



## SAC Group Fitness Schedule December 2024

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b><u>1</u></b> ✗ NO 10:30am Box & Stretch	<b><u>2</u></b> 5:45am Spin - <i>Jarrett</i> 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	<b><u>3</u></b> 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>Ruth</i> 5:45pm Cardio MMA - <i>Mandy</i>	<b><u>4</u></b> 5:45am Spin - <i>Jarrett</i> ✗ NO 9:30am Barre 5:45pm Zumba - <i>Gabriela</i> 6:45pm Yogalates - <i>Margaret</i>	<b><u>5</u></b> 5:45am Drillz - <i>Chrissy</i> ★ 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i>	<b><u>6</u></b> 5:45am Power Pedal - <i>Jarrett</i> ★ 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Slow Flow - <i>Margaret</i>	<b><u>7</u></b> ★ 8:30am "12 Days of Fitness" - <i>Chrissy</i> 9:15am Spin - <i>Jarrett</i> ★ 9:45am Core - <i>Mandy</i> ★ 10:05am Yoga - <i>Mandy</i>
<b><u>8</u></b> 10:30am Box & Stretch - <i>Mandy</i>	<b><u>9</u></b> 5:45am Spin - <i>Jarrett</i> ✗ NO 9:30am Intervals 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	<b><u>10</u></b> 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>Ruth</i> 5:45pm Cardio MMA - <i>Mandy</i>	<b><u>11</u></b> 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 5:45pm Zumba - <i>Gabriela</i> 6:45pm Yogalates - <i>Margaret</i>	<b><u>12</u></b> 5:45am Drillz - <i>Chrissy</i> ★ 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i>	<b><u>13</u></b> 5:45am Power Pedal - <i>Jarrett</i> ★ 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> ✗ NO 5:45pm Slow Flow	<b><u>14</u></b> ★ 8:15am Sculpt - <i>Ruth</i> ★ 9:10am Sweat - <i>Ruth</i> 9:15am Spin - <i>Jarrett</i> ★ 9:40am Core - <i>Ruth</i> ★ 10:05am Stretchy Flow - <i>Ruth</i>
<b><u>15</u></b> 10:30am Box & Stretch - <i>Mandy</i>	<b><u>16</u></b> 5:45am Spin - <i>Jarrett</i> 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	<b><u>17</u></b> 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>Ruth</i> 5:45pm Cardio MMA - <i>Mandy</i>	<b><u>18</u></b> 5:45am Spin - <i>Jarrett</i> 9:30am Barre - <i>Ashley</i> 5:45pm Zumba - <i>Gabriela</i> 6:45pm Yogalates - <i>Margaret</i>	<b><u>19</u></b> 5:45am Drillz - <i>Chrissy</i> ★ 9:30am Tone Zone - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i>	<b><u>20</u></b> 5:45am Power Pedal - <i>Jarrett</i> ★ 9:30am Pilates Mat - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Slow Flow - <i>Margaret</i>	<b><u>21</u></b> ★ 10:05am Metabolic Charge - <i>Britt</i>
<b><u>22</u></b> 10:30am Box & Stretch - <i>Mandy</i>	<b><u>23</u></b> ✗ NO 5:45am Spin 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	 <b><u>24</u></b> 5:30am Metabolic Charge - <i>Britt</i> ★ 9:30am Jingle Bell Rock Your Body - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i>	<b><u>25</u></b>  The Gym Will Be Closed	<b><u>26</u></b> 5:45am Drillz - <i>Chrissy</i> ★ 9:30am - Pilalalalalalalates - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i>	<b><u>27</u></b> ✗ NO 5:45am Power Pedal ★ 9:30am "12 Days of Fitness" <i>Chrissy</i> 9:30am Aquafit - <i>Donna</i> ✗ NO 5:45pm Slow Flow	<b><u>28</u></b> ★ 8:30am "12 Days of Fitness" - <i>Chrissy</i>
<b><u>29</u></b> ✗ NO 10:30am Box & Stretch	<b><u>30</u></b> 5:45am Spin - <i>Jarrett</i> 9:30am Intervals - <i>Ashley</i> 9:30am Aquafit - <i>Donna</i> 5:45pm Zumba - <i>Gabriela</i>	 <b><u>31</u></b> 5:30am Metabolic Charge - <i>Britt</i> ★ 9:30am NY Eve Countdown - <i>Ruth</i> 9:30am Aquafit - <i>Donna</i> 10:45am A.O.A. Fitness - <i>Ruth</i>				

## DECEMBER 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 bowl!

**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!

**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.

**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!!!

**STRETCHY FLOW** – Does strength training make you tight & achy? Then this class is for you! Using a foundation of the Pilates method, we will flow into a more flexible & mobile body.

**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!

### 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