

South Beach

Yoga & Flexibility Studio Schedule | 01/02/12 - 05/25/12

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 - 9:00 Yoga Basics* Lois Tepper	7:30 - 8:30 Sunrise Vinyasa Yoga ☼ Michael Olusczak		7:30 - 8:30 Sunrise Vinyasa Yoga ☼ Michael Olusczak			
		9:00 - 10:00 Pilates Mat Maribel Modrono	9:00 - 10:00 Stretch & Alignment* Elissa Barbach			9:00 - 10:00 Yoga Basics Lois Tepper
10:00 - 11:15 Liquid Yoga Michelle Berlin	10:00 - 11:15 Vinyasa Yoga Mark Oliver	10:00 - 11:00 Pilates Apparatus \$ Maribel Modrono	10:00 - 11:15 Vinyasa Yoga Mark Oliver	10:00 - 11:15 Liquid Yoga Michelle Berlin	10:00 - 11:00 Vinyasa Yoga Anna Semeniuk	10:00 - 11:00 Liquid Yoga Anna Semeniuk
		10:15 - 11:30 Therapeutic Yoga* Veronica Pesantes			11:00 - 12:00 Pilates Mat Anna Semeniuk	
11:15 - 12:15 Pilates Mat Maribel Modrono		11:30 - 12:30 Pilates Core Training Maribel Modrono		11:15 - 12:15 Pilates Mat Maribel Modrono		
12:30 - 1:30 Power Vinyasa Yoga Chad Ingram	12:00 - 1:15 Yoga Basics Sharyn Sambrick	12:30 - 1:45 Vinyasa Yoga Michelle Berlin	12:00 - 1:15 Yoga Basics Sharyn Sambrick	12:30 - 1:30 Power Vinyasa Yoga Chad Ingram	1:00 - 2:15 Power Vinyasa Yoga ☼ Michael Olusczak	
	1:15 - 2:15 Pilates Mat Liz Rhodes		1:15 - 2:15 Pilates Mat Liz Rhodes			
6:15 - 7:45 Power Vinyasa Yoga Michelle Berlin	7:45 - 9:00 Ashtanga Yoga* Edwin Bergman	6:30 - 7:30 Fat Burning Pilates Jote Rebecca Kaur	6:00 - 7:00 Yoga Core Training Michelle Berlin	5:30 - 6:30 Sunset Vinyasa Yoga ☼ Michael Olusczak	6:15 - 7:45 Power Ashtanga Yoga Jote Rebecca Kaur	
8:00 - 9:00 Yoga for Jocks Michael Olusczak		7:30 - 8:45 Vinyasa Yoga Michael Olusczak	7:00 - 8:00 Pilates Core Training Anna Semeniuk			

*New class, instructor or time.

\$ Fee for class. Book at front desk

☼Weather permitting, class held on Spa Deck - in studio if not.

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.

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 Ashtanga Yoga: An advanced Ashtanga based class that will teach your downward dog new tricks! While open to all levels, yoga experience should already be in your body for this 90min workout.

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.

Sunrise/Sunset Vinyasa Yoga: Start or end your day with classic yoga postures, body altering breathing exercises and an active meditation... waking you up or chilling you out - body, mind and spirit. A dynamic and moving class that is perfect for all levels.

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.

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.

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

Pilates Apparatus: Work your body out with the fundamentals of Pilates through the artistry of movement. Increase your flexibility, release tension in your joints and push your core strength, all while toning your overall physique. Class is semi-private and held in the private Pilates studio. Assessment and booking is required.

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 & Alignment: This class integrates the principles of stretch, pilates, and yoga. We will elongate and strengthen the body and is a great class in conjunction with any other type of fitness program.

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.

DavidBartonGym – South Beach

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

Hours

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

Training Manager

Raul Feliciano

All comments and questions
regarding the program:
group.miami@dbgym.com

DavidBartonGym

South Beach

Group Training | 01/02/12 - 05/25/12

DavidBartonGym

Monday

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

9:00 - 10:00
Pain & Pleasure
David Silva

10:00 - 11:00
Steam ++
Mark Ryan

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

11:00 - 12:00
Drenched*
Sheree Duncan

5:00 - 5:45
Xpress Cycle 🚴++
Mark Ryan

6:00 - 6:30
Six Pack Attack!*
Calvin Waid

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* 🚴++
Ryan Logan

Tuesday

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

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

9:00 - 9:30
Washboard Abs
Rob Oliveira

9:30 - 10:30
Junk ++
Roberto Guzman

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

10:30 - 11:00
Upper Cuts*
Brad Johnson

5:00 - 5:45
Xpress Cycle 🚴++
Roberto Guzman

5:30 - 6:00
Six Pack Attack!
David Silva

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

7:00 - 8:30
Barton Biking 🚴++
Sheree Duncan &
Chris Hager

8:30 - 9:15
Xpress Cycle 🚴++
Chris Hager

Wednesday

7:30 - 8:15
Xpress Cycle 🚴++
Liz Rhodes

9:00 - 10:00
Power Circuit ++
Roberto Guzman

9:15 - 10:00
Xpress Cycle* 🚴++
Ryan Logan

10:00 - 10:30
Six Pack Attack!
David Silva

10:00 - 10:45
Tread* 🚴++
Calvin Waid

11:45 - 12:30
Xpress Cycle 🚴++
Sheree Duncan

5:00 - 5:45
Xpress Cycle 🚴++
Mark Ryan

5:45 - 6:30
Junk ++
Bryan Beasley

6:30 - 7:15
Xpress Cycle 🚴++
Roberto Guzman

6:30 - 7:15
Fight Club*
Calvin Waid

7:30 - 8:30
LAB*
Deemsey Arias

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

Thursday

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

8:00 - 9:00
Results*
Deemsey Arias

9:00 - 9:30
Six Pack Attack!*
William Castillo

9:30 - 10:30
Pain & Pleasure*
Bryan Beasley

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

5:00 - 5:30
Upper Cuts
Brad Johnson

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

6:00 - 7:00
Melt ++
Bryan Beasley

6:30 - 7:15
Xpress Cycle 🚴++
Roberto Guzman

7:00 - 8:00
Steam ++
David Silva

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

Friday

7:30 - 8:15
Xpress Cycle 🚴++
Liz Rhodes

9:00 - 10:00
Ass & Abs
Roberto Guzman

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

5:30 - 6:00
Six Pack Attack!*
Deemsey Arias

6:00 - 6:30
Industry Legs
Chris Hager

6:30 - 7:15
Xpress Cycle 🚴++
Roberto Guzman

Saturday

9:00 - 10:00
Camp David* ⚙️
Calvin Waid

9:15 - 10:00
Xpress Cycle* 🚴++
David Silva

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

10:00 - 11:00
Muscle Playground ++
David Silva

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

11:00 - 12:00
Pain & Pleasure
Bryan Beasley

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

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

Sunday

10:00 - 11:30
Barton Biking 🚴++
Sheree Duncan &
Chris Hager

11:30 - 12:00
Six Pack Attack!*
Deemsey Arias

12:00 - 12:45
Xpress Cycle 🚴++
Sean McGowan

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

**++Please sign-up
upon check-in
at front desk.**

**⚙️Class held outdoors,
see front desk for
location & details.**

LookBetterNaked.

www.davidbartongym.com

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 that you look. Benefits include cardiovascular endurance, muscular strength, tone and flexibility. Show up and be prepared to be worked out.

Ass & Abs: If you aren't satisfied with how those jeans are fitting then 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 a sexy six-pack.

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

Camp David: DBGym goes to the urban outdoors this summer. Camp David Recruits will be pushed to new levels through a combination of interval cardio drills, agility training, calisthenics, and core strength training. See the front desk for location & details.

Drenched: Prepare to be drenched and dripping with sweat as you are pushed through an intense circuit based weight training class.

Endurance Cycle: Go the distance. 60 minutes to accelerate your mind and body to a new state of being. You can do it....go now.

Fight Club: Cross train like a boxer by combining aerobic boxing drills with strength movements to increase muscular endurance.

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

Industry Legs: Industry Legs is a resistance class designed to build and sculpt the legs and butt. Utilizing a series of exercises using weights, exercises will be done in sets, focusing on the quads, hamstrings, and glutes.

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.

LAB (Lactic Acid Breakthrough): This interval training class is designed to increase your muscular endurance by increasing the availability of oxygen in your blood during exercise. Endurance training conditions your body to train harder and longer, guaranteed! Our trainers will use work intervals and active rest cycles to help you LookBetterNaked.

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.

Muscle Playground: Hit the playground and learn the form and function of lifting. Creative, technical, challenging and eye opening workouts for the adventurous of all experience levels. This workout is loosely constructed so you have the chance to add on, take away, and embellish exercises as you like. Tune into your body and connect to your muscles like never before!

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 interval class.

Results: The name says it all! Whether you are trying to pack on muscle or shred fat this class will take care of both. This class implements weight training, ab & core exercises, as well as cardio drills.

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 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 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 class. Determination and commitment are required and results are guaranteed.

Tread: Boredom free treadmill days are gone. Come zip through 45 minutes of a calorie burning interval course that changes up weekly. Very challenging yet all levels can attend. This class will get and keep you beyond cardio fit- if you are not a jogger or a marathon runner, you may become one quickly.

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

Washboard Abs: Shred your mid section and get the rock hard abs you have longed for. This class will blast your abs and improve core definition and strength.

Xpress Cycle: 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, please silence the ringer.

DavidBartonGym – South Beach

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

Hours

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

Training Manager

Raul Feliciano

All comments and questions regarding the program:
group.miami@dbgym.com

DavidBartonGym