

MONDAY

5:30-6:15am Boot Camp Studio A Jayke
5:45-6:30am Cycle 45 Cycle Studio Natasha
7-8am Body Basics Studio A Margo
8-8:30am Step Express Studio A Margo
8:15-9am Cycle 45 Cycle Studio Judi
8:15-9:15am Code Red 60 Training Studio Charity R
8:30-9am Strength 30 Studio A Margo
9-10am Aqua Interval Family Pool Kay
9:15-10am Barre-Classic Flex Studio Judi R
9:15-10am Pilates Mat Studio A Christine H
9:30-10:15am TRX Performance Zone Charity R
12:15-12:45pm TRX Performance Zone Lynn R
12:15-1pm Tai Chi Studio A Michael
4:30-5:30pm Code Red 60 Training Studio Jada R
5:30-6:30pm Kickfusion Studio A Mikki
5:30-6:30pm Barre Flex Studio Erika F R
5:45-6:30pm Finish Strong Training Studio Susie K R
5:45-6:30pm Cycle 45 Cycle Studio Heather B

TUESDAY

5:15-5:45am Code Red 30 Training Studio Charity R
5:45-6:15am Strength 30 Studio A Mikki
7-8am Aqua Fit Family Pool Donna
7:30-8am Mind Body Studio A Judi
8-8:30am Core & More Studio A Judi
8:15-9:15am Cycle 60 Cycle Studio Heather P
8:30-9am Balance Studio A Judi
9:15-10:15am BODYPUMP 60 Studio A Jessica D
9:15-10am Cycle 45 Cycle Studio Lynn
9:15-10am Finish Strong Training Studio Jesse R
10:15-11am Strength 45 Studio A Lynn
12:15-12:45pm Strength 30 Studio A Lynn
4:30-5:30pm Cycle 60 Cycle Studio Christine S
4:30-5pm Code Red 30 Training Studio Heather P R
5:15-6pm Strength 45 Studio A Kristin
5:45-6:30pm TRX Performance Zone Alex R
6-6:45pm Pilates Fusion Flex Studio Lynn R
7-7:30pm Mind Body Studio A Lynn

WEDNESDAY

5:30-6:15am BODYPUMP 45 Studio A Jessica D
5:30-6am Abs Express Tennis Court Erika H
5:45-6:30am Aqua Zumba Family Pool Crystal
5:45-6:30am Cycle 45 Cycle Studio Natasha
6-6:45am Boot Camp Tennis Court Erika H
7-8am Body Basics Studio A Margo
8-8:30am High/Low Studio A Margo
8:15-9am Spinterval Cycle Studio Charity
8:30-9am Strength 30 Studio A Margo
9-10am Aqua Interval Family Pool Joanne
9:15-10am BODYPUMP 45 Studio A Charity
9:45-10:45am Code Red 60 Training Studio Jake/Heather P R
12:15-12:45 Finish Strong Training Studio Jessica V R
4:30-5pm HIIT 30 Studio A Heather P
5:30-6:30pm Code Red 60 Training Studio Heather P R
5:30-6:30pm BODYPUMP 60 Studio A Jessica D
5:45-6:30pm Cycle 45 Cycle Studio Staff
6-6:45pm TRX Performance Zone Elliot R

THURSDAY

5:15-5:45am Code Red 30 Training Studio Jordyn S R
5:30-6:15am TRX Performance Zone Jesse R
5:45-6:15am Zumba 30 Studio A Mikki
7-8am Aqua Fit Family Pool Donna
7:30-8am Mind Body Performance Zone Judi
8-8:30am Core & More Performance Zone Judi
8:15-9am BODYPUMP 45 Studio A Erika F
8:15-9am Cycle 45 Cycle Studio Heather P
8:15-9am Circuit Strength FTC Christine
9:15-10:15am BODYPUMP 60 Studio A Erika F
10:15-11am Strength 45 Studio A Lynn
12:15-12:45pm Strength 30 Studio A Lynn
4:30-5:30pm Cycle 60 Cycle Studio Tim G
5:15-6pm Boot Camp Studio A Hannah
5:30-6pm Code Red 30 Training Studio Jada R
5:45-6:30pm Barre Flex Studio Carrie R

FRIDAY

5:45-6:45am Boot Camp Studio A Erika H
5:45-6:45am Cycle 60 Cycle Studio Jake A
5:45-6:45am Code Red 60 Training Studio Lauren R
7-8am Body Basics Studio A Margo
8-8:30am Step Express Studio A Cindy
8:15-9am Spinterval Cycle Studio Erika F
8:30-9am Strength 30 Studio A Cindy
9-10am Aqua Interval Family Pool Joanne
9:15-10am Barre-Classic Flex Studio Judi R
9:15-10am Pilates Plus Studio A Lynn
9:30-10:30am Code Red 60 Training Studio Charity R
12:15-1pm Boot Camp Studio A Jesse

SATURDAY

7:30-8:30am Cycle 60 Cycle Studio Staff
7:30-8:30am Aqua Interval Family Pool Staff
8-9am BODYPUMP 60 Studio A Staff
8-8:45am Finish Strong Training Studio Staff R
8:45-9:30am TRX Performance Zone Lynn R
9-10am Zumba 60 Studio A Crystal
9-9:45am Cycle 45 Cycle Studio Staff
9:15-10:15am Code Red 60 Training Studio Staff R

SUNDAY

7:30-8:30am Cycle 60 Cycle Studio Staff
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R Classes marked with a red R have **limited space available and require advanced registration** to reserve your spot.

Register at the Reception Desk or online at sc.clubautomation.com up to a week in advance.

HIGH INTENSITY

Blend cardio and strength training for a full-body workout.

BOOT CAMP

Expect anything! May include cardio drills, kickboxing moves, high intensity/low intensity intervals and training circuits.

CODE RED

Heart-rate monitored specialty class combining cardio interval training and strength training to ensure maximum calorie burn. Run as 30 or 60 minute classes. *Heart-rate monitor provided for use.*

FINISH STRONG

Tabata training switching from smooth, controlled strength moves to faster cardio.

HIGH/LOW EXPRESS

High/low cardio without the high impact of many HIIT programs. No equipment used.

HIIT

High-intensity interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.

KICKFUSION

Kicking and punching combinations with strength moves to engage muscles while increasing body awareness and control.

SPINTERVAL

Indoor cycling class that incorporates intervals of strength and core exercises off the bike with high cardio bouts on the bike.

TRX

Develops strength, balance, flexibility and core stability simultaneously using the TRX Suspension system.

MIND BODY

Designed to connect mind and body while bringing flow and energy to your day.

MIND BODY

Basic elements of Pilates, Tai Chi, Yoga and functional movement.

TAI CHI

Ancient Chinese practice combining slow, deliberate movement, meditation and breath.

CARDIO

Designed to increase heart-rate, improve endurance and maximize calorie burn.

CYCLE

Indoor group cycling where you will discover the athlete within. High-energy, exhilarating and easy on the joints. **24 participants per class*

STEP EXPRESS

Beginner to intermediate. Low impact aerobics and strength work that is easy on the joints but with cardio overtones.

ZUMBA

All levels. Zumba combines high-energy and motivating Latin music with unique moves and combinations. No dance experience required.

STRENGTH

Focus on building strength and lean muscle.

ABS EXPRESS

7-10 ab moves you can do on your own other days of the week. Finish up with a brief run to warm up muscles and burn a few more calories.

BODYPUMP™

A group-based barbell class that works all your major muscle groups and helps you get lean, build strength and tone muscle. Run as 30, 45 or 60 minute classes.

BODY BASICS

All ages and ability groups. A challenging but gentle-to-the-joints combination of cardiovascular exercise, strength, balance and flexibility activities.

CIRCUIT STRENGTH

Using strength equipment in the Fitness Training Center along with core work.

CORE & MORE

The name says it all! 30 min of working core, glute and legs. Stability vs mobility at its best.

STRENGTH

High Intensity complete strength workout using a variety of fitness equipment. Run in 30, 45 or 60 minute classes.

FLEX

Incorporate flexibility, body control and strength for a full-body workout.

BALANCE

Flexibility, mobility and strengthening exercises to improve your balance and stability. Mindful movement, focus and control.

BARRE

Define your body with this total-body workout. Incorporate principles of functional strength training, dance & Pilates to lengthen and strengthen your arms, legs and core.

BARRE CLASSIC - has a more traditional, classical ballet style to technique portion of class.

PILATES FUSION

Utilize the Pilates Chairs and other accessory tools to achieve a powerful, mindful body workout that will increase strength, flexibility, balance, and mobility.

PILATES MAT

All levels. A mixed-level mat Pilates class that focuses on exercises to strengthen muscles and add flexibility. Variations offered to students.

PILATES PLUS - Higher intensity pilates mat

AQUATIC

AQUA FIT

A low-impact, complete workout.

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.

AQUA ZUMBA

Blend Zumba philosophy with water resistance. Low impact. High-energy. Party in the pool.

All group exercise classes are complimentary for members.

*Guests/Hotel Guests: \$15/class

Drop in classes cannot be registered for in advance and are available on a first come, first served basis.