



# Sportscenter Athletic Club Group Fitness Schedule November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			5:45am Spin - <i>Diana</i> 9:30am BODYPUMP™ - <i>Kim</i> 9:30am Aquafit - <i>Donna</i> 10:45am Gentle Yoga - <i>Alicia</i> 5:45pm BODYPUMP™ - <i>Erica</i> 6pm Spin Plus - <i>Brittany</i> ★ 6:30pm Yoga - <i>Alise</i> 6:45pm Barre Strength - <i>Kelly</i>	5:45am BODYPUMP™ XP - <i>Heather</i> 9am H.I.I.T. - <i>Kim</i> 9:30am BODYFLOW™ - <i>Kim</i> *NO 9:30am Spin 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Triple Threat - <i>Heather</i> 6pm Spin - <i>David J.</i> 6:30pm Yoga - <i>Alise</i>	5:45am Spin - <i>Jarrett</i> 9:30am Aquafit - <i>Donna</i> 9:30am Barre Strength - <i>Kelly</i> 5:45pm H.I.I.T. - <i>Kim</i>	8:15am BODYPUMP™ XP - <i>Cari</i> 9am Intervals - <i>Erica</i> 9:15am HardWater Aquafit - <i>Loren</i> 9:15am Spin - <i>Becca</i> 9:40am Core - <i>Erica</i> ★NO 10am BODYFLOW™
5	6	7	8	9	10	11
1pm BODYFLOW™ - <i>Kim</i> 2pm BODYPUMP™ - <i>Kim</i> 4pm Spin - <i>Brittany</i>	5:45am Spin - <i>Jarrett</i> 9:30am BODYPUMP™ - <i>Heather</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYPUMP™ - <i>Gerri</i> 6pm Spin - <i>Heather</i> 6:45pm Tabata - <i>Annie</i> 7pm Yoga - <i>Alise</i>	5:45am BODYPUMP™ - <i>Heather</i> 8:30am Spin - <i>Carla</i> 9:30am Kickboxing - <i>Gerri</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYATTACK™ XP - <i>Erica</i> 6:45pm BODYFLOW™ - <i>Heather</i>	5:45am Spin - <i>Diana</i> 9:30am BODYPUMP™ - <i>Kim</i> 9:30am Aquafit - <i>Donna</i> 10:45am Gentle Yoga - <i>Alicia</i> 5:45pm BODYPUMP™ - <i>Erica</i> 6pm Spin Plus - <i>Brittany</i> ★ 6:30pm Yoga - <i>Alise</i> 6:45pm Barre Strength - <i>Kelly</i>	5:45am BODYPUMP™ XP - <i>Megan</i> 9am H.I.I.T. - <i>Kim</i> 9:30am BODYFLOW™ - <i>Kim</i> 9:30am Spin - <i>Gerri</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 6pm Spin - <i>Brittany</i> 5:45pm Triple Threat - <i>Kim</i> 6:30pm Yoga - <i>Alise</i>	5:45am Spin - <i>Heather</i> 9:30am Aquafit - <i>Donna</i> 9:30am Barre Strength - <i>Kelly</i> 5:45pm H.I.I.T. - <i>Kim</i>	8:15am BODYPUMP™ XP - <i>Heather</i> 9am Lightweight - <i>Cari</i> 9:15am HardWater Aquafit - <i>Loren</i> 9:15am Spin - <i>Jarrett</i> 9:40am Core - <i>Cari</i> 10am BODYFLOW™ - <i>Cari</i>
12	13	14	15	16	17	18
1pm BODYFLOW™ - <i>Kim</i> 2pm BODYPUMP™ - <i>Kim</i> 4pm Spin - <i>Brittany</i>	5:45am Spin - <i>Jarrett</i> 9:30am BODYPUMP™ - <i>Heather</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYPUMP™ - <i>Gerri</i> 6pm Spin - <i>Heather</i> 6:45pm Tabata - <i>Annie</i> 7pm Yoga - <i>Alise</i>	5:45am BODYPUMP™ - <i>Heather</i> 8:30am Spin - <i>Carla</i> 9:30am L.I.T. - <i>Alicia</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> ★ 5:45pm Dance Party! - <i>Erica</i> 6:45pm BODYFLOW™ - <i>Heather</i>	5:45am Spin - <i>Diana</i> 9:30am BODYPUMP™ - <i>Kim</i> 9:30am Aquafit - <i>Donna</i> 10:45am Gentle Yoga - <i>Alicia</i> 5:45pm BODYPUMP™ - <i>Erica</i> 6pm Spin Plus - <i>Brittany</i> ★ 6:30pm Yoga - <i>Alise</i> 6:45pm Barre Strength - <i>Kelly</i>	5:45am BODYPUMP™ XP - <i>Megan</i> 9am H.I.I.T. - <i>Kim</i> 9:30am BODYFLOW™ - <i>Kim</i> 9:30am Spin - <i>Gerri</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 6pm Spin - <i>David J.</i> 5:45pm Triple Threat - <i>Heather</i> 6:30pm Yoga - <i>Alise</i>	5:45am Spin - <i>Jarrett</i> 9:30am Aquafit - <i>Donna</i> 9:30am Barre Strength - <i>Kelly</i> 5:45pm H.I.I.T. - <i>Kim</i>	8:15am BODYPUMP™ XP - <i>Cari</i> 9am Fast Freeze - <i>Cari</i> 9:15am HardWater Aquafit - <i>Loren</i> 9:15am Spin - <i>Jarrett</i> 9:40am Core - <i>Cari</i> 10am BODYFLOW™ - <i>Cari</i>
19	20	21	22	23	24	25
1pm BODYFLOW™ - <i>Kim</i> 2pm BODYPUMP™ - <i>Kim</i> 4pm Spin - <i>Brittany</i>	5:45am Spin - <i>Jarrett</i> 9:30am BODYPUMP™ - <i>Heather</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYPUMP™ 6pm Spin - <i>Heather</i> 6:45pm Tabata - <i>Annie</i> 7pm Yoga - <i>Alise</i>	5:45am BODYPUMP™ - <i>Heather</i> 8:30am Spin - <i>Carla</i> 9:30am Kickboxing - <i>Gerri</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYATTACK™ XP - <i>Erica</i> 6:45pm BODYFLOW™ - <i>Heather</i>	5:45am Spin - <i>Diana</i> 9:30am BODYPUMP™ - <i>Becca</i> 9:30am Aquafit - <i>Donna</i> 10:45am Gentle Yoga - <i>Alicia</i> 5:45pm BODYPUMP™ - <i>Erica</i> 6pm Spin Plus - <i>Brittany</i> ★ 6:30pm Yoga - <i>Alise</i> ★NO 6:45pm Barre Strength	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>The Gym Is Closed</b></p> </div>	<p><b>Turkey Burner Lineup</b></p> <p>★ 8:15am Spin Plus - <i>Brittany</i></p> <p>★ 9:15am BODYPUMP™ - <i>Becca</i></p> <p>★ 9:30am HardWater Aquafit - <i>Loren</i></p>	8:15am BODYPUMP™ XP - <i>Megan</i> 9am H.I.I.T. - <i>Becca</i> 9:15am HardWater Aquafit - <i>Loren</i> 9:15am Spin - <i>David J.</i> 9:40am Core - <i>Becca</i> 8:15am BODYFLOW™ XP - <i>Becca</i>
26	27	28	29	30	<p>★ = new / feature class</p> <p>⚠ = in review for next month</p> <p>★ = cancelled for the day</p> <p style="text-align: center;"><b>See Reverse for Class Descriptions</b></p>	
1pm BODYFLOW™ - <i>Becca</i> 2pm BODYPUMP™ - <i>Becca</i> 4pm Spin - <i>Brittany</i>	5:45am Spin - <i>Jarrett</i> 9:30am BODYPUMP™ - <i>Heather</i> 9am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYPUMP™ - <i>Gerri</i> 6pm Spin - <i>Heather</i> 6:45pm Tabata - <i>Annie</i> 7pm Yoga - <i>Alise</i>	5:45am BODYPUMP™ - <i>Heather</i> 8:30am Spin - <i>Carla</i> 9:30am L.I.T. - <i>Alicia</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm BODYATTACK™ XP - <i>Erica</i> 6:45pm BODYFLOW™ - <i>Heather</i>	5:45am Spin - <i>Diana</i> 9:30am BODYPUMP™ - <i>Kim</i> 9:30am Aquafit - <i>Donna</i> 10:45am Gentle Yoga - <i>Alicia</i> 5:45pm BODYPUMP™ - <i>Erica</i> 6pm Spin Plus - <i>Brittany</i> ★NO 6:30pm Yoga 6:45pm Barre Strength - <i>Kelly</i>	5:45am BODYPUMP™ XP - <i>Megan</i> 9am H.I.I.T. - <i>Kim</i> 9:30am BODYFLOW™ - <i>Kim</i> 9:30am Spin - <i>Gerri</i> 9:30am WaterWorks - <i>David</i> 10:45am A.O.A. Fitness - <i>Art</i> 6pm Spin - <i>David J.</i> ★NO 5:45pm Triple Threat ★NO 6:30pm Yoga		

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



**NOVEMBER 2017**



- We've added another Yoga class: Wednesdays 6:30pm!
- Join Erica for an amazing calorie-burning Dance Party on Tuesday 14<sup>th</sup> at 5:45pm!

**CLASS DESCRIPTIONS**

**\*Most classes are 60min. The following classes are 45min: Spin, XP Classes, Tabata & Triple Threat. H.I.I.T. formats – 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.

**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!

**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. 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.

**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.

**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

