



SAC Group Fitness Schedule February 2025

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
						<u>1</u> 8:45 am Spin - Jarrett 9:45 am-Bootcamp Hour-Leigh
<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
10:30am Box & Stretch - Mandy	5:45am Spin - Jarrett 9:30am Intervals-Ashley 9:30am Aquafit - Donna 5:45pm Zumba - Gabriela	5:30am Metabolic Charge - Britt 9:30am Tone Zone - Ruth 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Ruth 5:45pm Cardio MMA - Mandy	5:45am Spin - Jarrett 9:30am Aquafit - Fred ★ 9:30am PowerPulse-Isabella 5:45pm Zumba - Gabriela 6:45pm Yogalates - Margaret	5:45am Drillz - Chrissy 9:30am Pilates Mat - Ruth 9:30am Aquafit - Donna 10:45am A.O.A. Fitness - Ruth 5:45pm Barre - Mary Kate	5:45am Power Pedal - Jarrett 9:30am Intervals-Ashley 9:30am Aquafit - Fred	8:45 am Spin - Jarrett 9:45 am-Bootcamp Hour-Leigh ★ 11:00am Core -Margaret ★ 11:20am Stretch/Mobility-Margaret
<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>
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<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>
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FEBRUARY 2025

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. This class includes an aerobic workout, muscle conditioning segment & relaxing stretch.

BARRE– 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.

BOX & STRETCH - Get a two-for-one deal with 45 minutes of cardio kickboxing & 45 mins of stretching & meditation. It’s a full package deal wrapped up with a bowl!

BOOTCAMP—By including a combination of strength training and high intensity interval training, no two Bootcamp classes are ever the same. Challenges and variations for every exercise will keep you moving no matter your fitness level.

CARDIO MMA – Prepare to sweat during this 45 min Mixed Martial Arts class where you do everything from kicking to punching, along with learning elements of Karate, Taekwondo, Kung Fu & more.

CORE – Working your core is about more than abs! This 15-min class will challenge all the major & minor muscles that keep you centered.

DRILLZ – With a variety of stations, circuit work, or timed sets this class will challenge you individually with specific exercises. You never know what drills the day will deliver!

HIIT – High Intensity Interval Training takes bodyweight exercises to the heights with bursts of max effort activity followed by active rest, on repeat. You can make this class yours by doing low, medium, or high impact. Variations will always be offered.

METABOLIC CHARGE– Short bursts of maximum effort cardio packed into a 30 minute power workout!

PILATES MAT – In this class you will work through the traditional Pilates Mat exercises to connect with your deepest core muscles & find your deepest inner strength. By finding opposition in your body with the Pilates exercises, your core engages deeply & this strength will translate into your everyday life.

POWER PEDAL – A new “spin” on traditional Spin class – we incorporate free weights for upper body toning.

POWER HOUR – Join this strength class which combines both full body exercises using Pilates-type movements & weighted equipment for a total body workout.

POWERPULSE – Combining heart-pumping cardio intervals with explosive strength moves will keep the energy high. You’ll feel the burn and the rush of adrenaline!

SPIN™ - Recognized as one of the best non-impact workouts available, our indoor bikes can be perfectly adjusted to suit your fitness level. Spin Plus – 60min.

SCULPT – A total body strength workout hitting all the major muscle groups. Sets, reps & short rests make for a dynamic & fun way to strength train.

SWEAT – This class blends a variety of training styles & fitness focuses into a power-packed workout that will make you (wait for it)...SWEAT!!!

STRETCH/MOBILITY – Does strength training make you tight & achy? Then this class is for you! Using foundations of Pilates & Yoga, we will flow into a more flexible & mobile body.

TONE ZONE– A class with unlimited possibilities with one central goal: the use of resistance training to drive the heartrate & sculpt your body.

WICKED 60 SPIN – This Spin class takes a “wicked” twist with a full hour of cycling. Come take the challenge of an extra 15 minutes on the bike!

ZUMBA– If you’re looking for an exercise class that feels more like a night out than a workout, Zumba® is the perfect fit for you. With a blend of rhythmic Latin music and high-intensity cardio dance moves, getting in shape is more fun than ever. Get a full-body workout while forgetting you’re even exercising by joining the Zumba® dance party!

Gym Hours

Mon - Fri: 5am – 9pm

Saturday: 8am – 6pm

Sunday: 10am – 6pm

Sportscenter High Point

336-841-0100



Nursery Hours

Mon – Thurs: 8am–12pm & 4pm–8pm

Fri & Sat: 8am – 12pm