

South Beach

Yoga & Flexibility Studio Schedule | 03/01/10 - 05/30/10

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 Pilates 101 Leah Kinsella		9:00 - 10:00 Pilates Mat* Leah Kinsella		9:00 - 10:00 Pilates Core Training Maria Scally		9:00 - 10:00 Yoga Basics Leah Kinsella
10:00 - 11:15 Vinyasa Yoga Brittany Ganson	10:00 - 11:15 Vinyasa Yoga Mark Oliver	10:15 - 11:30 Therapeutic Yoga Annie Hollingsworth	10:00 - 11:15 Vinyasa Yoga Mark Oliver	10:00 - 11:15 Vinyasa Yoga Brittany Ganson	10:00 - 11:00 Vinyasa Yoga* Maria Scally	10:00 - 11:00 Liquid Yoga Michael Olusczak
11:15 - 12:15 Pilates Mat Leah Kinsella	12:00 - 1:15 Yoga Basics Sharyn Sambrick	11:30 - 12:30 Pilates Core Training* Brittany Ganson	12:00 - 1:15 Yoga Basics Sharyn Sambrick	11:15 - 12:15 Pilates Mat* Chad Ingram	11:00 - 12:00 Pilates Mat Maria Scally	11:00 - 12:00 Pilates Core Training Leah Kinsella
12:30 - 1:30 Strength & Alignment Chad Ingram	1:15 - 2:15 Pilates Mat Maria Scally	12:30 - 1:45 Vinyasa Yoga* Brittany Ganson	1:15 - 2:15 Pilates Mat Maria Scally	12:30 - 1:30 Yoga Core Training Chad Ingram	1:00 - 2:15 Power Vinyasa Yoga Michael Olusczak	1:00 - 2:15 Yogic Arts Michael Olusczak
					3:00 - 4:30 Yoga Playground Chad Ingram	
6:15 - 7:45 Power Vinyasa Yoga* Kristin Jones	6:00 - 7:00 Pilates Apparatus 101 \$ Leah Kinsella -Pilates Studio		6:00 - 7:00 Yogic Arts Michelle Berlin		6:00 - 7:30 Yoga Core Training Ruslan Kleytman	6:30 - 8:00 Kundalini Yoga Mark Oliver
	6:45 - 7:45 Stretch & Abs Nicholas Hessman	7:00 - 8:00 Pilates 101 Leah Kinsella				
8:00 - 9:00 Yoga For Jocks* Kristen Jones	7:45 - 9:00 Ashtanga Yoga* Brittany Ganson		7:15 - 8:15 Pilates Core Training* Brittany Ganson			
9:00 - 10:00 Vinyasa Yoga* Michael Olusczak		8:30 - 9:45 Vinyasa Yoga Michael Olusczak				

*New class, instructor or time.

\$Fee for class. Book at front desk.

Class Descriptions

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.

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.

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.

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.

Therapeutic Yoga: Modified postures and sequences to allow students of all ages and physical conditions to enjoy the benefits of yoga. Class will be built around health goals and levels of fitness, providing the right challenge for each individual and laying a solid foundation for wellness.

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 Playground: Creative, flowing, challenging and fun for adventurous yogis of all experience levels. This flowing vinyasa practice is loosely constructed so you have the chance to add on, take away, and embellish the flow of the class as you like, all done to an amazing variety of music. Tune into your body and move like yourself!

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 & 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.

Pilates Apparatus: Apparatus work in a group setting will focus on specific areas to deepen your understanding of and ability to control your pelvis. Benefits are a tight tummy, firm ass and solid pelvic floor....if you didn't know you had a pelvic floor, you will find it! 101: Beginning Level. 102: Intermediate Level. Assessment and booking required. Class is in the private studio.

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.

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

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.

Program Director

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

DavidBartonGym- South Beach

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

Hours

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

South Beach

Group Training | 03/01/10 - 05/30/10

DavidBartonGym

Monday

7:30 - 8:15
Xpress Cycle 🚴++
Suzanne Witrock

9:00 - 10:00
Pain & Pleasure
Fabiana Luzardo

10:00 - 11:00
Steam*
Bryan Beasley

10:15 - 11:00
Xpress Cycle 🚴++
Sheree Duncan

5:00 - 5:45
Xpress Cycle 🚴++
Carlos Molina

5:45 - 6:15
Six Pack Attack!
Fabiana Luzardo

6:30 - 7:15
Xpress Cycle 🚴++
Sheree Duncan

6:30 - 7:30
Steam
David Silva

7:30 - 8:00
Guns
Roberto Guzman

7:30 - 8:15
Xpress Cycle 🚴++
Carlos Molina

Tuesday

6:45 - 7:30
Xpress Cycle 🚴++
Vanessa Reggiardo

8:00 - 9:00
Pain & Pleasure*
Bryan Beasley

9:00 - 9:30
Six Pack Attack!*
Carlos Molina

9:30 - 10:30
Junk
Roberto Guzman

9:30 - 10:30
Endurance Cycle 🚴++
Suzanne Witrock

10:30 - 11:30
Strength & Alignment*
Chad Ingram

4:45 - 5:30
Xpress Cycle* 🚴++
Roberto Guzman

5:30 - 6:00
Six Pack Attack!
Kenny Ogradnik

6:00 - 6:45
Xpress Cycle 🚴++
Vanessa Reggiardo

6:00 - 7:00
TKO
Sheree Duncan

7:00 - 8:30
Barton Biking 🚴++
Sheree Duncan &
Roberto Guzman

8:30 - 9:15
Xpress Cycle* 🚴++
Carlos Molina

Wednesday

7:30 - 8:15
Xpress Cycle 🚴++
Carlos Molina

9:00 - 10:00
Power Circuit
Bryan Beasley

9:15 - 10:15
Endurance Cycle 🚴++
Mark Ryan

10:15 - 10:45
Six Pack Attack!
Joe DiCicco

11:45 - 12:30
Xpress Cycle 🚴++
Roberto Guzman

5:00 - 5:45
Xpress Cycle 🚴++
Carlos Molina

5:45 - 6:30
Junk
Fabiana Luzardo

6:30 - 7:30
Endurance Cycle 🚴++
Carlos Molina

6:30 - 7:30
Steam
David Silva

7:30 - 8:00
Six Pack Attack!
Halliday Anderson

7:45 - 8:30
Xpress Cycle 🚴++
Sheree Duncan

Thursday

6:45 - 7:30
Xpress Cycle 🚴++
Vanessa Reggiardo

8:00 - 9:00
Pain & Pleasure
Halliday Anderson

9:00 - 9:30
Six Pack Attack!
Halliday Anderson

9:30 - 10:30
Integrated Strength
Carlos Molina

9:30 - 10:30
Endurance Cycle 🚴++
Mark Ryan

4:45 - 5:30
Xpress Cycle 🚴++
Carlos Molina

5:30 - 6:00
Six Pack Attack!
Joe DiCicco

6:00 - 7:00
Junk*
Brian Beasley

6:00 - 7:00
Krav Maga* •
Rick Blitstein

6:30 - 7:15
Xpress Cycle 🚴++
Carlos Molina

7:00 - 8:00
Latin Groove
Miguel Guerra

7:30 - 8:30
Endurance Cycle 🚴++
Vanessa Reggiardo

Friday

7:30 - 8:15
Xpress Cycle* 🚴++
Carlos Molina

9:00 - 10:00
ASSolutely ABBulous
Roberto Guzman

10:15 - 11:15
Strength & Alignment*
Chad Ingram

11:15 - 12:00
Xpress Cycle 🚴++
Sheree Duncan

5:30 - 6:00
Six Pack Attack!
Carlos Molina

6:00 - 6:30
Guns
Bryan Beasley

6:30 - 7:30
Endurance Cycle 🚴++
Carlos Molina

6:30 - 7:30
Fight Club
Halliday Anderson

Saturday

8:45 - 9:30
Xpress Cycle 🚴++
Suzanne Witrock

9:30 - 10:00
Six-Pack Attack!
Joe DiCicco

10:00 - 10:45
Xpress Cycle 🚴++
Vanessa Reggiardo

10:00 - 11:00
H2O
Michael Olusczak - Pool

11:00 - 12:00
Pain & Pleasure
Fabiana Luzardo

12:00 - 1:00
Endurance Cycle 🚴++
Roberto Guzman

5:30 - 6:30
Endurance Cycle 🚴++
Sheree Duncan

Sunday

10:00 - 11:30
Barton Biking 🚴++
Nicolas Hessman &
Sheree Duncan

11:30 - 12:00
Six-Pack Attack!
Halliday Anderson

12:00 - 12:45
Xpress Cycle 🚴++
Suzanne Witrock

6:00 - 7:00
Endurance Cycle 🚴++
David Silva

***New class,
instructor or time.**

++Please sign-up upon
check-in

•Takes place in
boxing area on gym
floor

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.

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.

Endurance Cycle: Just like our classic Xpress Cycle class, but you are pushed to go the distance. Use all 60 or 90 minutes to accelerate your mind and body to a new state of being. You can do it... now go.

Fight Club: Train like a boxer in this cross training workout combining aerobic boxing drills with strength movements designed to increase muscular endurance.

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

H2O: Stay cool, look hot during the steamy summer days with this high intensity cardio, resistance training, and low impact workout in the South Pool

Integrated Strength: Your muscles will burn, baby burn, in this interval training workout. Each workout will combine strength training segments with cardio intervals to increase muscular endurance, develop the cardio vascular system and BURN lots of calories!

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.

Krav Maga: Krav Maga or "contact combat" is the renowned self-defense system of the Israeli Defense Forces.

Latin Groove: Enjoy a variety of Latin rhythms such as salsa, mambo, cha-cha, and merengue. Movement and rhythms are all combined harmoniously including a warm-up, presentation of rhythm, and a hard-core DavidBartonGym cardio dance work out!

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!

Power Circuit: All fitness levels are invited to test strength, cardio capacity and flexibility during this power house class taught in interval format.

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.

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

TKO: This knock-out of a workout will challenge your cardiovascular system with high-intensity aerobic exercises based on boxing movements. You'll punch and kick your way through this workout until you feel like you've been TKO'd!

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

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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.

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