



SAC Group Fitness Schedule

May 2024

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			1 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	2 5:45am Drillz - <i>Chrissy</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i>	3 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i>	4 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i>
5 10:30am Box & Stretch - <i>Mandy</i>	6 5:45am Spin - <i>Jarrett</i> ★ 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> 5:45pm Zumba - <i>Gabriela</i>	7 5:30am Metabolic Charge - <i>Britt</i> 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i>	8 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	9 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i>	10 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i>	11 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i>
12  10:30am Box & Stretch - <i>Mandy</i>	13 5:45am Spin - <i>Jarrett</i> ★ 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> 5:45pm Zumba - <i>Gabriela</i>	14 5:30am Metabolic Charge - <i>Britt</i> 9:30am Power Hour - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i>	15 5:45am Spin - <i>Jarrett</i> 9:30am Sweat & Sculpt - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	16 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i>	17 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i>	18 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i>
19 10:30am Box & Stretch - <i>Mandy</i>	20 5:45am Spin - <i>Jarrett</i> ✗ NO 9:30am Intervals 9:30am Aquafit - <i>Doug</i> 5:45pm Zumba - <i>Gabriela</i>	21 5:30am Metabolic Charge - <i>Britt</i> 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i>	22 5:45am Spin - <i>Jarrett</i> 9:30am Sweat & Sculpt - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	23 5:45am Drillz - <i>Chrissy</i> 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> ✗ NO 5:45pm Barre	24 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i>	25 8:15am #Strength - <i>Cari</i> 9:10am #Cardio - <i>Cari</i> 9:15am Spin - <i>Jarrett</i> 9:40am #Core - <i>Cari</i> 10:05am #Symmetry - <i>Cari</i>
26 ✗ NO 10:30am Box & Stretch	27  No Classes	28 5:30am Metabolic Charge - <i>Britt</i> 9:30am Power Hour - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Cardio MMA - <i>Mandy</i>	29 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	30 5:45am Drillz - <i>Chrissy</i> 9:30am Barre - <i>Ashley</i> 9:30am Aquafit - <i>Doug</i> 10:45am A.O.A. Fitness - <i>Art</i> 5:45pm Barre - <i>Ashley</i>	31 5:45am Power Pedal - <i>Jarrett</i> 9:30 Sweat - <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i>	

MAY 2024

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 bow!

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!

INTERVALS This class focuses on blasts of cardio, strength & core with measured recovery periods guaranteed to make you work for every single second!

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.

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.

#STRENGTH - A full body strength workout that challenges all your major muscle groups with “low” weights on “high” repetitions. Simply stated, it's the smart way to strength train (45 mins).

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

#SYMMETRY - This class provides the bridge between your strength & cardio training. Influenced by many mind/body practices, #Symmetry offers you the missing piece of the puzzle.

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

ZUMBA - A dance-based fitness program set to Latin and international music, mixing low-intensity & high-intensity moves for an interval-style, calorie-burning 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