

# Uptown

Class Schedule | 01/02/12 - 05/25/12

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 <b>Liquid Yoga*</b> Robert Nguyen	7:00 - 8:00 <b>Body Sculpt*</b> Dana Snyder	7:15 - 8:15 <b>Pilates Core Training*</b> Marie Strevens	7:00 - 8:00 <b>Body Sculpt*</b> Manwe Sauls	7:15 - 8:15 <b>Strength &amp; Alignment*</b> Dana Snyder	9:15 - 10:15 <b>Cardio Sculpt</b> Jim Linehan	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> Goldie Karpel	8:15 - 9:15 <b>Stretch*</b> Dana Snyder	8:00 - 9:00 <b>Vinyasa Yoga</b> Robert Nguyen	8:30 - 9:00 <b>Six-Pack Attack*</b> Maurice Cobb	10:15 - 11:15 <b>Cardio Dance*</b> Jim Linehan	10:00 - 10:15 <b>Abs</b> Juel Bedford
9:15 - 10:15 <b>Body Sculpt*</b> Manwe Sauls	9:15 - 10:15 <b>Body Sculpt</b> John B.	9:15 - 10:15 <b>Cardio Sculpt</b> Stephen Lincoln	9:15 - 10:15 <b>Body Sculpt</b> John B.	9:15 - 10:15 <b>Cardio Dance*</b> Manwe Sauls	11:15 - 12:15 <b>Vinyasa Yoga</b> Timothy Bouldry	10:15 - 11:15 <b>Vinyasa Yoga*</b> Robert Nguyen
10:15 - 11:15 <b>Feel Good Yoga*</b> Jilda Ciccavo	11:15 - 12:15 <b>Pilates Core Training*</b> Marie Strevens	10:30 - 11:30 <b>Pilates Core Training</b> Dana Snyder	10:15 - 11:15 <b>Iyengar Yoga</b> Naghmeh Ahi	10:15 - 11:15 <b>Body Sculpt</b> Juel Bedford		
11:30 - 12:30 <b>Swing Time*</b> Manwe Sauls		11:30 - 12:30 <b>Swing Time</b> Dana Snyder	11:15 - 12:15 <b>Pilates Core Training*</b> Marie Strevens	11:30 - 12:30 <b>Swing Time</b> Juel Bedford		
5:00 - 6:00 <b>Iyengar Yoga</b> Naghmeh Ahi	5:30 - 6:30 <b>Hatha Yoga*</b> Christine Martitz		5:00 - 6:00 <b>Drills*</b> David Malave			
	6:30 - 7:30 <b>Ballet Basics</b> Dana Snyder	6:00 - 7:00 <b>Pilates Mat</b> Dana Snyder	6:15 - 7:15 <b>Cardio Dance*</b> Jim Linehan			
		7:00 - 8:00 <b>Drenched*</b> Gio De Jesus				

\*New class, instructor or time.

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

## Class Descriptions | Body Altering Group Training

### 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.

**Ballet Basics:** Drawing inspiration from ballet, this class improves balance and grace. Taught by one of our trainers, you will work all major muscle groups. Tutu not required.

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

**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.

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

**Drills:** Agility drill training is one of the best ways to increase your cardiovascular staying power. You'll last longer without getting winded, jump higher, and move more efficiently by utilizing our agility training drills. This class will reduce your risk of injury, give you more flexibility and prepare your body to accept the rigors of working out. Take your cardio training to the next level in this one of a kind class.

**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.

**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.

### 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.

**Feel Good Yoga:** Chill out and experience supreme inner peace through this feel-good class taught as the Sunday 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.

**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.

**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. Designed to build strength and sustain focus.

### 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 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.

**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.

**Stretch:** Slow down and enjoy this one hour full body stretch class taught for all levels.

### 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 – Uptown

30 East 85th Street  
New York, NY 10028  
212.517.7577  
[www.davidbartongym.com](http://www.davidbartongym.com)

### Hours

Monday - Thursday 5:30am - 11pm  
Friday - 5:30am - 9pm  
Saturday - Sunday 8am - 7pm

### Training Manager

Mitch Baseman

All comments and questions regarding the program:  
[group.uptown@dbgym.com](mailto:group.uptown@dbgym.com)

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