




Sportscenter Athletic Club Group Fitness Schedule January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	The Gym Will Be Closed 	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla ★ 9:30am Barre Strength - M.K. 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm Accelerate - Heather 6:30pm 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 6:30pm Yoga - Alise ★ 6:45pm Cardio Dance - Azel	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am Spin - Gerri 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art ★ 5:45pm Barre Strength - M.K. 6pm Spin - David J. 6:30pm Yoga - Alise	5:45am Spin - Jarrett 9:30am Aquafit - Donna ★ 9:30am L.I.T. - Alicia 5:45pm Tabata - Kim ★ 6:30pm Zumba - Cristina	8:15am BODYPUMP™ XP - Megan 9:10am HIIT Fit Test 2018 - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Becca 9:40am Core - Cari 10am BODYFLOW™ - Cari
7	8	9	10	11	12	13
★ 1:30pm BODYPUMP™ - Kim ★ 2:30pm BODYFLOW™ - Mandy 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™ XP - Gerri 6pm Spin - Heather ★ 6:30pm Barre Strength - M.K. 7pm Yoga - Alise	★ 5:45am BODYPUMP™ Launch 8:30am Spin - Carla ★ 9:30am Barre Strength - M.K. 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm Accelerate - Heather 6:30pm BODYFLOW™ - Heather	5:45am Spin - Diana ★ 9:30am BODYPUMP™ Launch 9:30am Aquafit - Donna 10:45am Gentle Yoga - Alicia ★ 5:45pm BODYPUMP™ Launch 6pm Spin Plus - Brittany 6:30pm Yoga - Alise ★ 6:45pm Cardio Dance - Azel	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am Spin - Gerri 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art ★ 5:45pm Barre Strength - M.K. 6pm Spin - David J. 6:30pm Yoga - Alise	5:45am Spin - Heather 9:30am Aquafit - Donna ★ 9:30am Kickboxing - Gerri 5:45pm Tabata - Kim ★ 6:30pm Zumba - Cristina	8:15am BODYPUMP™ XP - Heather 9:10am Cardio vs. Strength - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Cari ★ 10am BODYFLOW™ Launch
14	15	16	17	18	19	20
★ 1:30pm BODYPUMP™ - Kim ★ 2:30pm BODYFLOW™ - 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™ XP - Gerri 6pm Spin - Heather ★ 6:30pm Barre Strength - M.K. 7pm Yoga - Alise	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla ★ 9:30am Barre Strength - M.K. 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm Accelerate - Heather 6:30pm 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 6:30pm Yoga - Alise ★ 6:45pm Cardio Dance - Azel	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am Spin - Gerri 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art ★ 5:45pm Barre Strength - M.K. 6pm Spin - David J. 6:30pm Yoga - Alise	5:45am Spin - Jarrett 9:30am Aquafit - Donna ★ 9:30am L.I.T. - Alicia 5:45pm Tabata - Kim ★ 6:30pm Zumba - Cristina	8:15am BODYPUMP™ XP - Megan 9:10am Compound It - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Becca 9:40am Core - Cari 10am BODYFLOW™ - Cari
21	22	23	24	25	26	27
★ 1:30pm BODYPUMP™ - Kim ★ 2:30pm BODYFLOW™ - Mandy 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™ XP - Gerri 6pm Spin - Heather ★ 6:30pm Barre Strength - M.K. 7pm Yoga - Alise	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla ★ 9:30am Barre Strength - M.K. 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm Accelerate - Heather 6:30pm 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 6:30pm Yoga - Alise ★ 6:45pm Cardio Dance - Azel	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim 9:30am Spin - Gerri 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art ★ 5:45pm Barre Strength - M.K. 6pm Spin - David J. 6:30pm Yoga - Alise	5:45am Spin - Heather 9:30am Aquafit - Donna ★ 9:30am Kickboxing - Gerri 5:45pm Tabata - Kim ★ 6:30pm Zumba - Cristina	8:15am BODYPUMP™ XP - Heather 9:10am Triplex - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Cari 10am BODYFLOW™ - Cari
28	29	30	31			
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Group Fitness Coordinator: Cari B. Banner
caribanner@sportscenterac.com

DECEMBER 2017

- New class – Tuesday 5:45pm: Accelerate – for that cardiovascular workout your body is craving!
- Thursday 5:45pm Triple Threat is cancelled.
- We have a brand new schedule with lots of exciting changes coming in January!!!

CLASS DESCRIPTIONS

***Most classes are 60min. The following classes are 45min: Spin & XP Classes. H.I.I.T. & Tabata formats – 30min. Core – 15min.**

ACCELERATE – Focusing on driving up the heart rate with short segments of recovery works to maximize caloric burn and deliver you an intense cardiovascular workout.

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.

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.

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!

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.

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.

YOUR CHOICE – Cardio or Strength? You choose the style of your workout with each round of exercises.

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

