



SAC Group Fitness Schedule

April 2024

| <u>Sunday</u> | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|--------------------------------------|--|---|--|---|---|---|
| | <u>1</u> | <u>2</u> | <u>3</u> | <u>4</u> | <u>5</u> | <u>6</u> |
| | 5:45am Spin - <i>Jarrett</i> ★ 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:30am Metabolic Charge - <i>Britt</i> 9:30am Power Hour - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> ✘ NO 9:30am Sweat & Sculpt 9:30am Aquafit - <i>Donna</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i> | 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i> | 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i> |
| | <u>7</u> | <u>8</u> | <u>9</u> | <u>10</u> | <u>11</u> | <u>12</u> |
| 10:30am Box & Stretch - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> ★ 9:30am HIIT - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:30am Metabolic Charge - <i>Britt</i> 9:30am Power Hour - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i> | 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i> | 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i> |
| | <u>14</u> | <u>15</u> | <u>16</u> | <u>17</u> | <u>18</u> | <u>19</u> |
| 10:30am Box & Stretch - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> ★ 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:30am Metabolic Charge - <i>Britt</i> 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> 9:30am Sweat & Sculpt - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i> | 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i> | 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i> |
| | <u>21</u> | <u>22</u> | <u>23</u> | <u>24</u> | <u>25</u> | <u>26</u> |
| 10:30am Box & Stretch - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> ★ 9:30am HIIT - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:30am Metabolic Charge - <i>Britt</i> 9:30am Power Hour - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:45am Drillz - <i>Chrissy</i> ✘ NO 9:30am Pilates Mat 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i> | 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i> | 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i> |
| | <u>28</u> | <u>29</u> | <u>30</u> | | | |
| 10:30am Box & Stretch - <i>Mandy</i> | 5:45am Spin - <i>Jarrett</i> ★ 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> ★ 5:45pm Zumba - <i>Gabriela</i> | 5:30am Metabolic Charge - <i>Britt</i> 9:30am Tone Zone - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> | | | | |

APRIL 2024

A.O.A. FITNESS – “Active Older Adults” - Improve strength, flexibility, posture & balance. Exercise at your own pace with resistance tools including bands, balls & weights.

AQUAFIT - By using your body's natural buoyancy, water reduces joint stress while creating natural resistance to work the muscles. This class includes an aerobic workout, muscle conditioning segment & relaxing stretch.

BARRE - If you are seeking long lean muscle tone, this class delivers a combination of ballet, Pilates, balance and strength training all in one for all ages.

BOX & STRETCH - Get a two-for-one deal with 45 minutes of cardio kickboxing & 45 mins of stretching & meditation. It's a full package deal wrapped up with a bow!

CARDIO MMA - Prepare to sweat during this 45 min Mixed Martial Arts class where you do everything from kicking to punching, along with learning elements of Karate, Taekwondo, Kung Fu & more.

#CORE - Working your core is about more than abs! This 15-min class will challenge all the major & minor muscles that keep you centered.

DRILLZ - With a variety of stations, circuit work, or timed sets this class will challenge you individually with specific exercises. You never know what drills the day will deliver!

METABOLIC CHARGE - Short bursts of maximum effort cardio packed into a 30 minute power workout!

PILATES MAT - In this class you will work through the traditional Pilates Mat exercises to connect with your deepest core muscles & find your deepest inner strength. By finding opposition in your body with the Pilates exercises, your core engages deeply & this strength will translate into your everyday life.

POWER PEDAL - A new “spin” on traditional Spin class - we incorporate free weights for upper body toning.

POWER HOUR - Join this strength class which combines both full body exercises using Pilates-type movements & weighted equipment for a total body workout.

SPIN™ - Recognized as one of the best non-impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Spin Plus - 60min.

#STRENGTH - A full body strength workout that challenges all your major muscle groups with “low” weights on “high” repetitions. Simply stated, it's the smart way to strength train (45 mins).

SWEAT - This class blends a variety of training styles & fitness focuses into a power-packed workout that will make you (wait for it)...SWEAT!!!

#SYMMETRY - This class provides the bridge between your strength & cardio training. Influenced by many mind/body practices, #Symmetry offers you the missing piece of the puzzle.

ZONE - A class with unlimited possibilities with one central goal: the use of resistance training to drive the heartrate & sculpt your body.

ZUMBA - A dance-based fitness program set to Latin and international music, mixing low-intensity & high-intensity moves for an interval-style, calorie-burning PARTY!

Gym Hours

Mon - Fri: 5am - 9pm

Saturday: 8am - 6pm

Sunday: 10am - 6pm

Sportscenter High Point

336-841-0100



Nursery Hours

Mon - Thurs: 8am-12pm & 4pm-8pm

Fri & Sat: 8am - 12pm