



11/20-11/26

248-626-9880

[www.thesportsclubs.com](http://www.thesportsclubs.com)

MONDAY 20	Class	Instructor
6:00-7:00am	<b>Hot Vinyasa</b>	Deb A
8:15-9:15am	<b>Slow Flow Vinyasa++</b>	Nancy
8:10-9:05am	Cardio Barre Express	Deb A.
9:30-10:30am	Slow Flow Vinyasa	Barbara
9:30-10:30am	<b>Hot Vinyasa</b>	Coby
11:45-12:45pm	Healthy Backs	Deb A.
4:30-5:25pm	Precision Barre'	Deb A
4:45-5:45pm	<b>Slow Flow Vinyasa ++</b>	Susan B
6:00-7:00pm	<b>Hot Vinyasa</b>	Susan B

TUESDAY 21	Class	Instructor
8:10-9:05am	Precision Barre'	Deb A.
9:30-10:30am	<b>Hot Vinyasa</b>	Nancy
9:30-10:30am	Postural Strength and Conditioning	Arlene
11:45-12:45pm	Healthy Backs	Marni
4:30-5:30pm	Healthy Backs	Nancy
5:30-6:30pm	Slow Flow Vinyasa	Cary**
6:30-7:30pm	<b>Hot Vinyasa</b>	Cary
7:45-8:45pm	<b>Yin Yoga</b>	Todd

WEDNESDAY 22	Class	Instructor
5:45-6:45am	Precision Barre'	Deb A
8:15-9:15am	Slow Flow Vinyasa	Shelley
9:30-10:30am	<b>Hot Vinyasa</b>	Cary
9:30-10:30	Barre' Fusion	Allison
10:45-11:45am	Healthy Backs <i>NEW</i>	Susan B
12:00-1:00 pm	<b>Healthy Backs++</b>	Barbara
4:00-5:00pm	<b>Hot Vinyasa</b> <i>NEW</i>	Rob
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	<b>Hot Vinyasa</b>	Catherine
6:45-7:30pm	Deep Relaxation	Sonia
7:45-8:15pm	Meditation	Sonia

Classes in shaded boxes are in the Hot Studio

Thursday 23	Class	Instructor
<b>Thanksgiving - Club Hours 8am - 2pm</b>		
8:10-9:05am	Precision Barre'	Deb A
9:30-10:30am	<b>Hot Vinyasa</b>	Cary**
9:30-10:30am	Postural Strength & Conditioning	Allison
10:45-11:45	Dynamic Flow <i>NEW</i>	Rob

FRIDAY 24	Class	Instructor
9:15-10:15am	Healthy Backs	Shelley
9:30-10:30am	<b>Hot Vinyasa</b>	Rickita
10:30-11:30am	Slow Flow <i>NEW</i>	Rob
10:45-11:45am	<b>Yin Yoga++</b>	Todd**
5:00-6:00pm	<b>Hot Vinyasa</b>	Cary

SATURDAY 25	Class	Instructor
8:00-9:00am	<b>Hot Vinyasa</b>	Nancy**
9:00-10:00am	Slow Flow Vinyasa	Nancy
9:15-10:15am	<b>Hot Vinyasa</b>	Catherine
10:10-11:05am	Precision Barre'	Deb A
10:30-11:30am	<b>Healthy Backs(I)++</b>	Barbara
11:40-12:40pm	<b>Healthy Backs(No I)++</b>	Barbara

SUNDAY 26	Class	Instructor
8:00-9:00am	<b>Dynamic Flow++</b> <i>NEW</i>	Rob
9:10-10:10am	<b>Healthy Backs++</b>	Andy
9:00-9:55am	Precision Barre'	Deb A
10:15-11:15am	Slow Flow Vinyasa	Catherine
10:15-11:15am	<b>Hot Vinyasa</b>	Cary
11:30-12:30pm	<b>Yin Yoga++</b>	Ronna
4:00-5:00pm	Slow Flow Vinyasa	Andy**

<b>** Substitute</b>	<b>No Heat ++</b>
----------------------	-------------------

Classes highlighted in blue are in Studio E

## Class Descriptions

Cardio w/Wts Interval - 40 minutes of cardio drills, intervaled with weighted strength exercises. Intermediate to advanced.

Cardio-mix - 40 minutes of choreographed hi-lo aerobics.

Cardio-Pump - 30 minutes of choreographed aerobics and muscle conditioning done with resistance equipment.

Cardio Combo - This class is the perfect blend of "old school" aerobics, balance and posture work with muscle endurance work.

Step w/Wts Interval- Step choreography and weight work taught in an interval format.

Tabata Training is a form of High Intensity Interval Training (HIIT). It is designed to get your heart rate up in an anaerobic zone for short periods of time. You will work at an "all-out" effort in four minute intervals. There are eight intervals per Tabata class. Each interval consists of 20 seconds on/10 seconds rest, for eight rounds. There is a one minute recovery before hitting each Tabata segment. This form of HIIT works so well, because of the work- to- rest ratio. The short interval isn't enough to allow you to fully recover, which is great for building endurance. The body works at its hardest and needs to use energy to repair itself post exercise. During this recovery period, the body's metabolism remains elevated for hours burning additional calories.

Z - Box - This is an interval class. You will alternate basic kick-boxing moves with dance inspired aerobic segments. Class will finish with strength work and a Tai-Chi type of type of cooldown.

Zumba - An exciting dance fitness class using Latin music with traditional dances mixed with other genres of music and dance moves. No doubt, this is a fun and challenging workout for all fitness levels.

Contact Boxing - Classic calisthenic moves intervaled with kickboxing, boxing and martial arts drills. This is a contact class, heavy bags and focus mitts will be used. Arrive early to have your hands wrapped by your instructor. Gloves are a must.

Spinning - Our indoor cycling classes are conducted on the Lifefitness GX bikes. Formats are specified so you can plan your rides rides for the week. You must sign up at the Service Center, no sooner than 30 minutes before class to reserve a bike.

Spin - Basic - For the new to spinning or seasoned rider, more time will be spent on bike set up and the fundamentals. Please arrive early for the instructor to set up your bike.

Spin & Strength - This class will start in the Spin studio where you will be lead through a high intensity Spinning session. Everyone will then head over to Studio A. Now, grab your dumbbells and get ready to target specific muscle groups, to cap off this perfect class combination.

Core & More - Your core is not made up of abdominal muscles only and it takes more than crunches to keep it strong and stable. This 45 minute class will do it all, tone your abs, work oblique muscles, strengthen your lower back as well as everything in between! Be prepared to use the TRX straps, dumbbells and your own body weight to get the job done.

TRX Circuit - The TRX Suspension Trainer enables you to be in control of the resistance level and range of motion of each exercise. In this class you will safely perform exercises that build strength, flexibility, and balance, all at the intensity you choose. This class is another option for crosstraining.

PiYo Live - In this class you will stretch and strengthen your body with moves inspired by Pilates and yoga. This class is low impact but high instensity, enabling you to get a high calorie burn with out the pain jumping can sometimes cause. This class consists of non-stop movement, the sculpting work of Pilates and the flexibility of yoga. This class is perfect for all fitness levels and ages!

Body Conditioning - All strength and endurance. Any combination of weights, tubing and body bars will be used to challenge you.

Body Conditioning Plus - This class goes a step further and will include short bursts of aerobic drills.



248-626-9880

www.thesportsclubs.com

# Complete Group Fitness

11/20 - 11/26

2017

MONDAY 20	Studio/Location	Class	Instructor
9:15-10:15am	A	Cardio-Wts Interval	Patty
9:30-10:30am	B	Spin* Zone 2-4	Arlene
10:15-11:15am	A	Body Conditioning	Andy
5:30-6:30pm	A	Zumba	Susan
6:30-7:30pm	A	Body Conditioning	Maureen**
TUESDAY 21	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 1-4	Deb A**
8:30-9:30am	B	Spin* Zone 2-4	Michael
9:15-10:15am	A	Cardio-Mix	Jenny**
9:15-10:30am	D	Contact Boxing	Shawn
10:15-11:15am	A	PiYo Live	Jenny
11:15-12:15pm	A	Cardio-Combo	Andy
5:15-6:15pm	A	Body Conditioning plus <b>NEW</b>	Lynn
6:00-7:00pm	B	Spin*Basic	Terry
6:30-7:30pm	A	Cardio-Wts Interval	Lynn
Wednesday 22	Studio/Location	Class	Instructor
9:15-10:15am	A	Tabata Training	Sandy
9:30-10:30am	B	Spin* Zone 1-4	Terry
10:30-11:30am	A	Zumba	Sanda
4:30-5:30pm	B	Spin* Zone 1-4	Ruth
4:30-5:30pm	A	Drums Alive! <b>NEW</b>	Dena
5:30-6:30pm	A	Cardio Kickboxing	Devra
6:30-7:30pm	A	Body Conditioning	Terry

THURSDAY 23	Studio/Location	Class	Instructor
<b>Thanksgiving Club Hours 8am-2pm</b>			
8:30-9:15am	B	Spin Express <b>NEW</b>	Lisa B
9:15-10:15am	A	Cardio-Wts Interval	Lisa B
9:15-10:30am	D	Contact Boxing	Shawn
10:15-11:00am	A	Below the Belt <b>NEW</b>	Lisa B
FRIDAY 24	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin* Zone 1-4	Kari
8:30-9:15am	A	Core & More	Lisa
9:15-10:15am	A	Z-Box	Andrea
9:30-10:30am	B	Spin* Zone 2/4 Interval	Lisa B
10:15-11:15am	A	Strength on the Ball	Andrea
5:00-6:00pm	A	Thank-Zumba Party! <b>NEW</b>	Andrea
SATURDAY 25	Studio/Location	Class	Instructor
8:10-9:10am	A	Cardio-Pump	Devra
8:00-9:15am	D	Contact Boxing	Shawn
9:00-10:00am	B	Spin* Zone 2/4 Interval	Connie
9:20-10:20am	A	Step/Weights Interval	Andy
10:20-11:20am	A	Body Conditioning	Sandy
SUNDAY 26	Studio/Location	Class	Instructor
9:00-10:00am	B	Spin* Zone	Terry
9:15-10:15am	A	Cardio-Mix	Yasuo**
10:15-11:15am	B	Spin* Zone	Toni
10:30-11:30am	A	Zumba	Kyley

\*\* Substitute

## Class Descriptions

### Gentle Yoga

The Staff at The Sports Club of West Bloomfield welcomes you to our Yoga Oasis. We have two studios to round out our program, the Emerge Studio and the first, and only, far infra-red heated studio in the area, Emerge Power. To help us create a special experience for all practitioners, please follow this short list of rules:

1. Arrive on time and if you must leave early, please do so before savasana. 2. Shoes are not permitted in the studios. 3. No cell phones, even on silent the light is distracting to others' practice. 4. Allow previous class to leave the room before you enter. 5. Noble silence while waiting at the door and during practice.

**Temperature Guide Precision Barre, Barre Fusion, Postural Strength & Conditioning 75-78 Healthy Backs - 78-82 Yin Yoga, Wall Classes 80-85 Slow Flow Vinyasa 82-88 Hot Vinyasa 93+**

The following classes are a great introduction to the fundamentals of yoga. All classes are taught in a warm room incorporating: mindfulness, breathing, and asana (poses) in a calm and peaceful environment.

**Healthy Backs** - The perfect class for beginners or experienced yogi, looking to stretch and strengthen the spine in all 6 directions. You may not work up a sweat in this class, but you will leave feeling longer, looser and more relaxed.

**Restore at the Wall** - All asanas are performed at the wall. In this class the wall is used to provide greater stability, to nurture a greater opening and to reinforce alignment principles. Although this class is held in the hot studio, the far infra-red system may not be used.

**Yin Yoga** - This practice targets the more "yin" parts of the body. Specifically the bones, ligaments and connective tissue of the hips, low back, pelvis and shoulders. Unlike muscles, which are more "yang", which benefit from the repetition and movements found in an active practice, these tissues need to be addressed through long holds in a calm and relaxed environment.

**Precision Barre** - This class uses one's own body weight and unique equipment while integrating the most effective target toning techniques. This allows the entire body to work evenly, creating greater flexibility, strength & definition. This is a workout for everybody.

### Vinyasa

Vinyasa means the synchronization of breath and movement. Vinyasa classes may be more appropriate for the intermediate yogi or the physically active, the classes are more vigorous and athletic. All classes involve linking postures to the flow of one's breath and students are encouraged to move at a pace of one breath/one movement. Classes start with sun salutations to warm up and progress through a sequence of postures of "flows". Once you are comfortable with the sequence of poses presented, you will be encouraged to "flow on your own". A Vinyasa class will include: forward folds, back bends, side bend twists, core strengthening, inversions and balancing poses. Class will conclude with deep stretches that target the muscles worked in that day's flow.

**Hot Vinyasa** - Get your "flow" on and experience all of the health benefits of far infra-red heat, including: immune function improvement, increased blood flow, healthier cells and an increased breakdown of fatty acids. Please hydrate before, during and after class.

**Slow Flow Vinyasa** - A slower version of a Vinyasa practice with attention to alignment and technique. Slow Flow has all components of a Vinyasa practice, including, flowing on your own, inversions and balancing poses. The room will be cooler, the flows, less complex and the holds are 3-5 breaths.

**Dynamic Flow** - A perfect combination of Vinyasa Yoga, Slow Flow and Yin Yoga. The Vinyasa is challenging and yet not rushed in any way. The Slow Flow is super deep, building stamina, strength and endurance. Finally, we end with specific Yin poses guaranteed to create a lengthened body and a sense of deep relaxation.

**Postural Strength & Conditioning** - This class is designed to help correct postural issues caused by overuse syndromes. If your occupation or fitness activity has caused any physical imbalance you will benefit from these specific sets of exercises. With the use of light weights and other props, this class will also help to create more defined muscles, a leaner body and better posture!

**Barre Fusion** - This is a full body workout to tone, sculpt and strengthen muscles. This class goes one step further than the Precision Barre class, fusing aspects of ballet, barre, yoga and Pilates; there may also be some low impact aerobics and classic weight training. All levels welcome