.

**Senior Conditioning** – A low intensity total body workout that uses light weights and resistance bands to improve balance and coordination while preventing loss of muscle and increasing bone density.

**Silver Sneakers** - A strength and conditioning class incorporating gradual, self-paced exercises that can be performed from a seated or standing position for balance and movement. Balls, bands, and weights are used to enhance skills utilized for daily living activities.

**TRX Interval** – *HIGH INTENSITY*: Circuit training workout to improve stamina and strength. Includes Cardio, Sculpting, TRX, and Tabata style training components.

**Boot Camp** – This interval total body workout combines cardio and strength training. With the use of dumbbells and body cardio movements your body is sculpted and conditioned to a fitness level you always wanted to achieve.

**Strong by 30** – *HIGH INTENSITY INTERVAL TRAINING* – Nothing like any class you have ever attended before, expect to jump, squat, lunge and hit the floor to the beat of the music! A great workout for calorie shredding and muscle conditioning!

**Strength Condition** – A moderate to high intensity class that helps increase your stamina and strength with a total body workout! Condition your body through a muscle strengthening, abdominal tightening, body toning, and calorie burning workout!

**GET FIT**   
**WITH US!**