




Sportscenter Group Fitness Classes January 2012(High Point)

Group Fitness Coordinator—Christy Weaver
Phone: 336.841.0100

Les Mills Coordinator—Cari Banner
Website: www.sportscenterac.com

Pilates Coordinator—Amber Gregory

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1  CLOSED	2 5:45am SPIN®—MATT 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am BodyPump—Erica 9:30am Aquafit—David 12:00pm BodyPump—Erica 12:30pm CXWORX— 5:30pm BodyPump—Gerri 6:00pm Aquafit—Janice 6:00pm SPIN®—David 6:30pm Ab-Attack—Gerri 6:30pm Zumba—JANET & CAITLIN	3 5:45am BodyPump—Becca 6:15am CXWORX—Becca 8:30am SPIN®—Diana 8:30am Pilates Mat—Tina 9:30am Cardio Mix—Alicia 9:30am Aquafit—Jodi 11:00am Pacesetters—Jodi 4:30pm Metabolic Effect™— Angie 5:30pm BodyAttack—Cari 5:45pm SPIN®—Amylynn 6:00pm AquaMarine—David 6:30pm CXWORX—Cari 7:00pm Yogalates—Sandy	4 5:45am SPIN®—Jarrett 8:30am SPIN®—Carla 8:30am Yoga—Leahann 9:30am Zumba—Patty 9:30am Aquafit—Janice 12:00pm BodyPump—Erica 4:30pm SPIN®—Gerri 5:30pm Step & Wts—Gerri 6:00pm SPIN®—David 6:30pm Yogalite—Gerri 6:30pm Zumba—Collin	5 5:45am BodyPump—Becca 8:30am Pilates Mat—Tina 8:30am BodyPump—Erica 9:30am Aquafit—David 10:30am CXWORX—Erica 5:30pm BodyPump—Cari 5:45pm SPIN®—LEAHANN 6:00pm AquaBlast—Sandy 7:00pm Yoga—Diana	6 5:45am SPIN®—Diana 8:30am Drums Alive Combo— Chrissy 9:30am Ab-Attack—Chrissy 9:30am Aquafit—Alicia 9:30am Zumba—Patty	7 8:30am Metabolic Effect™— Mark 9:00am BodyAttack—Cari 9:15am HardWater Aquafit— Loren 9:30am Kids Bootcamp—Karl 9:30am Bootcamp—Alicia 9:30am SPIN®—JARRETT 9:45am Zumba—JANET & CAITLIN 10:30am Intro to Yoga—JANET (30-45min.)
8 1:00pm SPIN®— Diana 1:45pm Metabolic Effect™—Mark 2:00pm HardWater Aquafit—Loren	9 5:45am SPIN®—MATT 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am BodyPump—Erica 9:30am Aquafit—David 12:00pm BodyPump—Erica 12:30pm CXWORX—Erica 4:30pm Metabolic Effect™— Angie 5:30pm Bootcamp—Gerri 6:00pm Aquafit—AMY 6:00pm SPIN®—Diana 6:30pm Ab-Attack—Gerri 6:30pm Zumba—Caitlin	10 5:45am BodyPump—Becca 6:15am CXWORX—Becca 8:30am SPIN®—Diana 8:30am Pilates Mat—TINA (Yoga Studio) 9:30am Cardio Mix—Alicia 9:30am Aquafit—Jodi 11:00am Pacesetters—Jodi 5:30pm BodyAttack—Cari 5:45pm SPIN®—Amylynn 6:00pm HardWater Aquafit Loren 6:30pm CXWORX—Cari 7:00pm Yoga—Janice	11 5:45am SPIN®—Jarrett 8:30am SPIN®—Carla 8:30am Yoga—Leahann 9:30am Zumba—Patty 9:30am Aquafit—Jodi 12:00pm BodyPump—Erica 4:30pm SPIN®—Gerri 5:30pm Step & Wts—Gerri 6:00pm SPIN®—David 6:30pm Yogalite—Gerri (Yoga Studio) 6:30pm Zumba—Patty	12 5:45am BodyPump—Becca 8:30am Pilates Mat—TINA 9:30am BodyPump—Erica 9:30am Aquafit—David 10:30am CXWORX—Erica 4:30pm Kids Fitness—Laurie 5:30pm BodyPump—Cari 5:45pm SPIN®—LEAHANN 6:00pm AquaBlast—Sandy 7:00pm Yoga—Diana	13 5:45am SPIN®—Diana 8:30am Drums Alive Combo— Chrissy 9:30am Ab-Attack—Chrissy 9:30am Aquafit—Janice 9:30am Zumba—Patty	14 9:00am BodyAttack—Cari 9:15am Aquafit—Sandy 9:30am Kids Bootcamp— (Ages 7-12) JANICE 9:30am Bootcamp—Terrance 9:30am SPIN®—Becca 9:45am Zumba—Caitlin 10:30am Yoga—Becca
15 1:00pm SPIN®— Jarrett 2:00pm Aquafit— Christine	16 5:45am SPIN®—MATT 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am BodyPump—Erica 9:30am Aquafit—David 12:00pm BodyPump—Erica 12:30pm CXWORX—Erica 5:30pm BodyPump Launch— 6:00pm Aquafit—Janice 6:00pm SPIN®—David 6:30pm Ab-Attack—Gerri 6:30pm Zumba—JANET	17 5:45am BodyPump—Becca 6:15am CXWORX—Becca 8:30am SPIN®—Diana 8:30am Pilates Mat—TINA 9:30am Cardio Mix—Alicia 9:30am Aquafit—Jodi 11:00am Pacesetters—Jodi 4:30pm Metabolic Effect™— Angie 5:30pm BODYATTACK LAUNCH—Cari & Erica 5:45pm SPIN®—Amylynn 6:00pm AquaMarine—David 6:30pm CXWORX—Cari & Erica 7:00pm Yogalates—Sandy	18 5:45am SPIN®—Jarrett 8:30am SPIN®—Carla 8:30am Yoga—Leahann 9:30am Zumba—Patty 9:30am Aquafit—Janice 12:00pm BodyPump—Erica 4:30pm SPIN®—Gerri 5:30pm Step & Wts—Gerri 6:00pm SPIN®—David 6:30pm Yogalite—Gerri (Yoga Studio) 6:30pm Zumba—Collin	19 5:45am BodyPump—Becca 8:30am Pilates Mat—TINA 9:30am BodyPump—Erica 9:30am Aquafit—David 10:30am CXWORX—Erica 5:30pm Body Pump—Cari 5:45pm SPIN®—LEAHANN 6:00pm AquaBlast—Sandy 7:00pm Yoga—Diana	20 5:45am SPIN®—Diana 8:30am Drums Alive Combo— Chrissy 9:30am Ab-Attack—Chrissy 9:30am Aquafit—Alicia 9:30am Zumba—Patty	21 8:30am Metabolic Effect™— Mark 9:00am BodyAttack—Cari 9:15am HardWater Aquafit— Loren 9:30am Kids Bootcamp—Karl (Ages 7-12) 9:30am Bootcamp—Terrance 9:30am SPIN®—Carla 9:45am Zumba—Amber 10:30am Yoga—Amber

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22 1:00pm SPIN®—Amylynn 1:45pm Metabolic Effect™—Mark 2:00pm HardWater Aquafit—Loren	23 5:45am SPIN®—MATT 8:30am SPIN®—David 8:30am Yoga—Leahann 9:30am BodyPump—Erica 9:30am Aquafit—David 12:00pm BodyPump—Erica 12:30pm CXWORX—Erica 4:30pm Metabolic Effect™—Angie 5:30pm Bootcamp—Gerri 6:00pm Aquafit—AMY 6:00pm SPIN®—Diana 6:30pm Ab-Attack—Gerri 6:30pm Zumba—CAITLIN	24 5:45am BodyPump—Becca 6:15am CXWORX—Becca 8:30am Pilates Mat—Tina 8:30am SPIN®—Diana 9:30am Cardio Mix—Alicia 9:30am Aquafit—Jodi 11:00am Pacesetters—Jodi 5:30pm BodyAttack—Cari 5:45pm SPIN®—Amylynn 6:00pm HardWater Aquafit—Loren 6:30pm CXWORX—Cari 7:00pm Yoga—Janice	25 5:45am SPIN®—Jarrett 8:30am SPIN®—Carla 8:30am Yoga—Leahann 9:30am Zumba—Patty 9:30am Aquafit—Jodi 12:00pm BodyPump—Erica 4:30pm SPIN®—Gerri 5:30pm Step & Wts—Gerri 6:00pm SPIN®—David 6:30pm Yogalite—Gerri 6:30pm Zumba—Patty	26 5:45am BodyPump—Becca 8:30am Pilates Mat—TINA 9:30am BodyPump—Erica 9:30am Aquafit—David 10:30am CXWORX—Erica 4:30pm Kids Fitness—Laurie 5:30pm BodyPump—Cari 5:45pm SPIN®—Leahann 6:00pm AquaBlast—Sandy 7:00pm Yoga—Diana	27 5:45am SPIN®—Diana 8:30am Drums Alive Combo—Chrissy 9:30am Ab-Attack—Chrissy 9:30am Aquafit—Janice 9:30am Zumba—Patty	28 9:00am BodyAttack—Cari 9:15am Aquafit—Sandy 9:30am Kids Bootcamp—Karl 9:30am Bootcamp—Terrance 9:30am SPIN®—Amylynn 9:45am Zumba—Stacy 10:30am Yogalates—Stacy
29 1:00pm SPIN®—Stacy 2:00pm Aquafit—Christine	30 5:45am SPIN®—MATT 8:30am SPIN®—David 9:30am Yoga—Leahann 9:30am BodyPump—Erica 9:30am Aquafit—David 12:00pm BodyPump—Erica 12:30pm CXWORX—Erica 5:30pm BodyPump—Gerri 6:00pm Aquafit—Janice 6:00pm SPIN®—David 6:30pm Ab-Attack—Gerri 6:30pm Zumba—JANET	31 5:45am BodyPump—Becca 6:15am CXWORX—Becca 8:30am Pilates Mat—TINA 8:30am SPIN®—Diana 9:30am Cardio Mix—Alicia 9:30am Aquafit—Jodi 11:00am Pacesetters—Jodi 4:30pm Metabolic Effect™—Angie 5:30pm BodyAttack—Cari 5:45pm SPIN®—Amylynn 6:00pm HardWater Aquafit—Loren 6:30pm CXWORX—Cari 7:00pm Yogalates—Sandy				

Club Hours: Monday-Friday 5:00am-10pm Saturday-8:00am-6pm Sunday 11:00am-6pm

- Notice we have modified our group fitness schedule during the holidays for travel & family time! Happy New Year from the group fitness instructors! Get your 2012 off to a great start with one of our fantastic classes!
- **Intro to Yoga** on Saturday, January 7th at 10:30am in the Yoga studio. No experience or mat needed.
- **Metabolic Effect™** is a rest-based 30min. Class using dumbbells & guaranteed to increase metabolism!
- New **Les Mills** launch is scheduled the week of Jan. 16th. Come give BodyPump, CXWORX, & BodyAttack a try!
- Come out on Sundays for a **HardWater Aquafit** workout at 2:00pm with Loren!
- Come join us on Thurs at 7:00pm for **Yoga** after BodyPump or Spin! Get that mind-body experience after a busy day!
- **Yogalates**-is a combo of Pilates-core conditioning and Yoga- relaxation principles; which will overall tone & improve mind-body awareness.