



SAC Group Fitness Schedule

APRIL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u> 5:45am Spin - <i>Jarrett</i> 8:30am Barre - <i>Amanda</i> 9:30am Aquafit - <i>Fred</i> 5:45pm Zumba - <i>Gabriela</i> 6:00pm Aquafit - <i>Gail</i> 6:35pm Yoga - <i>Margaret</i>	<u>2</u> X 5:45am NO HIIT-bata 9:30am Strength - <i>Ruth</i> 9:30am Aqua w/o - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i> X 6:30pm NO Spin	<u>3</u> X 5:45am NO Power Pedal 9:30am- Strength+cardio+stretch - <i>Amanda</i>	<u>4</u> X 8:30 am NO Bootcamp X 9:30am NO Cardio X 10:00am NO Core & Stretch 10:35am Zumba - <i>Gabriela</i>
 GYM CLOSED	<u>5</u> 5:45am Spin - <i>Jarrett</i> 9:30am Dance Flow(yoga) - <i>Danyl</i> 9:30am Aquafit - <i>Gail</i> 5:30pm Zumba Hour - <i>Gabriela</i> 6:35pm Deep Stretch/Mobility - <i>Amanda</i>	<u>6</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> 9:30am Aqua w/o - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength - <i>Lori</i>	<u>7</u> 5:45am Spin - <i>Jarrett</i> 8:30am Barre - <i>Amanda</i> 9:30am Aquafit - <i>Fred</i> 6:00pm Aquafit - <i>Gail</i> 6:35pm Yoga - <i>Margaret</i>	<u>8</u> 5:45am HIIT-bata - <i>Lori S</i> 9:30am Strength - <i>Ruth</i> 9:30am Aquafit - <i>Fred</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i> 6:30pm Spin - <i>Nike</i>	<u>9</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am- Strength+cardio+stretch - <i>Amanda</i>	<u>10</u> 8:30 am Bootcamp - <i>Nike</i> 9:30am Cardio - <i>Amanda</i> 10:00am Core & Stretch - <i>Amanda</i>
 10:30am Cardio Kick - <i>Mandy</i> 11:00am - Core & Restore (stretch) - <i>Mandy</i>	<u>12</u> 5:45am Spin - <i>Jarrett</i> 9:30am Dance Flow(yoga) - <i>Danyl</i> 9:30am Aquafit - <i>Gail</i> 5:30pm Zumba Hour - <i>Gabriela</i> 6:35pm Deep Stretch/Mobility - <i>Amanda</i>	<u>13</u> 5:30am Metabolic Charge - <i>Britt</i> 9:30am Pilates Sculpt - <i>Ruth</i> 9:30am Aquafit - <i>Fred</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Strength - <i>Lori</i>	<u>14</u> 5:45am Spin - <i>Lori</i> 8:30am Barre - <i>Amanda</i> 9:30am Aquafit - <i>Fred</i> 5:45pm Zumba - <i>Gabriela</i> 6:00pm Aquafit - <i>Gail</i> 6:35pm Yoga - <i>Margaret</i>	<u>15</u> 5:45am HIIT-bata - <i>Lori S</i> 9:30am Strength - <i>Ruth</i> 9:30am Aqua w/o - <i>Doug</i> 10:45am BA Seniors - <i>Ruth</i> 5:45pm Barre - <i>Mary Kate</i> 6:30pm Spin - <i>Nike</i>	<u>16</u> 5:45am Power Pedal - <i>Jarrett</i> 9:30am- Strength+cardio+stretch - <i>Amanda</i>	<u>17</u> 8:30 am Bootcamp - <i>Nike</i> 9:30am Cardio - <i>Amanda</i> 10:00am Core & Stretch - <i>Amanda</i> 10:35am Zumba - <i>Gabriela</i>
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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. This is a great option for all fitness levels as a complimentary workout method. All ages (14+) and abilities welcome!

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.

B.A.S.FITNESS – “Bad Ass Seniors” - Improve strength, flexibility, posture & balance. Exercise at your own pace with resistance tools including bands, balls & weights.

BOOTCAMP - By including a combination of strength training and high intensity interval training, no two Bootcamp classes are ever the same. Challenges and variations for every exercise will keep you moving no matter your fitness level.

CARDIO KICK - A high energy 30 min workout of fast paced cardio with a sprinkle of kicks and jabs. You'll definitely sweat and watch the calorie burn add up.

CARDIO - 30 minutes of cardio to complete the calorie burn. Fat leaves your body through the exhale and you'll for sure be exhaling lots in this fun class.

CORE & RESTORE - In this 30 minute class, 15 minutes of core and abs will light you up and you'll be grateful for the 15 minutes of stretching that follows. A perfect way to begin your week!

CORE & STRETCH - In this 30 minute class, 10-15 minutes of core and abs will light you up and you'll be grateful for the 15-20 minutes of stretching that follows.

DANCE FLOW - Incorporating various styles of dancing & music genres while focusing on floorwork, isolation, versatility, endurance, and improvisation, Dance Flow will bring happiness to your heart, while leaving you pleasantly exhausted! A great workout, easy to follow, and designed for everyone to enjoy! The class features approximately 30 minutes of dance followed by 15 minutes of yoga.

DEEP STRETCH & MOBILITY - A class you've been asking for—total body mobility work plus holding stretches to get deep release.

HIIT-BATA - High intensity interval training, tabata style. You'll finish this class hot, dripping, and glad you got it done early.

INTERVALS - It is what it says it is—active exercise followed by recovery or rest completed in intervals of time. The timing of intervals can vary from class to class to keep your body guessing.

METABOLIC CHARGE - Short bursts of maximum effort cardio packed into a 30 minute power workout!

MOBILITY/STRETCH - Ask and receive. Here's another 30 minute class designed to assist you with keeping your body mobile and flexible. It's a perfect mid-week reset.

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.

PILATES SCULPT - Using the Pilates method as the foundation, instructors will incorporate balls, bands, dumbbells, sliders, and more with compound movements to create a workout that will leave you wondering what just happened. Sculpt, that's what happened. You'll be pleasantly surprised with the number of calories you'll burn and the sweat that will drip.

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.

STRENGTH - Your favorite total body strength training moves packed into 45 minutes with the best tunes to turn your body into a fat burning machine. Using mini barbells, dumbbells, & weight plates, and the step bench, it's reminiscent of that trademarked class you love so much (initials are LM-wink, wink).

STRENGTH+CARDIO+STRETCH - Get it all in this class that incorporates 15 min of full body tone, 15 min of cardio, and 15 min of deep stretch. Add in a few minutes to warm up to make this a 50 min class.

TABATA - Tabata is famous for metabolic conditioning using intervals. Alternating between hard work and active rest, you will tear it up and walk away with a "kick-ass" attitude.

ZUMBA - If you're looking for an exercise class that feels more like a night out than a workout, Zumba® is the perfect fit for you. With a blend of rhythmic Latin music and high-intensity cardio dance moves, getting in shape is more fun than ever. Get a full-body workout while forgetting you're even exercising by joining the Zumba® dance party!

YOGA - Incorporating breath work, mindfulness, & props, practicing yoga can reduce stress, improve flexibility & strength, enhance mental clarity & focus while supporting overall physical & mental wellbeing. All skill levels welcome. Everyone can find a suitable yoga practice in this class.

= get it all done in one hour! 30 minutes of cardio followed by 15 minutes of core followed by 15 minutes of stretching! Or pick and choose one of the 3 to round out your own workout.

Gym Hours

Mon - Fri: 5am - 8pm

Saturday: 8am - 5pm

Sunday: 10am - 5pm

Sportscenter High Point

336-841-0100

Ruth Edwards, Group Fitness Coordinator

Ruthedwards@sportscenterac.com

Nursery Hours

Mon - Thurs: 9am-12pm & 5pm-8pm

Fri: 8am - 12pm

Sat: 8am - 12pm