





Sportscenter Athletic Club Group Fitness Schedule May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	5:45am Spin - Jarrett	5:45am BODYPUMP™ - Heather	5:45am Spin - Megan	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Jarrett	8:15am BODYPUMP™ XP - Megan
	9:30am BODYPUMP™ - Heather	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Chain - Cari
	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Kim	9:30am Spin - Gerri	9:15am HardWater Aquafit - Loren
	10:45am A.O.A. Fitness - Art	9:30am Aquafit - Donna	10:45am Gentle Yoga - Alicia	9:30am WaterWorks - David	9:30am Tabata - Annie	9:15am Spin - Jarrett
	5:45pm BODYPUMP™ - Gerri	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art	*5:45pm Cinco de H.I.I.T. - Kim	9:40am Core - Cari
	6pm Spin - Heather	5:45pm BODYATTACK™ - Leesa	*6pm Spin Plus - Brittany	*5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
	*6pm Aquafit - Donna	6:45pm BODYFLOW™ - Heather	*6pm Aquafit - Donna	*6:30pm Zumba - King		
	*6:45pm Tabata - Zar					
7	8	9	10	11	12	13
12pm Spin - Jarrett	5:45am Spin - Jarrett	5:45am BODYPUMP™ - Heather	5:45am Spin - Diana	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Heather	8:15am BODYPUMP™ XP - Heather
1pm BODYFLOW™ - Mandy	9:30am BODYPUMP™ - Heather	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Triplex - Cari
2pm BODYPUMP™ - Kim	9:30am WaterWorks - David	9:30am Kickboxing - Gerri	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Kim	9:30am Spin - Gerri	9:15am HardWater Aquafit - Loren
	10:45am A.O.A. Fitness - Art	9:30am Aquafit - Donna	10:45am Gentle Yoga - Alicia	9:30am WaterWorks - David	9:30am Tabata - Annie	9:15am Spin - Becca
	5:45pm BODYPUMP™ - Gerri	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art	5:45pm H.I.I.T. - Kim	9:40am Core - Cari
	6pm Spin - Heather	5:45pm BODYATTACK™ - Leesa	*6pm Spin Plus - Brittany	*5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
	*6pm Aquafit - Donna	6:45pm BODYFLOW™ - Heather	*6pm Aquafit - Donna	*6:30pm Zumba - King		
	6:45pm Tabata - Kim					
14	15	16	17	18	19	20
	5:45am Spin - Jarrett	5:45am BODYPUMP™ - Heather	5:45am Spin - Diana	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Jarrett	8:15am BODYPUMP™ XP - Megan
	9:30am BODYPUMP™ - Kim	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am A.M.R.A.P. - Cari
	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Kim	9:30am Spin - Gerri	9:15am HardWater Aquafit - Loren
	10:45am A.O.A. Fitness - Art	9:30am Aquafit - Donna	10:45am Gentle Yoga - Alicia	9:30am WaterWorks - David	9:30am Tabata - Annie	9:15am Spin - Jarrett
12pm Spin - David J.	5:45pm BODYPUMP™ - Gerri	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art	5:45pm H.I.I.T. - Zar	9:40am Core - Cari
1pm BODYFLOW™ - Kim	6pm Spin - Heather	5:45pm BODYATTACK™ - Leesa	*6pm Spin Plus - Brittany	*5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
2pm BODYPUMP™ - Kim	*6pm Aquafit - Donna	6:45pm BODYFLOW™ - Heather	*6pm Aquafit - Donna	*6:30pm Zumba - King		
	6:45pm Tabata - Zar					
21	22	23	24	25	26	27
12pm Spin - Brittany	5:45am Spin - Jarrett	5:45am BODYPUMP™ - Heather	5:45am Spin - Diana	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Heather	8:15am BODYPUMP™ XP - Heather
1pm BODYFLOW™ - Mandy	9:30am BODYPUMP™ - Heather	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Intervals - Cari
2pm BODYPUMP™ - Kim	9:30am WaterWorks - David	9:30am Kickboxing - Gerri	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Kim	9:30am Tabata - Annie	9:15am HardWater Aquafit - Loren
	10:45am A.O.A. Fitness - Art	9:30am Aquafit - Donna	10:45am Gentle Yoga - Alicia	9:30am WaterWorks - David	5:45pm H.I.I.T. - Kim	9:15am Spin - Becca
	5:45pm BODYPUMP™ - Zar	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art		9:40am Core - Cari
	6pm Spin - Heather	5:45pm BODYATTACK™ - Leesa	*6pm Spin Plus - Brittany	*5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
	*6pm Aquafit - Donna	6:45pm BODYFLOW™ - Heather	*6pm Aquafit - Donna	*6:30pm Zumba - King		
	6:45pm Tabata - Kim					
28	29	30	31			
12pm Spin - Brittany		5:45am BODYPUMP™ - Heather	5:45am Spin - Diana			
1pm BODYFLOW™ - Kim		8:30am Spin - Carla	9:30am BODYPUMP™ - Kim			
2pm BODYPUMP™ - Kim		9:30am L.I.T. - Alicia	9:30am Aquafit - Donna			
	*9:15am Spin - Becca	9:30am Aquafit - Donna	10:45am Gentle Yoga - Alicia			
	*9:30am WaterWorks - David	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica			
	*10am BODYPUMP™ - Heather	5:45pm BODYATTACK™ - Leesa	*6pm Spin Plus - Brittany			
		6:45pm BODYFLOW™ - Heather				

Group Fitness Coordinator: Cari B. Banner
caribanner@sportscenterac.com

MAY 2017

- Mondays 6:45pm Tabata is now every week!
- Monday & Wednesday 6pm Aqua is back for the spring & summer!
- Wednesday 6pm Spin is now one full hour: Spin Plus!
- Thursday 5:45pm welcomes a new class – Triple Threat. Cardio, Strength & Core smash up!!!

CLASS DESCRIPTIONS

*Classes are 60min except for: Spin – 45min, BODYPUMP™ XP & BODYATTACK™ XP– 45min, & Triple Threat– 45min, H.I.I.T. – 30min, Core – 15min

A.M.R.A.P. – As Many Reps As Possible within a timed amount of time. Period.

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 of the body. This class includes an aerobic workout, muscle conditioning segment & relaxing stretch.

AQUAFIT / HARDWATER - Classes are set to music & consist of 50 min. of cardio/muscle work followed by 10 min. of "butts & guts" / stretching. Work out in the pool at your own pace, whether that is especially hard (thus the name of the class) or very easy.

BODYATTACK™ is the sports-inspired cardio workout for building strength & stamina. This high-energy interval training class combines athletic moves with strength & stabilization exercises.

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility & strength & leaves you feeling centered & calm. Controlled breathing, concentration & a carefully structured series of stretches, moves & poses to music create a holistic workout that brings the body into a state of harmony & balance.

BODYPUMP™ uses the proven new age formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads & high repetition movements, you’ll burn fat, gain strength & quickly produce lean body muscle conditioning.

CHAIN – by combining multiple exercises into timed sets, parts of each chain are “compacted” by overloading the reps on 1+ exercises with each repeat of the chain.

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

H.I.I.T. – High Intensity Interval Training is a 30 minute blast of cardio, strength & core guaranteed to make you work for every second of those thirty minutes!

INTERVALS – by creating a workout based on intervals, you challenge your heart rate and get more for your money in a shorter amount of time!

KICKBOXING - Influenced by the Okinawan Shorei-Ryu style, this class combines martial arts with cardio combos & finishes off with an incredible ab workout.

L.I.T. – “Low Impact Training” is a full body workout sure to make you sweat - without the impact.

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

Tabata – Cycles of 20sec cardio with 10sec recovery for blocks of 4 rounds followed with strength and conditioning.

TRIPLE THREAT – Cardio + Strength + Core = Triple Threat

TRIPLEX – by taking an exercise and breaking it out into 3 separate but similar executions, you give extra load to the working muscles & challenge your stamina.

WATERWORKS - Working to the steady beat of the music, men & women using the resistance of the water build cardio & muscular stamina. It's a one hour, non-stop, circuit training workout designed to make "white caps" form in the pool. Moving to all genres of music, you'll be made into a believer that WaterWorks.

ZUMBA - Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Gym Hours

Mon - Thurs: 5am – 10pm
Friday: 5am – 9pm
Saturday: 8am – 6pm
Sunday: 10am – 6pm

Sportscenter High Point

336-841-0100
www.sportscenterac.com

Nursery Hours

Mon – Fri: 8am–12pm & 4pm–8pm
Saturday: 8am–12pm

