

Sports Core Group X- Basic & Specialty - August 2016

NEW CLASSES FOR YOUTH- Complementary for Members. Y (YOUTH)

Monday

5:30 am	Get your RX	A	45	Jaycob
5:45am	Cycle	A	45	Michelle Z
7:00am	Body Basics	A	55	Margo
8:00am	Step Express	A	30	Margo
8:30am	Lift Express	A	30	Margo
8:15am	Cycle	B	45	Judi
9:00am	Aqua Interval	F/FP	60	Kay
9:15am \$	TRX 10-20-10 \$	PZ	45	Charity
9:15am	Pilates Mat	A	45	Christine H
12:15pm	Cardio Express	A	30	Lynn
Y-1:00 pm	Fun-n-Fitness Cardio, ages 6-11, A-	30 min	Andrea	
Y-1:30 pm	Youth Strength 101, ages 12-18, TS,	30 min	McKayla	
4:00 pm	Zumba	A	40	Cindy
Y-4:30 pm	Youth TRX, ages 13-18, PZ,	30 min,	Zach	
4:45pm	RIPPED Express	A	35	Michelle B
5:30pm	KickFusion	A	60	Mikki

CANCEL 5:45pm \$ TRX-STRONG! \$ Returns in September

CANCEL 5:45pm CYCLE RETURNS IN OCTOBER

Tuesday

5:45am	Lift Express	A	30	Mikki
6:15am	Cycle	B	45	Natasha
7:00am	Aqua Fit	F/FP	60	Donna
7:30am	Pilates Express	A	30	Christine H
8:10am	Cycle	B	60	Jake
8:15am	Core and More	A	40	Judi
9:00am	Zumba	A	60	Kristi
9:15am	Cycle	B	45	Lynn
10:15am	Group Strength	A	45	Lynn
12:15pm	Lift Express	A	30	Lynn
CANCEL 4:30pm	CYCLE RETURNS IN OCTOBER			
5:15pm	Strength in #'s	A	40	Kristin/Susie
CANCEL 5pm	Train by Color-drop-in- Returns in September			
6:00pm	JAMM/Zumba	A	45	Susie/Tomi
7:00pm	Flex & Core Express	A	30	Lynn

Wednesday

5:30am	Abs Express	TC	30	Erika
6:00am	TBC	A	45	Erika
7:00am	Body Basics	A	55	Margo
8:00am	High/Low Express	A	30	Margo
8:30am	Lift Express	A	30	Margo
8:15am	Spinterval	B	45	Jaycob
9:00am	Aqua Interval	F/FP	60	Joanne
9:15am	Pilates Mat	A	45	Nikki
CANCEL 9:15am \$	TRX Bootcamp\$			Returns in September
12:15pm	Tabata & Core	A	30	Michelle B
Y-1:30 pm	Youth Strength 101, ages 12-18, TS,	30 min	McKayla	
4:45pm	RIPPED	A	45	Michelle B
5:30pm	RIPPED	A	60	Michelle B

CANCEL 5:30 pm CYCLE RETURNS IN OCTOBER

Thursday

5:30am	INSANITY	PZ	45	Zach
5:45am	Zumba Express	A	30	Mikki
6:30am	Suns Out, Guns Out	Upper Deck & beach	45	Zach
7:00am	Aqua Fit	F/FP	60	Donna
7:30am	Flex & Core Express	A	30	Christine H
8:10am	Cycle	B	45	Jake
8:15am	Circuit Strength	FTC	45	Christine
9:00am	Cycle	B	60	Judi
9:15am	Get your RX	A	45	Ben
10:15am	Group Strength	A	45	Lynn
12:15pm	Lift Express	A	30	Lynn
Y-1:00 pm	Fun-n-Fitness Cardio, ages 6-11, A-	30 min	Andrea	
Y-4:30 pm	Youth TRX, ages 13-18, PZ,	30 min,	Zach	
5:15pm	Bootcamp	A	40	Jaycob
6:00pm	Strength in #'s Express	A	30	Susie
7:00pm	Pilates Express	A	30	Lynn

Friday

5:45am	Cycle	B	60	Natasha
5:45am	TBC	A	60	Erika
6:00am \$	TRX Grab Bag \$	PZ	45	Charity
7:00am	Body Basics	A	55	Margo
8:00am	Step Express	A	30	Margo
8:30am	Lift Express	A	30	Margo
8:15am	Spinterval	B	45	Lauren
9:00am	Aqua Interval	F/FP	60	Joanne
9:15am \$	Pilates Reformer \$	PK	45	Judi
9:15am	Pilates Mat	A	45	Lynn
10:15am	RIPPED	A	45	Michelle B
12:15pm	Get your RX	A	45	Ben

Saturday

7:00am	Aqua Fit	F/FP	60	Staff Rotation
7:30am	Cycle	B	60	Staff Rotation
8:00am	Cardio Intervals	A	60	Kristin
8:45am \$	Body Blast TRX \$	PZ	45	Lynn
9:00am	Zumba	A	60	Staff Rotation

CANCEL- Sunday CYCLE CLASS RETURNS IN OCTOBER

KEY: A = Studio A

B = Studio B

PZ = Performance Zone

F/FP = Family/Fitness Pool

FTC = Fitness Training Center

TC = Tennis Courts

TS = New Training Studio

PK = Pilates/KINESIS room

\$ = fee based programming. \$9 drop-in, or purchase a 6 class pass for \$42 options available

CLASS RATES for Basic Programming:

Fitness Member = complimentary,

Standard Member = \$10/class

Hotel Guest = \$15/class