



Sportscenter Athletic Club Group Fitness Schedule July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:15am BODYPUMP™ XP - Heather 9:10am Compound It - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Becca 9:40am Core - Cari 10am BODYFLOW™ - Cari
2	3	4 Holiday Class Schedule	5	6	7	8
*NO 1pm BODYFLOW™ 2pm BODYPUMP™ - Zar *4pm Spin - Brittany	5:45am Spin - Diana 9:30am BODYPUMP™ - Heather 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Erica 6pm Spin - David J. *NO 6pm Deep Water 6:45pm Tabata - Zar	*9am Patriotic Music HardWater Aquafit - Loren *9am BODYPUMP™ - Erica & Cari *9:30am Spin - Becca & David J. *9:45am H.I.I.T. - Cari *10:15am BODYFLOW™ - Cari & Becca	5:45am Spin - Diana *9:30am BODYPUMP™ Launch 9:30am WaterWorks - David 10:45am Gentle Yoga - Alicia *5:45pm BODYPUMP™ Launch 6pm Spin Plus - Brittany 6pm Deep Water - Alicia *6:45pm Barre - Kelly	*5:45am BODYPUMP™ Launch 9am H.I.I.T. - Alicia *9:30am Yoga - Alicia 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm Triple Threat - Zar 6:30pm Zumba - King	5:45am Spin - Heather 9:30am WaterWorks - David *9:30am Barre - Kelly *9:30am Spin - Gerri 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Heather 9:10am Quarters - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - David J. 9:40am Core - Cari *10am BODYFLOW™ Launch
9	10	11	12	13	14	15
1pm BODYFLOW™ - Mandy 2pm BODYPUMP™ - Kim *4pm Spin - Brittany	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Heather 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Erica 6pm Spin - Heather 6pm Deep Water - Donna 6:45pm Tabata - Zar	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla 9:30am L.I.T. - Alicia 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art *5:45pm BODYATTACK™ Launch 6:45pm BODYFLOW™ - Heather	5:45am Spin - Diana 9:30am BODYPUMP™ - Kim 9:30am Aquafit - Donna 10:45am Gentle Yoga - Alicia 5:45pm BODYPUMP™ - Erica 6pm Spin Plus - Brittany 6pm Deep Water - Donna *6:45pm Barre - Kelly	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm Triple Threat - Zar 6:30pm Zumba - King	5:45am Spin - Jarrett 9:30am Aquafit - Donna *9:30am Barre - Kelly *9:30am Spin - Gerri 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Megan 9:10am H.I.I.T. - Alicia 9:15am WaterWorks - David 9:15am Spin - Becca 9:40am Core - Alicia 10am BODYFLOW™ - Mandy
16	17	18	19	20	21	22
1pm BODYFLOW™ - Kim 2pm BODYPUMP™ - Kim *4pm Spin - Brittany	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Heather 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Erica 6pm Spin - Heather 6pm Deep Water - Donna 6:45pm Tabata - Kim	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla 9:30am L.I.T. - Alicia 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm BODYATTACK™ XP - Leesa 6:45pm BODYFLOW™ - Heather	5:45am Spin - Diana 9:30am BODYPUMP™ - Heather 9:30am Aquafit - Donna 10:45am Gentle Yoga - Alicia 5:45pm BODYPUMP™ - Erica 6pm Spin Plus - Brittany 6pm Deep Water - Donna *6:45pm Barre - Kelly	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm Triple Threat - Zar 6:30pm Zumba - King	5:45am Spin - Heather 9:30am Aquafit - Donna *9:30am Barre - Kelly *9:30am Spin - Gerri 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Megan 9:10am H.I.I.T. - Heather 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Heather 10am BODYFLOW™ - Mandy
23	24 / 31	25	26	27	28	29
1pm BODYFLOW™ - Mandy 2pm BODYPUMP™ - Kim *4pm Spin - Brittany	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Heather 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Erica	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla 9:30am L.I.T. - Alicia 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art	5:45am Spin - Diana 9:30am BODYPUMP™ - Kim 9:30am Aquafit - Donna 10:45am Gentle Yoga - Alicia 5:45pm BODYPUMP™ - Erica 6pm Spin Plus - Brittany 6pm Deep Water - Donna *6:45pm Barre - Kelly	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art	5:45am Spin - Jarrett 9:30am WaterWorks - David *9:30am Barre - Kelly *9:30am Spin - Gerri 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Heather 9:10am Line Up - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Cari
30						
1pm BODYFLOW™ - Kim 2pm BODYPUMP™ - Kim *4pm Spin - Jarrett	6pm Spin - Heather 6pm Deep Water - Donna 6:45pm Tabata - Zar (24), Kim (31)	5:45pm BODYATTACK™ XP - Leesa 6:45pm BODYFLOW™ - Heather	6pm Spin Plus - Brittany 6pm Deep Water - Donna	5:45pm Triple Threat - Zar 6:30pm Zumba - King		10am BODYFLOW™ - Cari

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

JULY 2017

- We are excited to welcome Kelly Salnikov to the team. Kelly will be teaching Barre Strength. 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! Wednesdays 6:45pm & Fridays 9:30am.
- Fridays 9:30am Spin has returned.
- Sunday Spin has moved to 4pm.
- Celebrate the 4th of July with your gym friends – check out our holiday class lineup.
- Les Mills Launch week begins Wednesday July 5th. New music with new challenges.

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.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.

BARRE STRENGTH – 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.

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.

COMPOUND IT – Compound exercises burn more calories during the workout because you recruit multiple muscles at once. Taking advantage of multiple muscles within a single exercise challenges the heart to pump blood to the muscles to keep them fueled.

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!

LINE UP – This class focuses all of its executions based on a vertical or horizontal line. Exercises are designed to focus the body to reset on a fixed point.

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

QUARTERS – Sets of exercises are broken down into 15second intervals to continuously challenge your body’s stamina.

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

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

