




















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 7:45 <b>Xpress Cycle</b>  Sara Connelly		7:00 - 7:45 <b>Xpress Cycle</b>  Marc Daniel		7:00 - 7:45 <b>Xpress Cycle</b>  Sara Connelly	10:15 - 11:00 <b>Xpress Cycle</b>  Muri Assuncao	10:00 - 11:00 <b>Cycle'n Abs</b>  Sara Connelly
11:45 - 12:30 <b>Core Cut</b> Mike Bilby	11:45 - 12:30 <b>Melt</b> Caroline Ficksman	11:45 - 12:30 <b>Melt</b> Gary Green	11:45 - 12:30 <b>Ass, Arms &amp; Abs</b> Mike Bilby		11:15 - 12:00 <b>Xpress Cycle</b>  Muri Assuncao	11:00 - 12:00 <b>Fortitude*</b> Daury Dross
12:30 - 1:15 <b>Xpress Cycle</b>  Muri Assuncao	12:30 - 1:15 <b>Xpress Cycle</b>  Muri Assuncao	12:30 - 1:15 <b>Xpress Cycle</b>  Muri Assuncao	12:30 - 1:15 <b>Xpress Cycle</b>  Caroline Ficksman	12:30 - 1:15 <b>Melt</b> Caroline Ficksman	11:15 - 12:00 <b>Six Pack Attack!</b> Caroline Ficksman	12:15 - 1:15 <b>Cycle'n Abs</b>  Cicely Black
1:15 - 1:30 <b>Abs</b> Muri Assuncao	1:15 - 1:30 <b>Abs</b> Muri Assuncao	1:15 - 1:30 <b>Abs</b> Muri Assuncao	1:15 - 1:30 <b>Abs</b> Caroline Ficksman		12:00 - 12:15 <b>Abs</b> Muri Assuncao	
6:00 - 6:45 <b>Pain &amp; Pleasure</b> Caroline Ficksman	6:00 - 6:30 <b>Guns</b> Isaac Smith		6:00 - 6:45 <b>Upper Cuts</b> Hernan Turjillo	6:00 - 6:30 <b>Guns</b> Hernan Turjillo	4:00 - 5:30 <b>Barton Biking</b>  /Studio Muri Assuncao & Hernan Turjillo	
6:30 - 7:15 <b>Xpress Cycle</b>  Sara Connelly	6:30 - 7:15 <b>Xpress Cycle</b>  Cicely Black	6:30 - 7:15 <b>Xpress Cycle</b>  Nicole Caruth	6:30 - 7:15 <b>Xpress Cycle</b>  Carolyn Larson	6:30 - 7:15 <b>Xpress Cycle</b>  Muri Assuncao		
6:45 - 7:30 <b>Power Training</b> Chris Nardoni	6:30 - 7:15 <b>Pain &amp; Pleasure</b> Robert Ramsey	6:45 - 7:30 <b>Steam</b> Chris Nardoni	6:45 - 7:30 <b>Junk</b> Gary Green	6:30 - 7:15 <b>Blood, Sweat'n Tears</b> Mike Bilby		
7:30 - 8:15 <b>Fortitude</b> Mike Bilby	7:15 - 8:00 <b>Junk</b> Caroline Ficksman	7:30 - 8:15 <b>Pain &amp; Pleasure</b> Mike Bilby	7:30 - 8:15 <b>Six Pack Attack!</b> Gary Green	7:15 - 8:00 <b>Six-Pack Attack!</b> Mike Bilby		
8:15 - 9:00 <b>Six-Pack Attack!</b> Muri Assuncao	8:15 - 9:45 <b>Barton Biking*</b>  /Studio Muri Assuncao & Daury Dross	8:15 - 9:00 <b>Six Pack Attack!</b> Hernan Turjillo	8:15 - 9:45 <b>Barton Biking</b>  /Studio Muri Assuncao & Hernan Turjillo			*New class, instructor or time.

## Class Descriptions | Body Altering Group Training

Group Training @ **DavidBartonGym** is unique as our trainers teach the classes focusing 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.

**Abs:** 15 minute abdominal workout resulting in that cut up core.

**Ass, Arms & Abs:** Need we say more?..targeted strength work designed to blast the “featured” areas that we want looking their best!

**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. DBGym trainers will emphasize building overall muscular endurance.

**Blood, Sweat’n Tears:** Train like a fighter...or at least look like one. High repetition/explosive exercises and intense cardio movements will be integrated with boxing drills. This class will challenge your body and push you to your limits...or tears!

**Core Cut:** The exercises and movements in this class are designed to build core strength and increase range of motion and flexibility. Slow, controlled and purposeful movements requiring focus, balance and excellent posture will be used to create an exercise experience that will re-shape and strengthen you from the inside out.

**Cycle’n Abs:** A 45 minute ride with 15 minutes of abs.

**Fortitude:** Power of mind meets muscular strength and cardiovascular endurance. Circuit training to target more than your body, designed to evoke courage and dignity. This workout will train you to handle adversity while getting you the body of a warrior.

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

**Junk:** The only class you need to get your ASSets in order. You’ll be challenged with innovative, targeted lower body exercises designed to increase muscle definition and strength. Your ass and legs will be in perfect shape to wow the crowd as you stroll the beach.

**Melt:** Burn baby, burn! Get in here, get moving and don’t stop...until we tell you to! This workout is designed to help you burn away the fat by keeping your muscles working non-stop. Our trainers will integrate high intensity cardio intervals with moderate intensity active recovery intervals to maximize caloric expenditure, boost metabolism and burn fat.

**Pain & Pleasure:** No pain, no gain, that’s the buzz about this 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!

**Power Training:** Plyometrics (a big word to get you big results) will be used to increase the POWER of your workouts! This workout primarily targets the lower body but also incorporates abdominal strengthening. Simply said, our trainers will condition you to take your training program to the next level during this workout. Caroline and Louis switch off teaching weekly.

**Six-Pack Attack!** Calisthenics, core training and traditional abdominal exercises combined in a 45-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 Cycle:** An intense 45 minute cardiovascular workout on a stationary bike, based on cycling principles. Classes are technique based with a focus on cadence, heart-rate zones, climbs & sprints that are fun and challenging and 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, please silence the ringer.

## Program Director

Stephen Charles Lincoln  
All comments and questions regarding the program:  
stephen.lincoln@dbgym.com  
212.978.4608

## DavidBartonGym – Chelsea

215 West 23rd Street  
New York, NY 10011  
212.414.2022  
www.davidbartongym.com

## Hours

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

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10:00 - 11:15 <b>Vinyasa Yoga</b> Robert Nguyen</p> <p>11:30 - 12:30 <b>Pilates Core Training*</b> Leslie Howitt</p> <p>4:00 - 5:30 <b>Yoga For Jocks</b> Paulo Hudson</p> <p>6:30 - 8:00 <b>Power Vinyasa Yoga</b> Phillip Askew</p> <p>8:00 - 9:15 <b>Vinyasa Yoga*</b> Loren Bassett</p>	<p>8:00 - 9:15 <b>Vinyasa Yoga*</b> Timothy Bouldry</p> <p>11:00 - 12:30 <b>Yoga Basics</b> Rikard Skogberg</p> <p>1:00 - 2:00 <b>Pilates Mat</b> Juel Bedford</p> <p>5:15 - 6:30 <b>Vinyasa Yoga*</b> Mohan Kulasingam</p> <p>6:30 - 7:30 <b>Stretch &amp; Abs</b> Stephen Lincoln</p> <p>8:00 - 9:15 <b>Hot Gravity Surfing</b> Kara Kerek</p>	<p>7:00 - 8:00 <b>Liquid Yoga</b> Goldie Karpel</p> <p>8:15 - 9:15 <b>Yoga Basics</b> Stacey Brass</p> <p>11:00 - 12:00 <b>Pilates Core Training</b> Nathanael Buckley</p> <p>12:00 - 1:15 <b>Vinyasa Yoga</b> Paulo Hudson</p> <p>4:00 - 5:30 <b>Yoga For Jocks</b> Paulo Hudson</p> <p>5:30 - 6:30 <b>Pilates Core Training</b> Leslie Howitt</p> <p>6:30 - 8:00 <b>Anusara Yoga</b> Alba Hernandez</p> <p>8:00 - 9:00 <b>Mind Over Muscle</b> Yom Odamtten</p>	<p>8:00 - 9:15 <b>Vinyasa Yoga</b> Timothy Bouldry</p> <p>11:00 - 12:30 <b>Yoga Basics</b> Rikard Skogberg</p> <p>1:00 - 2:00 <b>Pilates Mat</b> Juel Bedford</p> <p>5:00 - 6:00 <b>Liquid Yoga</b> Yom Odamtten</p> <p>6:15 - 7:45 <b>Power Vinyasa Yoga</b> Phillip Askew</p> <p>8:00 - 9:15 <b>Hot Gravity Surfing</b> Kara Kerek</p>	<p>10:00 - 11:15 <b>Vinyasa Yoga</b> Robert Nguyen</p> <p>4:00 - 5:30 <b>Yoga For Jocks</b> Paulo Hudson</p> <p>6:00 - 7:30 <b>Liquid Yoga</b> Jen Guarnieri</p>	<p>9:00 - 10:30 <b>Vinyasa Yoga</b> Timothy Bouldry</p> <p>11:00 - 12:00 <b>Stretch &amp; Abs</b> Stephen Lincoln</p> <p>1:00 - 2:30 <b>Power Vinyasa Yoga</b> Ioannis Andritsos</p> <p>2:30 - 3:30 <b>Pilates Core Training</b> Isabel Gotzkowsky</p> <p>5:30 - 7:00 <b>Yoga Core Training</b> Ariel Karass</p>	<p>11:30 - 12:45 <b>Yoga Basics</b> Jenny Lynn Jankesh</p> <p>2:00 - 3:15 <b>Liquid Yoga</b> Jen Guarnieri</p> <p>7:15 - 8:30 <b>Sunset Hatha Yoga</b> Payton Bryant</p> <p><b>*New class, instructor or time.</b></p>

## 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.

**Anusara Yoga:** Considered to be a cutting edge style of yoga. Masterfully integrating advanced therapeutic alignment techniques with a celebratory philosophy producing a safe, effective and fun yoga practice. All levels can enjoy this class.

**Hot Gravity Surfing:** Up the temperature and defy gravity with this fast-paced do-able yoga class. A solid cardio workout taught in a heated room with feel-good yoga positions. This innovative light-hearted class leaves you feeling fit and fabulous.

**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.

**Sunset Hatha Yoga:** Chill out and experience supreme inner peace through this feel-good class taught as the sun goes down over Manhattan. Classic yoga postures, breathing exercises, relaxation and meditation come together to harmonize you on every level - body, mind and spirit. A dynamic and moving class that is perfect for all levels.

**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.

### Strength & 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 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

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. 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.

### Class Hotline

212.978.3431

### Program Director

Stephen Charles Lincoln  
All comments and questions regarding the program:  
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