

# Astor Place

Group Training, Yoga & Pilates | 09/06/16 - 12/30/16

DavidBartonGym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 <b>Morning Yoga</b> Melini Jesudason	7:00 - 7:45 <b>DBGym Bootcamp</b> Mark Dancewicz	7:00 - 8:00 <b>Fluidity Studio Barre</b> Allison Curseen	7:00 - 7:45 <b>Melt</b> Mark Dancewicz	7:00 - 8:00 <b>Fluidity Studio Barre</b> Liz Smoose	9:45 - 10:45 <b>Fluidity Studio Barre</b> Diana Sorokova	10:00 - 10:45 <b>DBGym Bootcamp</b> Mark Dancewicz
11:00 - 12:00 <b>Pilates Mat</b> Jennifer Herrera	11:00 - 12:15 <b>Yoga Basics</b> Robert Nguyen	11:00 - 12:00 <b>Pilates Mat</b> Tatiana Jerine	11:00 - 12:15 <b>Rock Star Yoga</b> Dee Holliday	11:00 - 12:00 <b>Pilates Mat</b> Michael Blackmon	10:00 - 10:45 <b>Shredded</b> Ryan Locascio	11:00 - 11:45 <b>Pain &amp; Pleasure</b> Mark Dancewicz
1:30 - 2:00 <b>ASSolutely ABBulous</b> Jabari Beaton	1:00 - 2:00 <b>Pilates Core Training</b> Dana Snyder	12:00 - 1:15 <b>Yoga Basics</b> Brian Liem		12:30 - 1:15 <b>Pain &amp; Pleasure</b> Matt Griffin	11:00 - 12:00 <b>Pilates Mat</b> Tatiana Jerine	1:00 - 2:00 <b>Pilates Core Training</b> Juel Bedford
4:30 - 5:45 <b>Yoga For Jocks</b> Kristina Erikson	4:30 - 5:45 <b>Liquid Yoga</b> Hunt Parr	4:30 - 5:30 <b>Yoga Xpress</b> Michael McArdle	4:30 - 5:30 <b>Yoga Xpress</b> Dennis Teston		12:00 - 1:15 <b>Power Vinyasa</b> Melini Jesudason	2:00 - 3:15 <b>Liquid Yoga</b> Jacob Parkinson
6:00 - 6:45 <b>Ass, Arms &amp; Abs ++</b> Thomas Crocker	6:00 - 7:00 <b>Fluidity Studio Barre</b> Diana Sorokova	5:30 - 6:30 <b>Pilates Core Training</b> Dana Snyder	5:30 - 6:00 <b>Ass Blast</b> errick McQuiston	5:00 - 6:00 <b>Yoga Xpress</b> Melini Jesudason	1:15 - 2:00 <b>Muscle Playground</b> Stephanie Danielsson	4:30 - 5:45 <b>Yoga Basics</b> Danielle Figgie
7:00 - 8:15 <b>Vinyasa Yoga</b> Jon Cassotta	7:00 - 7:45 <b>Pain &amp; Pleasure ++</b> Ryan Locascio	6:30 - 7:15 <b>Fight Club</b> Maurepaz Auguste	6:15 - 7:15 <b>Fluidity Studio Barre</b> Diana Sorokova	6:00 - 6:30 <b>Six-Pack Attack!</b> Ryan Locascio	2:00 - 3:15 <b>Stretch/Restorative</b> Robert Nguyen	6:00 - 7:15 <b>Feel Good Yoga</b> Danielle Figgie
8:30 - 9:30 <b>Fluidity Studio Barre</b> Olivia Westergaard	8:00 - 9:15 <b>Power Vinyasa Yoga</b> Rika Henry	7:15 - 8:00 <b>Fortitude ++</b> Jay Jurden	7:30 - 8:15 <b>W.O.W.</b> Mark Dancewicz	6:30 - 7:15 <b>Fortitude</b> Ryan Locascio	5:30 - 6:45 <b>Vinyasa Yoga</b> Kristina Erikson	
		8:00 - 9:00 <b>Pilates Mat</b> Megan Krauszer	8:15 - 9:30 <b>LiquidYoga</b> Dee Holliday			<b>++Please sign-up 15 min prior to class at front desk.</b>

## Group Training

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

**Ass Blast:** Get your ASSets in order. Target the lower body, focusing on the gluteal muscles, the quadricep group and the hamstring group to increase muscle endurance, strength, range of motion and dynamic flexibility.

**ASSolutely ABBulous:** 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 6-pack.

**DBGym Bootcamp:** DBGym meets Military Basic Training. 45-min peak into the world of high-intensity training. A combination of body breaking calisthenics & muscle torturing plyometrics to test not only your body but your mind... & no 4-year commitment required!

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

**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:** A variety of exercises designed to target the biceps and triceps, that's it! Get the arms you want in 30-minutes.

**Melt:** Get in here, get moving and don't stop...til we tell you to! Burn away the fat by keeping your muscles working non-stop. Integrate high intensity cardio with moderate intensity active recovery intervals to maximize caloric expenditure, boost metabolism and burn fat.

**Muscle Playground:** 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 as you like.

**Pain & Pleasure:** No pain, no gain. Designed to add lean muscle mass to your body, trainers will lead you through a workout targeting 3 muscle groups. Using medium to heavy weights and multiple sets, this class will challenge you throughout. Results are guaranteed!

**Shredded:** This class will take you to the edge of exhaustion and keep you there for the duration. No rest. Loud and aggressive music sets the tone for a full out mix of barbell, dumbbell, and bodyweight exercises in a sequence that changes every few weeks. Stick with it to get shredded from head to toe!

**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.

**W.O.W. (Women on Weights):** Learn how to sculpt lean limbs, a rock hard butt and uncover that six pack! This class will introduce you to new ways to challenge your body and increase the effectiveness of your workouts through weight training.

## Yoga, Pilates Mat, & Barre

**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, and meditation come together to harmonize body, mind and spirit. All levels.

**Fluidity Studio Barre:** This exercise method works your body in a way no other workout can - Fluidity Studio Barre has combined extensive research in physiology and kinesiology with experience in the graceful art of ballet to create an exercise method like no other.

**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.

**Morning Yoga:** Start your day with classic yoga postures, body altering breathing exercises and active meditation. 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 dynamic exercises designed to strengthen the deep abdominals while lengthening tight muscles throughout the entire body. Benefits include a stable core, an evenly toned physique and a supple spine.

**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.

**Stretch/Restorative:** An all levels class blending 2/3 gentle stretching and 1/3 restorative poses. Ideal for students with limited flexibility and/or coming back to practice from an injury. Leave this experience feeling awake and relaxed at the same time.

**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 Xpress:** For people with limited yoga time this all level one hour class keeps moving: Detox mind, body and soul, burn calories and strengthen your heart.

## 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 and finishes 5 minutes before end time.
3. When entering a class 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. 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.
8. If you must bring a cell phone, please silence the ringer.

## DavidBartonGym – Astor Place

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New York, NY 10003  
212.505.6800  
www.davidbartongym.com

## Hours

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

## Training Manager

Tommy Konefal

## Yoga Program Director

Robert Nguyen

All comments and questions regarding the programs:  
group.astor@dbgym.com

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