



# Complete Group Fitness

1/14 - 1/20/19

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

2018

| MONDAY 14     | Studio/Location | Class               | Instructor |
|---------------|-----------------|---------------------|------------|
| 9:15-10:15am  | A               | Cardio-Wts Interval | Lisa       |
| 9:30-10:30am  | B               | Spin* Zone 1-4      | Arlene     |
| 10:15-11:15am | A               | Body Conditioning   | Lisa**     |
| 5:30-6:30pm   | A               | Zumba               | Kyley      |
| 6:30-7:30pm   | A               | Body Conditioning   | Devra      |

| TUESDAY 15    | Studio/Location | Class                  | Instructor |
|---------------|-----------------|------------------------|------------|
| 5:45-6:45am   | B               | Spin*Zone 1-4          | Julie      |
| 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      |
| 11:15-12:15pm | A               | Cardio-Combo           | Andy       |
| 5:15-6:15pm   | A               | Body Conditioning Plus | Lynn       |
| 6:00-7:00pm   | B               | Spin*Basic             | Sandy      |
| 6:30-7:30pm   | A               | Cardio-Wts Interval    | Lynn       |

| Wednesday 16  | Studio/Location | Class             | Instructor |
|---------------|-----------------|-------------------|------------|
| 9:15-10:15am  | A               | Tabata Training   | Maureen    |
| 9:30-10:30am  | B               | Spin* Zone 1-4    | Lori       |
| 10:30-11:30am | A               | Zumba             | Sanda      |
| 4:30-5:30pm   | B               | Spin* Zone 2-4    | Lisa       |
| 5:30-6:30pm   | A               | Cardio Kickboxing | Devra      |
| 6:30-7:30pm   | A               | Body Conditioning | Terry      |

Please go to [www.thesportsclubs.com](http://www.thesportsclubs.com) for the most up to date information.

\*\* Substitute

| THURSDAY 17   | Studio/Location | Class               | Instructor |
|---------------|-----------------|---------------------|------------|
| 6:00-7:00am   | A               | Body Conditioning   | Lynn       |
| 8:30-9:15am   | B               | Spin Express        | Lisa       |
| 9:15-10:15am  | A               | Cardio-Wts Interval | Lisa       |
| 9:15-10:30am  | D               | Contact Boxing      | Shawn      |
| 10:15-11:00am | A               | Core and More       | Lisa       |
| 11:15-12:15pm | A               | Cardio-Combo        | Andy       |
| 5:30-6:30pm   | A               | TRX Circuit         | Jenny**    |
| 6:00-7:00pm   | B               | Spin* Zone 2-4      | Jeff**     |
| 6:30-7:30pm   | A               | Zumba               | Ali        |

| FRIDAY 18     | Studio/Location | Class                   | Instructor |
|---------------|-----------------|-------------------------|------------|
| 5:45-6:45am   | B               | Spin* Zone 1-4          | Kari       |
| 8:30-9:15am   | A               | Total Body TRX          | Lisa       |
| 9:15-10:15am  | A               | Z-Box                   | Andrea     |
| 9:30-10:30am  | B               | Spin* Zone 2/4 Interval | Lisa       |
| 10:15-11:15am | A               | Strength on the Ball    | Andrea     |

| SATURDAY 19   | 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 1-4        | Lori       |
| 9:20-10:20am  | A               | Step/Weights Interval | Andy       |
| 10:20-11:20am | A               | Body Conditioning     | Lynn       |
| 4:00-5:00pm   | B               | TRX and Spin          | Lisa       |

| SUNDAY 20     | Studio/Location | Class                   | Instructor |
|---------------|-----------------|-------------------------|------------|
| 9:00-10:00am  | B               | Spin* Zone 2/4 Interval | Jeff       |
| 9:15-10:15am  | A               | Cardio-Wts Interval     | Yasuyo     |
| 10:15-11:15am | B               | Spin* Zone 2-4          | Connie     |
| 10:30-11:30am | A               | Zumba                   | Kyley      |

## Class Descriptions

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

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

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.

Triple C - This is an interval class designed to work 3 components of fitness, cardio, core and conditioning. For 60 seconds you will perform an aerobic drill, moves for your entire core then use resistance for muscle conditioning. After each 60 seconds you will have a 30 second break to recover, set up and have the next interval demonstrated for you. Modifications will be taught. This class is best for populations with a moderate or higher fitness level.

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 intervalled 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 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 Express - There is one goal in mind in this class, get it done in 45 minutes. There will always be a warm up and cool down but in the middle you will stay in Zones 3 and 4. This is a great way to keep your metabolism fired up, all day!

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, dumb bells 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.

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 than the Body Conditioning class and will include short bursts of aerobic drills.

Strength on the Ball - With the use of a large stability ball, your body weight and dumb bells, this is a sculpting class, from head to toe. The real benefit to using the stability ball will be increased core strength which leads to better balance and posture. Modifications will always be shown in the class, all fitness levels are welcome.



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| MONDAY 14     | Class                | Instructor |
|---------------|----------------------|------------|
| 6:00-7:00am   | Hot Vinyasa          | Deb        |
| 8:15-9:15am   | Slow Flow Vinyasa++  | Nancy      |
| 9:30-10:30am  | Slow Flow Vinyasa    | Barbara    |
| 9:30-10:30am  | Hot Vinyasa          | Rob        |
| 11:45-12:45pm | Healthy Backs        | Deb        |
| 4:30-5:25pm   | Precision Barre'     | Deb        |
| 4:45-5:45pm   | Slow Flow Vinyasa ++ | Susan B    |
| 6:00-7:00pm   | Hot Vinyasa          | Susan B    |

| TUESDAY 15    | Class                              | Instructor |
|---------------|------------------------------------|------------|
| 8:10-9:05am   | Precision Barre'                   | Deb        |
| 9:30-10:30am  | Hot Vinyasa                        | Nancy      |
| 9:30-10:30am  | Postural Strength and Conditioning | Arlene     |
| 11:00-12:00pm | Stretch for Life Circuit Training  | Rob        |
| 11:45-12:45pm | Healthy Backs                      | Ronna**    |
| 4:30-5:30pm   | Healthy Backs                      | Nancy      |
| 5:30-6:30pm   | Slow Flow Vinyasa                  | Molly      |
| 6:30-7:30pm   | Hot Vinyasa                        | Rickita    |
| 7:45-8:45pm   | Yin Yoga                           | Todd       |

| WEDNESDAY 16  | Class                      | Instructor |
|---------------|----------------------------|------------|
| 5:45-6:45am   | Precision Barre'           | Deb        |
| 8:15-9:15am   | Slow Flow Vinyasa          | Shelley    |
| 9:30-10:30am  | Hot Vinyasa                | Cary       |
| 9:30-10:30    | Barre' Fusion              | Allison    |
| 10:45-11:45am | Healthy Backs              | Susan B    |
| 12:00-1:00 pm | Healthy Backs++            | Barbara    |
| 5:30-6:30pm   | Slow Flow Vinyasa          | Deb A**    |
| 6:00-7:00pm   | Hot Vinyasa                | Catherine  |
| 6:45-7:45pm   | Moving into Stillness New! | Ronna      |

| Thursday 17   | Class                             | Instructor |
|---------------|-----------------------------------|------------|
| 6:00-7:00am   | Hot Vinyasa                       | Deb        |
| 8:10-9:05am   | Precision Barre'                  | Deb        |
| 9:30-10:30am  | Hot Vinyasa                       | Nancy**    |
| 9:30-10:30am  | Postural Strength & Conditioning  | Allison    |
| 11:00-12:00pm | Stretch for Life Circuit Training | Rob        |
| 12:00-1:00pm  | Healthy Backs                     | Dawn       |
| 4:30-5:30pm   | Restoration at the Wall++         | Barbara    |
| 5:30-6:25pm   | Precision Barre'                  | Deb        |
| 5:35-6:35     | Healthy Backs                     | Barbara    |
| 6:30-7:30pm   | Hot Vinyasa                       | Cary       |
| 7:30-8:30pm   | Yin Yoga                          | Ronna      |

| FRIDAY 18     | Class              | Instructor |
|---------------|--------------------|------------|
| 9:15-10:15am  | Healthy Backs      | Shelley    |
| 9:30-10:30am  | Hot Vinyasa        | Rickita    |
| 10:30-11:30am | Slow Flow Vinyasa  | Rob        |
| 10:45-11:45am | Yin Yoga++         | Ronna      |
| 5:00-6:00pm   | Barre' Fusion New! |            |

| SATURDAY 19   | Class                         | Instructor |
|---------------|-------------------------------|------------|
| 8:00-9:00am   | Slow Flow with heat           | Rob        |
| 9:00-10:00am  | Slow Flow Vinyasa             | Barbara**  |
| 9:15-10:15am  | Hot Vinyasa                   | Catherine  |
| 10:10-11:05am | Precision Pilates <b>NEW!</b> | Rickita    |
| 10:30-11:30am | Healthy Backs(I)              | Barbara    |
| 11:40-12:40pm | Healthy Backs(No I)++         | Barbara    |
| 1:00-2:00pm   | Hot Vinyasa <b>New!</b>       | Catherine  |

| SUNDAY 20     | Class             | Instructor |
|---------------|-------------------|------------|
| 7:45-8:45am   | Slow Flow Vinyasa | Rob        |
| 9:00-10:00am  | Healthy Backs++   | Andy       |
| 9:30-10:25am  | Precision Barre'  | Deb        |
| 10:15-11:15am | Hot Vinyasa       | Cary       |
| 11:30-12:30pm | Yin Yoga++        | Ronna      |
| 4:00-5:00pm   | Slow Flow Vinyasa | Deb**      |

This schedule is subject to change without notice. Please go to [www.thesportsclubs.com](http://www.thesportsclubs.com) for the most up to date information.

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| <b>** Substitute</b>                           | Classes with a green background are in the Martial Arts room | <b>No Heat ++</b>                                    |
| Classes with a blue background are in studio E | Classes with a white background are in the emerge studio     | Classes with a gray background are in the hot studio |

## 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.

**Moving into Stillness** - This class will be broken into three segments that seamlessly transition into stillness. First we will gently stretch and move in familiar healthy backs poses. Then we will begin to hold them longer for Yin. Finally, we end in stillness. This experiential segment will vary week to week but may include guided meditation, finding a comfortable seated pose, breathing exercises (pranayama), or listening to a Tibetan Singing Bowl.

**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