



248-626-9880

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

# Group Exercise Programs

JUNE 26 - JULY 7

2017

MONDAY 26	Studio/Location	Class	Instructor
9:15-10:15am	A	Cardio-Wts Interval	Andy
9:30-10:30am	B	Spin* Zone 2/4 Interval	Connie
10:15-11:15am	A	Body Conditioning	Andy
<b>10:30-11:30am</b>	<b>P</b>	<b>Aqua-Fit Time Change</b>	Leslie
5:30-6:30pm	A	Zumba	Devra
6:30-7:30pm	A	Body Conditioning	Devra

TUESDAY 27	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 2-4	Connie
8:30-9:30am	B	Spin* Zone 2-4	Michael
9:15-10:15am	A	Cardio-Mix	Patty
9:15-10:30am	D	Contact Boxing	Shawn
10:15-11:15am	A	PiYo Live	Jenny
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	TRX Circuit	Jenny
6:00-7:00pm	B	Spin*Basic	Sandy
6:30-7:30pm	A	Cardio-Wts Interval	Jenny
8:00-9:00pm	P	Aqua-Fit	Bob

Wednesday 28	Studio/Location	Class	Instructor
9:15-10:15am	A	Full Circuit	Sandy
9:30-10:30am	B	Spin* Zone 1-4	Arlene
10:30-11:30am	A	Zumba	Andrea
10:30-11:30am	P	Aqua-Fit	Dena
4:30-5:30pm	B	Spin* Zone 1-4	Maureen
5:30-6:30pm	A	Cardio Kickboxing	Devra
6:30-7:30pm	A	Body Conditioning	Terry

\*\* Substitute

Thursday 29	Studio/Location	Class	Instructor
6:00-7:00am	A	Body Conditioning	Lynn
9:15-10:15am	A	Cardio-Wts Interval	Lisa B
9:15-10:30am	D	Contact Boxing	Shawn
10:30-11:30am	P	Aqua-Fit	Deb A
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	TRX Circuit	Devra
6:00-7:00pm	B	Spin*Zone 2-4	Ronna
6:30-7:30pm	A	Zumba	Ali

FRIDAY 30	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 1-4	Julie
8:15-9:15am	A	Body Conditioning Plus	Lynn
9:15-10:15am	A	Z-Box	Andrea
9:30-10:30am	B	Spin*Zone 2-4	Lisa B
10:15-11:15am	A	Strength on the Ball	Andrea

SATURDAY 1	Studio/Location	Class	Instructor
8:10-9:10am	A	Cardio-Pump	Andy
8:00-9:15am	D	Contact Boxing	Shawn
9:00-10:00am	B	Spin*Zone 1-4	Maureen
9:20-10:20am	A	Step/Weights Interval	Andy
10:20-11:20am	A	Body Conditioning	Sandy

SUNDAY 2	Studio/Location	Class	Instructor
9:00-10:00am	B	Spin*Zone 1-4	Sandy
9:15-10:15am	A	Cardio-Mix	Devra
9:30-10:30am	P	Hydro-Burn	Allison
10:15-11:15am	B	Spin* Zone	No Class Today
10:30-11:30am	A	Zumba	Kyley

## Class Descriptions

**Full Circuit - "Full"** - not lacking or omitting anything; complete. Synonyms: comprehensive, thorough, exhaustive, all-inclusive. That is exactly the type of class you will have. Your instructor will plan cardio and strength drills in circuits/stations, to work every part of the body, ending with a well deserved stretch segment.

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

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

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

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

**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.

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

**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.

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

**Aqua-fit** - Structured just like a "land" class, the aerobics and strengthening will have the added challenge of resistance from the water. A great way to cross-train.

**Hydro-Burn** - Taught in the pool, this is a high intensity interval running workout in deep water. Water decreases the impact on your joints and can help increase your range of motion. It's an excellent way to rehabilitate from and prevent injury without compromising the intensity of your workout.

**Spinning** - Our indoor cycling classes are conducted on the Lifefitness GX bikes. Formats are specified so you can plan your 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.

**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.

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



6/26 - 7/2

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MONDAY 26	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb A.
8:10-9:05am	Dynamic Stretch	Gail
8:15-9:15am	Slow Flow Vinyasa +	Nancy
9:30-10:30am	Slow Flow Vinyasa**	Shelley
9:30-10:30am	Hot Vinyasa	Coby
11:45-12:45pm	Healthy Backs	Deb A.
4:30-5:25pm	Precision Barre'	Deb A.
4:45-5:45pm	Slow Flow Vinyasa + <b>New time!</b>	Susan B
6:00-7:00pm	Hot Vinyasa	Susan
7:15-8:15pm	Yin Yoga <b>New time!</b>	Nicole
TUESDAY 27	Class	Instructor
8:10-9:05am	Precision Barre'	Deb A.
9:30-10:30am	Hot Vinyasa	Nancy
9:30-10:30am	Postural Strength and Conditioning	Arlene
11:45-12:45pm	Healthy Backs	Marni
4:30-5:30pm	Healthy Backs	Nicole
5:30-6:30pm	Slow Flow Vinyasa	Nicole
6:30-7:30pm	Hot Vinyasa	Cary
7:45-8:45pm	Yin Yoga	Todd
Wednesday 28	Class	Instructor
5:45-6:45am	Precision Barre'	Deb A
8:15-9:15am	Slow Flow Vinyasa	Shelley
9:30-10:30am	Hot Vinyasa	Cary
9:30-10:30	Barre' Fusion	Allison
12:00-1:00pm	Healthy Backs + **	Andy
4:45-5:45pm	Hot Vinyasa	Catherine
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Hot Vinyasa	Catherine

Thursday 29	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb A
8:10-9:05am	Precision Barre'	Deb A
9:30-10:30am	Hot Vinyasa	Marni
9:30-10:30am	Postural Strength & Conditioning	Allison
12:00-1:00pm	Healthy Backs	Dawn
4:30-5:30pm	Restoration at the Wall + **	Andy
5:30-6:25pm	Precision Barre'	Deb A
5:35-6:35	Healthy Backs**	Andy
6:30-7:30pm	Hot Vinyasa	Cary
7:30-8:30pm	Yin Yoga	Ronna
Friday 30	Class	Instructor
9:15-10:15am	Healthy Backs	Shelley
9:30-10:15am	Cardio Barre Express	Deb A.
9:30-10:30am	Hot Vinyasa	Gail
10:45-11:45am	Yin Yoga +	Ronna
5:00-6:00pm	Hot Vinyasa	Cary
Saturday 1	Class	Instructor
8:00-9:00am	Hot Vinyasa **	Gail
9:00-10:00am	Slow Flow Vinyasa	Nancy
9:15-10:15am	Hot Vinyasa	Catherine
10:10-11:05am	Precision Barre'	Deb A
10:30-11:30am	Healthy Backs(I) **	Andy
11:40-12:40pm	Healthy Backs(No I) **	Andy
Sunday 2	Class	Instructor
8:00-9:00am	Slow Flow at the Wall +	Deb A
9:10-10:10am	Healthy Backs +	Andy
9:00-9:55am	Precision Barre'	Deb A
10:15-11:15am	Slow Flow Vinyasa	Catherine
10:15-11:15am	Hot Vinyasa	Cary
11:30-12:30pm	Yin Yoga **	Todd
4:00-5:00pm	Slow Flow Vinyasa	Deb A

\*\*A gray background means the class is in the Hot Studio\*\*

\*\*A blue background means the class is in Studio E

## 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.

**Slow Flow on the Wall** - Students will enjoy flowing slowly while experiencing the added benefits the wall provides, increased stability and greater leverage. This class is held in the hot studio but the infra-red may not be used.

**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