# Sportscenter Group Fitness Classes
# September 2010(Kernersville)

Group Fitness Coordinator: Christy Weaver Phone:336.992.1700 Website:www.sportscenterathleticclub.com

| Sun | Mon | Tues | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | **1**<br>6:00am Cardio Mix—Tara<br>8:30am Pilates Mat I/II—Crystal<br>9:30am SPIN®—Amylynn<br>9:30am Aquafit—Bonnie J.<br>5:45pm Cardio Mix—Allison<br>5:45pm SPIN®—Jennifer<br>6:15pm Aquafit—Susan W.<br>6:30pm Metabolic Effect™—Jennifer<br>7:00pm Yoga—Becca | **2**<br>5:30am Metabolic Effect™—Sonja<br>6:00am SPIN®—Sonja<br>8:30am Cardio Mix—Stacy<br>11:00am Pacesetters/ Aquafit—Susan<br>5:15pm Pilates Mat I/II—Elizabeth<br>6:00pm Zumba—Bonnie<br>6:15pm SPIN®—Jill<br>6:30pm Aquafit—Mona<br>7:00pm Tai Chi—Marti | **3** 9:30am SPIN®—Jennifer<br>9:30am Aquafit—TBA<br>10:30am Intro to Reformer (24hr. Reservation Required)<br>6:15pm HardWater Aquafit—Loren<br>6:15pm SPIN®/Crunch-Stacey | **4**<br>9:30am Aquafit—Christine<br>9:30am TRI-30<br>SPIN®<br>Metabolic Effect™<br>Gentle Stretch<br>Claudia & Jennifer |
| **5**<br>NO classes today! | **6**<br>9:30am Super-SPIN®—(60-75min.) Claudia<br>9:30am Labor Day "90min. Movie Madness HardWater Aquafit"—Loren<br>Club Hours:9-6pm<br>Happy Labor Day! | **7**<br>5:30am Metabolic Effect™—Tara<br>6:00am SPIN®—Tara<br>8:30am Cardio Mix—Stacy<br>9:30am Deep Water Plunge—Chelle<br>5:15pm Pilates Small Apparatus—Elizabeth<br>6:00pm Step & Wts—Velvet<br>6:15pm SPIN®—Jill<br>6:30pm Aquafit—Alicia<br>8:00pm Intro to Reformer (24hr. Reservation Required) | **8**<br>6:00amCardio Mix—Claudia<br>8:30am Pilates Mat I/II—Jo-Anne<br>9:30am SPIN®—Amylynn<br>9:30am Aquafit—Mona<br>5:45pm TurboKick & Wts—Jenny<br>5:45pm SPIN®—Becca<br>6:15pm HardWater Aquafit-Loren<br>6:30pm Metabolic Effect™—Monte | **9**5:30am Metabolic Effect™—Sonja<br>6:00am SPIN®—Sonja<br>8:30am Cardio Mix—Stacy<br>11:00am Pacesetters—Chair Yoga—Susan<br>5:15pm Pilates Mat I/II—Jo-anne<br>6:00pm Zumba—Bonnie<br>6:15pm SPIN®—Jennifer<br>6:30pm Aquafit—Kim<br>7:00pm Tai Chi—Marti | **10**<br>9:30am SPIN®—Jennifer<br>9:30am Aquafit—Mona<br>6:15pm HardWater Aquafit—Loren<br>6:15pm SPIN®/Climb-Stacey | **11**<br>9:30am Aquafit—Alicia<br>9:30am SPIN®—Amylynn<br>9:30am Zumba—Stacy<br>10:30am Toning Xpress—Stacy |
| **12**<br>1:15pm Aquafit—Christine<br>1:45pm SPIN®—Stacy<br>2:30pm Ab-Attack—Stacy | **13**<br>5:45amTone all Zones—Tara<br>9:00am Metabolic Effect™-Jennifer<br>9:30am SPIN®—Jarrett<br>9:30am Aquafit—Bonnie J.<br>9:30am Pilates Small Apparatus—Elizabeth<br>4:15pmMetabolic Effect™-Amy<br>5:45pm Power Shoulders—Susan<br>6:15pm SPIN®—Claudia<br>6:15pm Aquafit—Susan W.<br>6:30pm Ab-Attack—Susan | **14**<br>5:30am Metabolic Effect™—Tara<br>6:00am SPIN®—-Tara<br>8:30am Cardio Mix—Stacy<br>9:30am Deep Water Plunge—Julie<br>5:15pm Pilates Small Apparatus—Jessica<br>6:00pm Tone all Zones—Alicia<br>6:15pm SPIN®—Jill<br>6:30pm Aquafit—Kim | **15**<br>6:00am Cardio Mix—Claudia<br>8:30am Pilates MatI/II—Elizabeth<br>9:30am SPIN®—Jennifer<br>9:30am Aquafit—Bonnie J.<br>5:45pm Cardio Mix—Allison<br>5:45pm SPIN®—Becca<br>6:15pm HardWater Aquafit—Loren<br>6:30pm Metabolic Effect™—Monte<br>7:00pm Yoga—Becca | **16** 5:30am Metabolic Effect™—Sonja<br>6:00am SPIN®—Sonja<br>8:30am Cardio Mix—Stacy<br>11:00am Pacesetters/ Aquafit—Susan<br>5:15pm Pilates MatI/II—Jo-Anne<br>6:00pm Zumba—TBA<br>6:15pm SPIN®—Claudia<br>6:30pm Aquafit—Julie<br>7:00pm Tai Chi—Marti | **17**<br>9:30am SPIN®— Bruce<br>9:30am Aquafit—Amy<br>10:30am Intro to Reformer (24hr. Reservation Required)<br>6:15pm HardWater Aquafit—Loren<br>6:15pm SPIN®/Toning—Stacey | **18**<br>9:30am Aquafit—Susan<br>9:30am SPIN®—Jennifer<br>9:30am Zumba—Sonja<br>10:30am Yoga—Susan |

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|---|---|---|---|---|---|---|
| **19**<br>1:15pm HardWater Aquafit—Loren<br><br>1:45pm SPIN®—Tara<br><br>2:30pm Metabolic Effect™—Tara | **20**<br>5:45am Tone all Zones—Tara<br>9:00am Metabolic Effect™—Jennifer<br>9:30am SPIN®—Jarrett<br>9:30am Aquafit—Chelle<br>9:30am Pilates Small Apparatus—Elizabeth<br>4:15pmMetabolic Effect™-Chelle<br>5:45pm Power Abs—Susan<br>6:15pm SPIN®—Claudia<br>6:15pm Aquafit—SusanW.<br>6:30pm Yoga—Susan | **21**<br>5:30am Metabolic Effect™—Tara<br>6:00am SPIN®—Tara<br>8:30am Cardio Mix —Stacy<br>9:30am Deep Water Plunge—Chelle<br>5:15pm Pilates Small Apparatus—Jo-Anne<br>6:00pm Step & Wts—Kim<br>6:15pm SPIN®—Jill<br>6:30pm Aquafit—Mona<br>8:00pm Intro to Reformer<br>(24hr. Reservation Required) | **22**<br>6:00am Cardio Mix—Claudia<br>8:30am Pilates Mat I/II—Crystal<br>9:30am SPIN®—Jennifer<br>9:30am Aquafit—Mona<br>5:45pm TurboKick & Wts—Jenny<br>5:45pm SPIN®—Jennifer<br>6:15pm Aquafit—Susan W.<br>6:30pm Metabolic Effect™—Monte<br>7:00pm Yoga—Becca | **23**<br>5:30am Metabolic Effect™—Sonja<br>6:00am SPIN®—Sonja<br><br>8:30am Cardio Mix—Stacy<br><br>11:00am Pacesetters/ Balance & Tone—Christy<br><br>5:15pm Pilates Mat I/II—Elizabeth<br>6:00pm Hip Hop Hustle—Velvet<br>6:15pm SPIN®—Claudia<br><br>6:30pm Aquafit—Kim<br><br>7:00pm Tai Chi—Marti | **24**<br>9:30am SPIN®—Jennifer<br><br>9:30am Aquafit—Alicia<br><br>6:15pm HardWater Aquafit—Loren<br><br>6:15pm SPIN®/Crunch-Stacey | **25**<br>9:30am Aquafit—Kim<br><br>9:30am SPIN®—Bonnie M.<br><br>9:30am Zumba—Cindy<br><br>10:30am Yoga—Bonnie M. |
| **26**<br>1:15pm Aquafit—Bonnie M.<br><br>1:45pm SPIN®—Stacey<br><br>2:30pm Toning Xpress—Stacey | **27**<br>5:45am Tone all Zones—Tara<br>9:00am Metabolic Effect™—Christy<br>9:30am SPIN®—Christy<br>9:30am Aquafit—Alicia<br>9:30am Pilates Small Apparatus—Elizabeth<br>4:15pmMetabolic Effect™-Chelle<br>5:45pm Power Legs—Susan<br>6:15pm SPIN®—Jarrett<br>6:15pm Aquafit—Susan W.<br>6:30pm Ab-Attack—Susan | **28**<br>5:30am Metabolic Effect™ Tara<br>6:00am SPIN®—Tara<br>8:30am Cardio Mix—Stacy<br>9:30am Deep Water Plunge—Julie<br>5:15pm Pilates Small Apparatus—Jessica<br>6:00pm Tone all Zones—Cindy<br>6:15pm SPIN®—Jill<br>6:30pm Aquafit—Kim | **29**<br>6:00am Cardio Mix—Tara<br>8:30am Pilates Mat I/II—Jo-Anne<br>9:30am SPIN®—Amylynn<br>9:30am Aquafit—Julie<br>5:45pm Cardio Mix—Allison<br>5:45pm SPIN®—Becca<br>6:15pm Aquafit—Susan W.<br>6:30pm Metabolic Effect™-Monte | **30**<br>5:30am Metabolic Effect™-Sonja<br>6:00am SPIN®—Sonja<br>8:30am Cardio Mix—Stacy<br>11:00am Pacesetters/ Low Impact/Wts—Susan<br>5:15pm Pilates Mat I/II—Elizabeth<br>6:00pm Zumba—Bonnie<br><br>6:15pm SPIN®—Jarrett<br><br>6:30pm Aquafit—Alicia<br><br>7:00pm Tai Chi—Marti | | |

**CLUB HOURS:** MONDAY-THURSDAY 5:30AM-10PM SATURDAY 8:00AM-6PM
FRIDAY 5:30AM-9PM SUNDAY 12-6PM

- **Tai Chi is back for the fall on Thursdays at 7:00pm in the fitness studio!**
- **SPIN® added back to Fridays at 6:15pm but with an extra workout. . .Abs, Toning, or tough climb!**
- **Deep Water Plunge every Tuesday at 9:30am. Be prepared to suspend in the water using noodles & weights!**
- **Metabolic Effect™ now every Tuesday at 5:30am prior to SPIN®! Come increase that fat burn! Upon your requests. . .we've added a ME class on Mondays at 4:15pm.**
- **We've added Deep Water Plunge 9:30am on Tuesdays. . .come join us and make a splash!**
- **SPIN® is back on Mon/Wed/Fri at 9:30am. Come join us for a great workout in 45 minutes!**
- **Come to Cardio Mix every Tuesday and Thursday at 8:30am in the studio. Great mix of Cardio & Toning!**