



Sportscenter Athletic Club Group Fitness Schedule September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
☆ = new / feature class ⚠ = in review for next month ✖ = cancelled for the day see reverse for class descriptions					1	2
					5:45am Spin - Jarrett 9:30am Aquafit - Donna 9:30am Barre Strength - Kelly 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Megan 9:10am Fast Freeze - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Brittany 9:40am Core - Cari 10am BODYFLOW™ - Cari
3		4	5	6	7	8
1pm BODYFLOW™ - Kim 2pm BODYPUMP™ - Kim ⚠ 4pm Spin - Brittany	☆ 8am Spin - David J. ☆ 9am CSC Challenge - E, C & B ☆ 9am WaterWorks - David	5:45am BODYPUMP™ - Megan 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 - Erica 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 Aquafit - Donna 6:45pm Barre Strength - Kelly	5:45am BODYPUMP™ XP - Heather 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim ✖ NO 9:30am Spin 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art ✖ NO 5:45pm Triple Threat ☆ 6:30pm Yoga - Alise	5:45am Spin - Heather 9:30am Aquafit - Donna 9:30am Barre Strength - Kelly 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Heather 9:10am Cardio vs. Strength - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Becca 9:40am Core - Cari 10am BODYFLOW™ - Cari
10	11	12	13	14	15	16
1pm BODYFLOW™ - Mandy 2pm BODYPUMP™ - Kim ⚠ 4pm Spin - Brittany	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Erica 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Erica 6pm Spin - Heather ⚠ 6pm Aquafit - Donna 6:45pm Tabata - Annie ☆ 7:30pm Yoga - Alise	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla 9:30am Kickboxing - Gerri 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Art 5:45pm BODYATTACK™ XP - Erica 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 Aquafit - Donna 6:45pm Barre Strength - Kelly	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 Triple Threat - Zar ✖ NO 6:30pm Yoga	5:45am Spin - Jarrett 9:30am Aquafit - Donna 9:30am Barre Strength - Kelly 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Megan 9:10am Drop-off - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Cari 10am BODYFLOW™ - Cari
17	18	19	20	21	22	23
1pm BODYFLOW™ - Kim 2pm BODYPUMP™ - Kim ⚠ 4pm Spin - David J.	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Erica 9:30am WaterWorks - David 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Gerri 6pm Spin - Heather ⚠ 6pm Aquafit - Donna 6:45pm Tabata - Annie ☆ 7:30pm Yoga - Alise	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 - Erica 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 Aquafit - Donna 6:45pm Barre Strength - Kelly	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 Triple Threat - Zar ☆ 6:30pm Yoga - Alise	5:45am Spin - Heather 9:30am Aquafit - Donna 9:30am Barre Strength - Kelly 5:45pm H.I.I.T. - Kim	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
24	25	26	27	28	29	30
1pm BODYFLOW™ - Kim 2pm BODYPUMP™ - Kim ⚠ 4pm Spin - Brittany	5:45am Spin - Jarrett 9:30am BODYPUMP™ - Erica 9:30am Aquafit - Alicia 10:45am A.O.A. Fitness - Art 5:45pm BODYPUMP™ - Gerri 6pm Spin - Heather ⚠ 6pm Aquafit - Alicia 6:45pm Tabata - Annie ☆ 7:30pm Yoga - Alise	5:45am BODYPUMP™ - Heather 8:30am Spin - Carla 9:30am Kickboxing - Gerri 9:30am Aquafit - Alicia 10:45am A.O.A. Fitness - Art 5:45pm BODYATTACK™ XP - Erica 6:45pm BODYFLOW™ - Heather	5:45am Spin - Diana 9:30am BODYPUMP™ - Kim 9:30am Aquafit - Alicia 10:45am Gentle Yoga - Alicia 5:45pm BODYPUMP™ - Erica 6pm Spin Plus - Brittany ⚠ 6pm Aquafit - Alicia 6:45pm Barre Strength - Kelly	5:45am BODYPUMP™ XP - Megan 9am H.I.I.T. - Kim 9:30am BODYFLOW™ - Kim ☆ 9:30am Spin - Gerri 9:30am Aquafit - Alicia 10:45am A.O.A. Fitness - Art 5:45pm Triple Threat - Zar ☆ 6:30pm Yoga - Alise	5:45am Spin - Jarrett 9:30am Aquafit - Alicia 9:30am Barre Strength - Kelly 5:45pm H.I.I.T. - Kim	8:15am BODYPUMP™ XP - Megan 9:10am Quarters - Cari 9:15am HardWater Aquafit - Loren 9:15am Spin - Jarrett 9:40am Core - Cari 10am BODYFLOW™ - Cari

Group Fitness Coordinator: Cari B. Banner
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SEPTEMBER 2017

- New Class!!! Yoga – Mondays 7:30pm & Thursday 6:30pm (Zumba is cancelled).
- Thursday 9:30am Spin (no longer on Fridays 9:30am).
- As we say goodbye to summer, please note that this is the final month of evening Aqua classes.
- Sunday 4pm Spin is on a 30-day review and is at risk for cancellation next month.

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.

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

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.

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!

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.

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.

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

