



(864)292-8875

May 1-28, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3:00 Cardiodance Margarita	2 5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 HIIT 45 Thomas(1) NEW time 6:15 Core 15 Thomas (L)new time 6:00 Yoga Carly (2) 6:15pm Pump (1) JD	3 5:30 am Cycle Gina 8:30 am Circuit Blast Jenny(1) 9:30 am Pilates Nicole (2) 5:30 Rope Burn Emily M 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita(1)	4 8:15 Yoga 60 Jackie (2)(NEW) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 45 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	5 5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan NEW (drumsticks/kb's/core) 9:00 Barre 30 Nicole (NEW) 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	6 8:30 Upper body 30 Meghan(1) 9:05 Zumba (1) Kathryn 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)	7 9:00 am Cycle Emily D 9:00 am Rope Burn Anna Marie 10:00 Pump Gina (1) 10:00 Yoga (2) Nicole
8 3:00 Cardiodance Kathryn	9 (no 530 am class today only) 8:30 am Upper Body 30 Gina(1) 9:05am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 HIIT 45 Thomas(1) NEW time 6:15 Core 15 Thomas (L)new time 6:00 Yoga Carly (2) 6:15pm Pump (1) JD	10 5:30 am Cycle Gina 8:30 am Circuit Blast Jenny(1) 9:30 am Pilates Nicole (2) 5:30 Boot Camp Emily M 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita(1)	11 5:30 am Boot Camp Emily 8:15 Yoga 60 Jackie (2)(NEW) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 45 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	12 5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan NEW (cycle/rope/strength) 9:00 Barre 30 Nicole (NEW) 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Brandon	13 8:30 Upper body 30 Meghan(1) 9:05 Zumba (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)	14 9:00 am Cycle Gina 9:00 Circuit Blast Jenny 10:00 am Pump Jenny (1) 10:00 Yoga (2) Carly
15 3:00 Zumba Amber (1)	16 5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05am Cardiodance Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) new time 6:00 Yoga Carly (2) 6:15 pm Pump (1) JD	17 5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (2) 5:30 pm Rope Burn Anna Marie 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita	18 8:15 Yoga 60 Jackie (2)(NEW) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 45 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	19 5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan NEW (legs/core/treadmill) 9:00 Barre 30 Nicole (NEW) 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance Amber	20 8:30 Upper body 30 Meghan(1) 9:05 Zumba Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)	21 9:00 am Cycle Gina 9:00 Boot Camp Emily M (1) 10:00 Pump (1) Emily M 10:00 Yoga (2) Gina
22 3:00 Zumba Ashley	23 5:30 am Boot Camp 45 Emily M 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 HIIT 45 Thomas NEW time(1) 6:15 Core 15 Thomas (L) 6:00 Yoga Carly (2) 6:15 pm Pump (1) JD	24 5:30 am Cycle Gina 8:30 Circuit Blast (1) Jenny 9:30 am Pilates Nicole (2) 5:30 pm Boot Camp Anna Marie 6:15 pm Cycle 45 Thomas 6:30 Zumba (1) Margarita	25 8:15 am Yoga (2) Jackie 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 45 JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD	26 5:30 am Pedal & Pump Gina 8:30 20/20/20 Meghan NEW(L) (boot camp/hiit/treadmill) 9:00 Barre 30 Nicole (NEW) 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole 5:30 Strong HIIT JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber	27 8:30 Upper body 30 Meghan (1) 9:05 Zumba Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L)	28 9:00 am Cycle Gina 9:00 Tabata Burn Jessie M (L) 10:00 Pump (1) Jessie Marie 10:00 Yoga (2) Gina



(864)292-8875

May 29-31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p>3:00 Cardiodance Amber</p>	<p>30</p> <p>8:30 Cycle 45 Gina 9:00 Boot Camp Jessie Marie 9:15 Yoga 45 Gina (2)</p> <p>Memorial Day</p> <p>club hours: 8 am - 2 pm</p>	<p>31</p> <p>5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (1)</p> <p>5:30 Boot Camp Anna Marie 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Amber</p>				

Class Descriptions:

Boot Camp: a core strength and conditioning program focusing on functional movement to enhance your competence in all tasks! Each class is designed to push you out of your comfort zone.

Cardiosculpt: a perfect mixture of strength and cardio intervals. This is a metabolism boosting workout utilizing multiple joint movements and full body exercises. 45 minutes of metabolic fun!

Cycle: Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.

Drumsticks/Pound: 2 very similar classes utilizing drumsticks and rhythm for a heart pumping workout. Perfect class for letting loose, getting energized, toning up and rockin' out!

H.I.I.T Camp: High Intensity Interval Training is a must. Strength, Agility and Power moves in a fun and challenging class for all levels and every body type

Pilates: Improve core strength, coordination and correct postural alignment and balance with the various Pilates exercises this class offers. This Pilates mat class is offered free to all members.

Pump: total strength training class for all levels. Learn proper lifting form and safe moves guaranteed to change your physique. Get stronger and leaner now. More muscle=higher metabolism

Strong: A Zumba licensed class without the dance. This class is a great format with high intensity moves that torches calories.. This is training with the science of synced music motivation

Tabata: one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time

Tread Camp: A new format with a boot camp style workout for 20 minutes in the ladies gym using weights for building strength and stamina then heading to the treadmills for a fun walk/jog/run workout. All levels welcome

Yoga: Bring together body, mind and spirit while flowing and moving through various poses to increase your mobility, flexibility, strength and balance. Enhance your breathing techniques, free your mind, reduce stress and

Zumba: a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms, and resistance training.

Pump: total strength training class for all levels. Learn proper lifting form and safe moves guaranteed to change your physique. Get stronger and leaner now. More muscle=higher metabolism

Circuit Blast: A Classic style workout, moving your way through various stations for a set amount of time. Utilizes a variety of equipment and exercises, making it a fun and dynamic, ever changing class. Great for all fitness levels

Pump and Pedal: a great new fusion class that starts with 20-25 minutes of upper body strength training and then moves quickly into the cycle studio for a short but fun cardio ride.