

# SPECIALTY CLASSES

Winter 2012

## NEW! Antigravity® Yoga

<u>MONDAY</u>			
7:30pm	Open level		Helene
<u>WEDNESDAY</u>			
6:00pm	Open level		Ariel
<u>THURSDAY</u>			
12:00pm	Open level	NEW!	Rachel
7:15pm	Open level	NEW!	Josie
<u>SUNDAY</u>			
1:00pm	Open level	(75min)	Ariel

\*Antigravity Classes are Teen Friendly (13+)

## Super Spin

<u>MONDAY</u>			
6:00pm	Karen		
<u>TUESDAY</u>			
6:30pm	Alisa		
<u>WEDNESDAY</u>			
7:00am	Karen		
<u>THURSDAY</u>			
6:30pm	MaryBeth		
<u>FRIDAY</u>			
10:00am	Joel	NEW!	
<u>SATURDAY</u>			
10:00am	Izabella		
12:30pm	Joel- Intro to Spin: meets 1 <sup>st</sup> Sat of month!		
<u>SUNDAY</u>			
10:30am	Matt	NEW!	

\*Super Spin classes are Teen Friendly (13+)

## Small Group Training

<u>MONDAY</u>		
6:00am	AGX Team	Joe
7:30am	Pure Strength	Damon
7:30am	Pilates Reformer L1	Denise
11:00am	Adapted Tai Chi	Andy
6:30pm	Pilates Reformer L2	Blythe
7:00pm	TRX	DaBarion
<u>TUESDAY</u>		
6:30pm	Pilates Reformer L1	Pia
7:30pm	Pilates Reformer L2	Pia
8:00pm	AGX Team*	Joe
<u>WEDNESDAY</u>		
6:00am	AGX Team	Joe
7:00am	Pure Strength	Damon
7:30am	Pilates Reformer	Blythe
7:00pm	Kettlebell L1	DaBarion
<u>THURSDAY</u>		
5:00pm	Pilates Reformer L1	Blythe
6:00pm	Pilates Reformer L2	Blythe
6:00pm	Kettlebell L2	DeJuana
7:00pm	Boxing	Joe R
8:00pm	AGX Team*	Joe
<u>FRIDAY</u>		
8:00am	Pilates Reformer L2	Denise
<u>SATURDAY</u>		
9:00am	Boxing	Joe R
10:00am	Kettlebell L1	Joe R
1:30pm	Pilates Reformer L1	Denise

\*Classes are 55 minutes

\*All purchases can be made through asphaltgreen.org or by calling Registration @ 212.369.8890 ext. 2080

\*Winter Small Group Training classes run 2 series of 5 weeks

Classes run depending on number of registrations.

\*AGX runs as a 10 week class

\*Antigravity® Yoga and Super Spin Spinning® classes can be purchased by class or packages of classes

\*Spin Bikes and Antigravity Hammocks can be reserved through asphaltgreen.org after purchase is made under MyPage

\*Questions? Please call Natasha @ 646-981-2252