



(864)292-8875

March 1-25, 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|---|---|---|--|--|--|
| | | | 5:30 am Pump 45 Emily 8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) | 1 5:30 am Pump & Pedal Gina 8:30 am 20/20/20 Meghan (legs/core/treadmill) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole | 2 8:30 Upper body 30 Gina(1) 9:05 Cardiodance (1) Ashley 9:05 am Cycle 45 Gina 10:00 am Core 15 Gina (L) 10:15 am Yoga Stretch Nicole ((NEW)) | 3 9:00 am Cycle Emily D 9:00 am CardioKick Kallie 10:00 Pump (1) Kallie 10:00 Yoga (2) Nicole |
| | | | 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD | 530 pm Lower Body 30 JD 605 pm Stretch 30 JD (2) 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber | | |
| 3:00 Zumba Kathryn | 5 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) | 6 5:30 am Cycle Gina 8:30 am Circuit Blast Jenny (1) 9:30 am Pilates Nicole (2) | 7 5:30 am Kettlebells 45 Emily 8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) | 8 5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (cycle/rope/strength) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole | 9 8:30 Upper body 30 Meghan(1) 9:05 Cardiodance (1) Ashley 9:05 am Cycle 45 Meghan 10:00 am Core 15 Meghan (L) 10:15 am Yoga Stretch Nicole ((NEW)) | 10 9:00 am Cvcle Gina 9:00 Tabata Burn Jessie Marie 10:00 Pump Emily M 10:00 Yoqa (2) Nicole |
| | 5:30 pm Yoga Mary(new time) (2) 5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:15 pm Pump JD (1) | 5:30 Rope Burn Anna Marie (L) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita (1) | 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30JD(1) 6:15 pm Pump 45 Thomas(L) 6:30 pm Core 15 JD | 530 Lower body 30 JD(1) 605 pm Stretch 30 JD (2) 6:15 pm Cycle 45 Thomas 6:30 Cardiodance (1) Amber | | |
| 3:00 Zumba (1) Ashley | 12 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) | 13 5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates Nicole (2) | 14 5:30 Boot Camp 45 Emily 8:15 am Yoga 60 Jackie (2) 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) | 15 5:30 am Pump & Pedal Gina 8:30 20/20/20 Meghan (bootcamp/hit/treadmill) 9:00 Barre 30 Nicole 9:30 Pilates 30 Nicole 10:00 Yoga 30 Nicole | 16 8:30 Upper body 30 Gina (1) 9:05 Cardiodance Ashley 9:05 Cycle 45 Gina 10:00 am Core 15 Gina (L) 10:15 am Yoga Stretch Nicole2 ((NEW)) | 17 9:00 am Cycle Emily D 9:00 (1)Rope Burn Anna Marie 10:00 Pump Emily M 10:00 Yoga (2) Mary |
| | 5:30 Yoga Mary (new time)(2) 5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:15 pm Pump JD (1) | 5:30 pm Boot Camp (1) Anna M 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita | 5:30 pm Upper Body 30 (1) JD 6:00 pm Tabata 30 (1) JD 6:15 pm Pump 45 Thomas (L) 6:30 pm Core 15 JD | 530 pm Lower Body 30 JD 605 pm Stretch 30 (2)JD 6:15 pm Cycle 45 Thomas 6:30 Cardiodance Amber | | |
| 3:00 Zumba Demii | 19 8:30 am Upper Body 30 Gina(1) 9:05 am Zumba (1) Amber 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) | 20 5:30 am Cycle Gina 8:30 Circuit Blast (1) Jessie M 9:30 am Pilates Christy (2) | 21 5:30 Rope Burn(NEW) Emily 8:15 am Yoga (2) Mary 9:15 am Core 15 Gina (1) 9:30 am Pump 45 Gina (1) | 22 5:30 am Pump & Pedal Gina 8:30 am 20/20/20 Jessie M (legs/core,treadmill) 9:00 am Barre 30 Christy 9:30 am Pilates 30 Christy 10:00am yoga 30 Mary | 23 8:30 am Upper Body30 Meghan 9:05 am Cycle 45 Meghan 9:05 Zumba Ashley 10:00 Core Meghan (L) 10:15 Yoga Stretch Mary (2) | 24 9:00 Cycle Gina 9:00 Boot camp Emily M 10:00 Pump Emily M 10:00 Yoga Gina |
| | 5:30 pm Yoga Mary(new time) 5:30 HIIT 45 Thomas (1) 6:15 Core 15 Thomas (L) 6:15 pm Pump (1) JD | 5:30 pm Rope Burn Anna Marie(L) 6:15 pm Cycle 45 Thomas 6:30 Zumba (1) Margarita | 5:30 pm Upper Body 30 JD (1) 6:00 pm Tabata 30 JD (1) 6:15 Pump 45 Thomas (L) 6:30 pm Core 15 JD | 5:30 pm Lower Body 30 JD 6:05 Stretch 30 JD (2) 6:15 pm Cycle Thomas 6:30 Cardiodance Amber | | |



(864)292-8875

March 26-31, 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------|---|---|---|---|--|----------|
| 26 3:00 pm Zumba Mrgarita | 27 8:30 am Upper Body 30 Gina(1) 9:05 am Cardiodance Amber (1) 9:05 am Cycle Gina 10:00 am Core 15 Gina (L) 5:30 pm Yoga Mary(2)(new time) 5:30 HIIT 45 Thomas (1) 6:15 Core 1 Thomas (L) 6:15 pm Pump (1) Thomas | 27 5:30 am Cycle Gina 8:30 Circuit Blast Jenny (1) 9:30 am Pilates (1)Nicole 5:30 Boot Camp Anna Marie(1) 6:15 pm Cycle 45 Thomas 6:30 pm Zumba Margarita | 28 5:30 am Pump 45 Emily 8:15 am Yoga Jackie 9:15 am Core 15 Gina 9:30 am Pump 45 Gina 5:30 pm Upper Body Jessie M 6:00 pm Tabata 30 Jessie Marie 6:15 pm Pump 45 Thomas 6:30 pm Core 15 Jessie Marie | 29 5:30 am Pump & Pedal Gina 8:30 am 20/20/20 Meghan (legs/core/treadmill) 9:00 am Barre 30 Nicole 9:30 am Pilates 30 Nicole 10:00 am Yoga 30 Nicole 5:30 pm Lower Body 30 JD 6:05 pm Stretch 30 JD(2) 6:15 pm Cycle 45 Thomas 6:30 pm Cardiodance Kathryn | 30 8:30 am UpperBody 30 Meghan 9:05 am Cycle 45 Meghan 9:05 Cardiodance Margarita 10:00 am Core 15 Meghan(L) 10:15 am Yoga Stretch Nicole | 31 |

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.

Yoga Stretch: Very slow paced stretch class that every single body is encouraged to take. Move through the entire body, gently stretching and lengthening every part from neck, shoulders, chest and back to hips, legs and kettlebells: a fun weighted tool that makes lifting weights interesting and 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: You will be 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 : 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 : Come 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

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.

Barre: Come see what all the hype is about in this quick 30 minute class that uses light weights and small controlled movements to strengthen every muscle.