



Sportscenter Athletic Club Group Fitness Schedule June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				5:45am BODYPUMP™ XP - Megan	5:45am Spin - Jarrett	8:15am BODYPUMP™ XP - Megan
				9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Lightweight - Cari
				9:30am BODYFLOW™ - Kim	9:30am Tabata - Annie	9:15am HardWater Aquafit - Loren
				9:30am WaterWorks - David	5:45pm H.I.I.T. - Kim	9:15am Spin - Jarrett
				10:45am A.O.A. Fitness - Art		9:40am Core - Cari
				5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
				6:30pm Zumba - King		
4	5	6	7	8	9	10
12pm Spin - Brittany	5:45am Spin - Diana	5:45am BODYPUMP™ - Leesa	5:45am Spin - Diana	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Megan	8:15am BODYPUMP™ XP - Cari
1pm BODYFLOW™ - Kim	9:30am BODYPUMP™ - Kim	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Fast / Freeze - Cari
2pm BODYPUMP™ - Kim	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	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™ - Erica	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art		9:40am Core - Cari
	6pm Spin - David J.	5:45pm BODYATTACK™ XP - Leesa	6pm Spin Plus - Brittany	5:45pm Triple Threat - Zar		10am BODYFLOW™ - Cari
	6pm Aquafit - Donna	6:45pm BODYFLOW™ - Kim	6pm Aquafit - Donna	6:30pm Zumba - King		
	6:45pm Tabata - Kim					
11	12	13	14	15	16	17
12pm Spin - Brittany	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
1pm BODYFLOW™ - Kim	9:30am BODYPUMP™ - Heather	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Heather	9:30am Aquafit - Donna	9:10am Cardio vs. Strength - Cari
2pm BODYPUMP™ - Kim	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Heather	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. - Zar	9:15am Spin - Jarrett
	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™ XP - Cari	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					
18	19	20	21	22	23	24
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™ - Kim	*NO 8:30am Spin	9:30am BODYPUMP™ - Heather	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	9:10am Drop-off - Cari
2pm BODYPUMP™ - Zar	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	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™ - Erica	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					
25	26	27	28	29	30	
12pm Spin - Brittany	5:45am Spin - Jarrett	5:45am BODYPUMP™ - Leesa	5:45am Spin - Diana	5:45am BODYPUMP™ XP - Megan	5:45am Spin - Jarrett	
1pm BODYFLOW™ - Mandy	9:30am BODYPUMP™ - Kim	8:30am Spin - Carla	9:30am BODYPUMP™ - Kim	9am H.I.I.T. - Kim	9:30am Aquafit - Donna	
2pm BODYPUMP™ - Kim	9:30am WaterWorks - David	9:30am L.I.T. - Alicia	9:30am Aquafit - Donna	9:30am BODYFLOW™ - Kim	9:30am Tabata - Annie	
	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	
	5:45pm BODYPUMP™ - Zar	10:45am A.O.A. Fitness - Art	5:45pm BODYPUMP™ - Erica	10:45am A.O.A. Fitness - Art		
	6pm Spin - Heather	5:45pm BODYATTACK™ - Leesa	6pm Spin Plus - Brittany	5:45pm Triple Threat - Zar		
	6pm Aquafit - Donna	6:45pm BODYFLOW™ - Heather	6pm Aquafit - Donna	6:30pm Zumba - King		
	6:45pm Tabata - Zar					

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

SPORTSCENTER GROUP FITNESS CLASS DESCRIPTIONS

***Classes are 60 minutes long with the following exceptions:**

***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.

CARDIO vs. STRENGTH – A well-rounded workout includes both aspects of training. Notice how your body reacts to the opposing modes of exercising.

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.

DROP-OFF – In this class you execute your longest intervals first and then cycle down to shorter time blocks. As the body fatigues, the time decreases to encourage completion.

FAST / FREEZE – By playing with the tempo of your executions, you challenge the slow-twitch fibers to use aerobic metabolism to fuel the workout.

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.

LIGHTWEIGHT – The challenge of a workout isn’t necessarily determined by how heavy your weight choice is. Light weight at a faster pace will spark your heart rate and increase your overall caloric burn.

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.

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

T.N.T. – “This & That” – Each class delivers a different mix of cardio & strength. You never know what challenges are coming at you, so just be ready to work!

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.

YOGA - Learn the fundamentals of this ancient workout for the mind, body & soul. Experience how yoga can help you reduce stress, enhance balance, gain strength & improve flexibility.

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