



Sportscenter Group Fitness Classes

MAY 2010(High Point)

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

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1 9:15am Aquafit—Sandy 9:30am Bootcamp—Terrance 9:30am Kids Fitness—(30-45min./8-12yrs.) Amy 9:30am SPIN@—Kati 9:30am Zumba—Amber 10:30am Toning Xpress—Sandy 10:30am Yoga—Amber
2 1:15pm Tred-N-Shed Amy 1:30pm SPIN@—Christy 2:15pm Toning Xpress—Amy	3 5:45am SPIN@—Kati 8:30am SPIN@—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp—Lavinia 5:30pm Pilates Mat I/II—Sarah 6:00pm Aquafit—Gerri 6:00pm SPIN@—David 6:30pm Ab-Attack—Lavinia 6:45pm Zumba—Cindy 7:00pm Yoga—Gerri	4 5:45am Tred-N-Shed—Kati 8:30am SPIN@—Carla 8:30am Pilates Mat I/II—TBA 9:30am Aquafit—Jodi 9:30am Tone all Zones—Christy 4:15 Metabolic Effect™—Angie 5:30pm Step & Wts—Gerri 5:45pm SPIN@—Amylynn 6:00pm Tai Chi—Marti 6:00pm AquaMarine—David 6:30pm Tone all Zones—Gerri	5 5:45am SPIN@—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™—Christy 11:00am Pacesetters—Christy 4:15pm SPIN@—Gerri 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Christy 6:15pm SPIN@—David 6:15pm Ab-Attack—Christy 6:45pm Zumba—Brandi	6 5:45am Tred-N-Shed—Kati 8:30am SPIN@—Carla 9:30am Cardio Mix—Christy 9:30am Aquafit—David 4:15pm Kids Fitness—Mary (30-45min./5-7yrs) 5:30pm Metabolic Effect™—Christy 5:45pm SPIN@—Kati 6:00pm TurboKick—Jennifer 6:00pm HardWater Aquafit—Loren 7:00pm Yoga—Sarah	7 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—Becca	8 9:15am HardWater Aquafit—Loren 9:30am Bootcamp—Terrance 9:30am Kids Fitness—(30-45min./8-12yrs.) Amy 9:30am SPIN@—Carla 9:30am Zumba—Diana B. 10:30am Toning Xpress—Amy 10:30am Yoga—Sarah
9 1:30pm SPIN@—Kati 1:45pm Metabolic Effect™—Terrance HAPPY MOTHER'S DAY!	10 5:45am SPIN@—Matt 8:30am SPIN@—David 8:30am Yoga—Carly 9:30am Aquafit—David 5:30pm Bootcamp—Christy 5:30pm Pilates Mat I/II—Angie 6:00pm HardWater Aquafit—Loren 6:00pm SPIN@—Kati 6:30pm Ab-Attack— 6:45pm Zumba—Cindy 7:00pm Yoga—Sarah	11 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 5:30pm Step & Wts—Gerri 5:45pm SPIN@—Amylynn 6:00pm Tai Chi—Marti 6:00pm AquaMarine—David 6:30pm Tone all Zones—Sandy	12 5:45am Metabolic Effect™—Terrance 5:45am SPIN@—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™—Angie 11:00am Pacesetters—Jodi 4:15pm SPIN@—Kati 5:30pm Yogalite—Gerri 5:30pm Bottoms Up—Lavinia 6:15pm SPIN@—David 6:15pm Ab-Attack—Lavinia 6:45pm Zumba—Cindy	13 5:45am Tred-N-Shed—Kati 8:30am SPIN@—Amylynn 9:30am Cardio Mix—Lavinia 9:30am Aquafit—David 5:30pm Toning Xpress—Sandy 5:45pm SPIN@—Kati 6:00pm Cardio Mix—Sandy 6:00pm HardWater Aquafit—Loren 7:00pm Yoga—Gerri	14 5:45am SPIN@—Kati 8:30am Cardio Mix Xpress—Lavinia 9:00am Toning Xpress—Lavinia 9:30am Yoga Xpress—Lavinia 9:30am Aquafit—Robin 5:30pm Tred-N-Shed—Becca	15 9:15am Aquafit—Sandy 9:30am Bootcamp—Christy 9:30am Kids Fitness—(8-12yrs. old/30-45min.) Amy 9:30am SPIN@—David <i>Armed Forces Day Salute</i> 9:30am Zumba—Amber 10:30am Toning Xpress—Sandy 10:30am Yoga—Amber

Sun	Mon	Tues	Wed	Thu	Fri	Sat	
16 1:15pm TRI-30—Sandy (start on treadmills) 1:30pm SPIN®—Kati 2:15pm Toning Xpress- (30min.) Sandy	17 5:45am SPIN®—Matt 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am Aquafit—David 5:30pm Bootcamp—Lavinia 5:30pm Pilates Mat I/II— Angie 6:00pm HardWater Aquafit— Loren 6:00pm SPIN®—David 6:30pm Ab-Attack—Lavinia 6:45pm Zumba—Cindy 7:00pm Yoga—Lesley	18 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Carla 8:30am Pilates Mat I/II— Jo-Anne 9:30am Aquafit—David 9:30am Tone all Zones— Christy 4:15pm Metabolic Effect™— Angie 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Amylynn 6:00pm Tai Chi—Marti 6:00pm AquaMarine—David 6:30pm Tone all Zones— Gerri	19 5:45am SPIN®—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™— Christy 11:00am Pacesetters—Christy 4:15pm SPIN®—Kati 5:30pm Yoyalite—Gerri 5:30pm Bottoms Up—Lavinia 6:15pm SPIN®—David 6:15pm Ab-Attack—Lavinia 6:45pm Zumba—Brandi	20 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Carla 9:30am Cardio Mix—Christy 9:30am Aquafit—David 4:15pm Kids Fitness—Mary (30-45min./5-7yrs.) 5:30pm Metabolic Effect™— Christy 5:45pm SPIN®—Kati 6:00pm TurboKick—Jennifer 6:00pm HardWater Aquafit— Loren 7:00pm Yoga—Sarah	21 5:45am SPIN®—Matt 8:30am Step Xpress— Christy 9:00am Toning Xpress— Christy 9:30am Yoga Xpress— Christy 9:30am Aquafit—David 5:30pm Tred-N-Shed—Amy	22 9:15am HardWater Aquafit—Loren 9:30am Bootcamp— Sarah P. 9:30am Kids Fit—Mary (30-45min./8-12yrs.) 9:30am SPIN®—Carla 9:30am Zumba—Amber 10:30am Toning Xpress— Christy 10:30am Yoga—Amber	
23 1:15pm Tred-N-Shed- Christy 1:30pm SPIN®—Carla 1:45pm Metabolic Effect™—Christy 2:15pm Toning Xpress- Christy	24 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 HardWater Aquafit— Loren 6:00pm SPIN®—Kati 6:30pm Ab-Attack—Gerri 6:45pm Zumba—Cindy 7:00pm Yoga—Gerri	25 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 5:30pm Step & Wts—Gerri 5:45pm SPIN®—Amylynn 6:00pm Tai Chi—Marti 6:00pm AquaMarine—David 6:30pm Tone all Zones— Sandy	26 5:45am Metabolic Effect™— Terrance 5:45am SPIN®—Kati 8:30am Yoga—Leahann 9:30am Aquafit—Jodi 10:00am Metabolic Effect™— Christy 11:00am Pacesetters—Christy 4:15pm SPIN®—Gerri 5:30pm Yoyalite—Gerri 5:30pm Bottoms Up—Lavinia 6:15pm SPIN®—David 6:15pm Ab-Attack—Lavinia 6:45pm Zumba—Cindy	27 5:45am Tred-N-Shed—Kati 8:30am SPIN®—Amylynn 9:30am Cardio Mix—Christy 9:30am Aquafit—David 5:30pm Toning Xpress-Sandy 5:45pm SPIN®—Kati 6:00pm Cardio Mix—Sandy 6:00pm HardWater Aquafit— Loren 7:00pm Yoga—Gerri	28 5:45am SPIN®—Kati 8:30am Kickbox Xpress— Christy 9:00am Toning Xpress— Christy 9:30am Yoga Xpress— Christy 9:30am Aquafit—Robin 5:30pm Tred-N-Shed— Christy	29 9:15am Aquafit—Sandy 9:30am Bootcamp— Terrance 9:30am Kids Fitness— Sarah 9:30am SPIN®—Kati 9:30am Zumba—Janet 10:30am Toning Xpress- Sandy 10:30am Yoga—Sarah	
30 1:15pm Tred-N-Shed- Sandy 1:30pm SPIN®—Kati 2:15pm Toning Xpress Sandy	31 9:30am Super-SPIN®— (60min.) David 9:30am HardWater Aquafit—Loren 10:30am Yoga—Carly HAPPY MEMORIAL DAY!	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"> • Armed Forces Day Salute with David on Saturday, April 15th at 9:30am. • Come participate in some classes starting at 9:30am on Memorial Day prior to heading out to the pool! • Get your week started out right with Bootcamp on Mondays at 5:30pm and end the week with it on Saturdays at 9:30am! • Early morning SPIN® 5:45am, come get your 45minute cardio 3 days a week. Leave feeling energized! • Kids Fitness every other Thursdays at 4:15pm in the <i>studio</i> for 5-8yrs. & Saturdays 9:30am in the gym. Lots of FUN! • Metabolic Effect™ is now offered every other Tuesday at 4:15pm. . it's a great 30 minute workout! • Don't forget Tone all Zones every Tuesday at 9:30am & 6:30pm for upper and lower body toning! • Do you enjoy kickbox? Come try TurboKick for a full hour packed of kicks, punches, & some funky moves!! • Tai Chi is now on Tuesdays at 6:00pm in the Yoga Studio. No experience needed, dress comfortably! • Compliment your cardio workout with Yoga and Pilates offered numerous times throughout the week! 							