

Uptown

Class Schedule | 09/07/10 - 11/07/10

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15 Liquid Yoga Mohan Kulasingam	7:00 - 8:00 Body Sculpt Juel Bedford	7:00 - 8:00 Melt* Marianna Biribin	7:00 - 8:00 Body Sculpt Corey Hill	7:15 - 8:15 Strength & Alignment Juel Bedford		
8:15 - 9:15 Stretch Dana Snyder	8:00 - 9:00 Vinyasa Yoga Goldie Karpel		8:00 - 9:00 Vinyasa Yoga Robert Nguyen	8:15 - 9:15 Cardio Dance Corey Hill	8:15 - 9:00 Upper Cuts* Phil Arico	9:00 - 10:00 Cardio Sculpt Juel Bedford
9:15 - 10:15 Body Sculpt Corey Hill	9:15 - 10:15 Body Sculpt John B.	9:15 - 10:15 Cardio Sculpt Stephen Lincoln	9:15 - 10:15 Body Sculpt John B.	9:15 - 10:15 Pilates Core Training Corey Hill	9:15 - 10:15 Cardio Sculpt Jim Linehan	10:00 - 10:15 Abs Juel Bedford
	10:15 - 11:15 Yoga Basics Dana Snyder	10:30 - 11:30 Pilates Core Training Dana Snyder	10:15 - 11:15 Iyengar Yoga Naghmeh Ahi	10:15 - 11:15 Body Sculpt Juel Bedford	10:15 - 11:15 Cardio Dance Jim Linehan	10:15 - 11:15 Vinyasa Yoga Jen Guarnieri
11:30 - 12:30 Swing Time Corey Hill	11:15 - 12:15 Pilates Core Training Isabel Gotzkowsky	11:30 - 12:30 Swing Time Dana Snyder	11:15 - 12:15 Pilates Core Training Isabel Gotzkowsky	11:30 - 12:30 Swing Time Juel Bedford	11:15 - 12:15 Vinyasa Yoga Timothy Bouldry	
					1:15 - 2:15 Pilates Mat Lavinia Long	
5:00 - 6:00 Iyengar Yoga Naghmeh Ahi	5:30 - 6:30 Hatha Yoga Christine Martiz	6:00 - 7:00 Pilates Mat Megan Krauser	6:15 - 7:15 Dance* Dana Snyder			4:00 - 5:00 Liquid Yoga* Aubrey Lampkin
7:00 - 8:00 Fight Club* Jamie Hadzima	6:30 - 7:30 Ballet Basics Michael Nolan	7:00 - 7:45 Ass, Arms & Abs* Sven Maldonado				*New class, instructor or time.

Class Descriptions

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.

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

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.

Dance: Explore different styles of movement and enjoy new rhythms in this traditional calorie burning dance class.

Fight Club: Mixed Martial Arts. All aspects of martial arts packed into one class with a focus on using your body weight and momentum to your advantage. Strike combinations, partner work, kick techniques, grappling, standing holds and leverage technique.

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.

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.

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

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.

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.

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.

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 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. 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.

Class Hotline

212.386.9125

Program Director

Stephen Charles Lincoln
All comments and questions regarding the program:
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DavidBartonGym – Uptown

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Hours

Monday - Thursday 5:30am - 11:00pm
Friday 5:30am - 9:00pm
Saturday - Sunday 8:00am - 7:00pm

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