



Sportscenter Group Fitness Classes

August 2010(High Point)

Group Fitness Coordinator– Christy Weaver Phone: 336.841.0100 Website: www.sportscenterathleticclub.com

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 1:00pm SPIN®— Stacy 1:30pm Metabolic Effect™—Terrance 2:00pm Pilates Mat I/II Xpress—Stacy	2 5:45am SPIN®—Kati 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp—Gerri 5:30pm Pilates Mat I/II— Jo-Anne 6:00pm Aquafit—Alicia 6:00pm SPIN®—David 6:30pm Ab-Attack—Gerri 6:45pm Zumba—Cindy 7:00pm Yoga—Lesley	3 5:45am Tred-N-Shed-Kati 8:30am SPIN®—Carla 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—Jodi 9:30am Tone all Zones— Alicia 4:15pm ME—Angie 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Jarrett 6:00pm AquaMarine-David 6:30pm Tone all Zones—Gerri	4 5:45am Metabolic Effect™-T 5:45am SPIN®—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™- Lavinia 10:30am Ab-Attack—Lavinia 11:00am Pacesetters—Jodi 4:15pm SPIN®—Gerri 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Angie 6:15pm SPIN®—David 6:15pm Ab-Attack—Angie 6:45pm Zumba—Cindy	5 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Amylynn 9:30am Cardio Mix—Alicia 9:30am Aquafit—David 5:30pm Toning Xpress—Sandy 5:45pm SPIN®—Kati 6:00pm TurboKick—Jennifer 6:00pm Pilates Xpress— (30-45min.) Sarah 6:00pm HardWater Aquafit- Loren 7:00pm Yoga—Sarah	6 5:45am SPIN®—Matt 8:30am Ramp Xpress— Christy 9:00am Toning Xpress— Christy 9:30am Yoga Xpress— Christy 9:30am Aquafit—David 5:30pm Tred-N-Shed-Christy	7 9:15am Aquafit “The Musical”—David 9:30am Bootcamp—Terrance 9:30am Kids Fitness—Chelsea (30-45min./8-12yrs.) 9:30am SPIN®—Carla 9:30am Zumba—Stacy 10:30am Toning Xpress— Stacy 10:30am Yoga—Sarah
8 1:00pm SPIN®— Carla 1:30pm Toning Xpress—Sandy 2:00pm Ab-Attack— Sandy	9 5:45am SPIN®—Matt 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp—Angie 5:30pm Pilates Mat I/II— Becca 6:00pm HardWater Aquafit Loren 6:00pm SPIN®—Kati 6:30pm Ab-Attack—Becca 6:45pm Zumba—Cindy 7:00pm Yoga—Becca	10 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Carla 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—Jodi 9:30am Tone all Zones— Alicia 4:15pm Metabolic Effect™- Angie 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Jarrett 6:00pm AquaMarine-David 6:30pm Tone all Zones— Sandy	11 5:45am SPIN®—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™- Lavinia 10:30am Ab-Attack-Lavinia 11:00am Pacesetters—Jodi 4:15pm SPIN®—Summer 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Angie 6:15pm SPIN®—David 6:15pm Ab-Attack—Angie 6:45pm Zumba—Cindy	12 5:45am Tred-N-ShedKati 8:30am SPIN®—Amylynn 9:30am Cardio Mix— Christy 9:30am Aquafit—David 4:15pm Kids Fit—Mary (30-45min./5-7yrs.) 5:30pm Toning Xpress— Sandy 5:45pm SPIN®—Kati 6:00pm Hip Hop Hustle— Jennifer 6:00pm Pilates Xpress— (30-45min.) Sandy 6:00pm HardWater Aquafit- Loren 7:00pm Yoga—Sarah	13 5:45am SPIN®—Kati 8:30am Step Xpress— Summer 9:00am Toning Xpress— Summer 9:30am Yoga Xpress— Summer 9:30am Aquafit—Robin 5:30pm Tred-N-Shed— Amy	14 9:15am Aquafit— Alicia 9:30am Bootcamp— Terrance 9:30am Kids Fitness-Amy (30-45min./8-12yrs.) 9:30am SPIN®—Kati 9:30am Zumba—Amber 10:30am Toning Xpress- Alicia 10:30am Yoga—Amber
15 1:00pm SPIN®—Amy 1:30pm Metabolic Effect™—Terrance 2:00pm Gentle Stretch Xpress—Amy (30min. In Fitness Studio)	16 5:45am SPIN®—Kati 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp— Summer 5:30pm Pilates Mat I/II— Jo-Anne 6:00pm Aquafit—Alicia 6:00pm SPIN®—David 6:30pm Ab-Attack— Summer 6:45pm Zumba—Cindy 7:00pm Yoga—Summer	17 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Carla 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—Jodi 9:30am Tone all Zones— Summer 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Matt 6:00pm AquaMarine-David 6:30pm Tone all Zones— Gerri	18 5:45am Metabolic Effect™—Terrance 5:45am SPIN®—Kati 8:30am Yoga—Summer 9:30am Aquafit—Jodi No ME/ABS today! 11:00am Pacesetters—Jodi 4:15pm SPIN®—Gerri 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Summer 6:15pm SPIN®—David 6:15pm Ab-Attack- Summer 6:45pm Zumba—Cindy	19 5:45am Tred-N-Shed— Kati 8:30am SPIN®—Carla 9:30am Cardio Mix— Alicia 9:30am Aquafit—David 5:30pm Toning Xpress— Summer 5:45pm SPIN®—Kati 6:00pm TurboKick—Jennifer 6:00pm Pilates Xpress— (30-45min.) Summer 6:00pm HardWater Aquafit - Loren 7:00pm Yoga—Sarah	20 5:45am SPIN®—Matt 8:30am Cardio Mix Xpress— Summer 9:00am Toning Xpress— Summer 9:30am Yoga Xpress— Summer 9:30am Aquafit—David 5:30pm Tred-N-Shed-Christy	21 9:15am Hard Water Aquafit—Loren 9:30am Bootcamp— Terrance 9:30am Kids Fitness— (8-12yrs. old/30-45min.) Amy 9:30am SPIN®—Kati 9:30am Zumba—Brisa 10:30am Toning Xpress— Amy 10:30am Yoga—Sarah

Sun	Mon	Tues	Wed	Thu	Fri	Sat
22 1:00pm SPIN®— Carla 1:30pm Toning Xpress— Sandy 2:00pm Ab-Attack— (Fitness Studio) Sandy	23 5:45am SPIN®—Matt 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp— Summer 5:30pm Pilates Mat I/II— Becca 6:00pm HardWater Aquafit— Loren 6:00pm SPIN®—Kati 6:30pm Ab-Attack—Becca 6:45pm Zumba—Cindy 7:00pm Yoga—Becca	24 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Summer 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—Jodi 9:30am Tone all Zones— Alicia No 4:15pm ME today! 5:30pm Step & Wts— 5:45pm SPIN®—Jarrett 6:00pm AquaMarine—David 6:30pm Tone all Zones— Sandy	25 5:45am SPIN®—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™— Lavinia 10:30am Ab-Attack-Lavinia 11:00am Pacesetters—Jodi 4:15pm SPIN®—Kati 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Summer 6:15pm SPIN®—David 6:15pm Ab-Attack—Summer 6:45pm Zumba—Brandi	26 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Amylynn 9:30am Cardio Mix— Christy 9:30am Aquafit—David 4:15pm Kids Fitness—Mary (30-45min./5-7yrs.) 5:30pm Toning Xpress— Sandy 5:45pm SPIN®—Kati 6:00pm Hip Hop Hustle— Jennifer 6:00pm Pilates Xpress— (30-45min.) Sandy 6:00pm HardWater Aquafit— Loren 7:00pm Yoga—Sarah	27 5:45am SPIN®—Kati 8:30am Kickbox Xpress— Summer 9:00am Toning Xpress— Summer 9:30am Yoga Xpress— Summer 9:30am Aquafit—Robin 5:30pm Tred-N-Shed—Becca	28 9:15am HardWater Aquafit—Loren 9:30am Bootcamp— Terrance 9:30am Kids Fit-Summer (30-45min./8-12yrs.) 9:30am SPIN®—Carla 9:30am Zumba—Amber 10:30am Toning Xpress— Summer 10:30am Yoga—Amber
29 1:00pm SPIN®— Summer 1:30pm Metabolic Effect™—Terrance 2:00pm Yoga Xpress— Summer	30 5:45am SPIN®—Kati 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp—Gerri 5:30pm Pilates Mat I/II— Angie 6:00pm HardWater Aquafit— Loren 6:00pm SPIN®—Kati 6:30pm Ab-Attack—Gerri 6:45pm Zumba—Brisa 7:00pm Yoga—Gerri	31 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Carla 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—Jodi 9:30am Tone all Zones— Christy 4:15pm Metabolic Effect™— Angie 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Jarrett 6:00pm AquaMarine—David 6:30pm Tone all Zones— Gerri				
		Club Hours: Monday-Thursday 5:30am-10pm Friday-5:30am-9pm			Saturday-8:00am-6pm Sunday 12:00pm-6pm	
<ul style="list-style-type: none"> • Upon many requests. . .we've added another <u>Pilates Mat I/II</u> on Thursday at 6:00pm in the Yoga studio! • Notice we have made our <u>Sunday afternoon classes</u> a little earlier for you to get your workout done and able to enjoy the rest of your summer day! • <u>Hip Hop Hustle</u> now offered every other Thursday at 6:00pm! • By Requests. . .we've added Ab-Attack, <u>Yoga Xpress</u>, & Gentle Stretch Xpress on Sundays at 2:00pm! • <u>Ab-Attack</u> has been added after Metabolic Effect on Wednesday mornings at 10:30am. • Get your week started out right with <u>Bootcamp</u> on Mondays at 5:30pm and end the week with it on Saturdays at 9:30am! • Early morning <u>SPIN®</u> 5:45am, come get your 45minute cardio 3 days a week. Leave feeling energized! • <u>Kids Fitness</u> every other Thursdays at 4:15pm in the <u>studio</u> for 5-8yrs. & Saturdays 9:30am in the gym. Lots of FUN! • Don't forget <u>Tone all Zones</u> every Tuesday at 9:30am & 6:30pm for upper and lower body toning! 						