



# Complete Group Fitness

3/11 - 3/17/19

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

MONDAY 11	Studio/Location	Class	Instructor
6:00-6:45am	B	Spin Express New Class	Ally
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 12	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 2-4	Kari
8:30-9:30am	B	Spin* Zone 2-4	Michael
8:30-9:00am	Weight Room	<b>Queenax FIT Training \$</b>	Sanda
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 13	Studio/Location	Class	Instructor
9:15-10:15am	A	Tabata Training	Maureen
8:30-9:00am	Weight Room	<b>Queenax FIT Training \$</b>	Lisa
9:30-10:30am	B	Spin* Zone 2-4	Lori**
10:30-11:30am	A	Zumba	Sanda
4:30-5:30pm	B	Spin* Zone	Brooke
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 14	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
10:00-10:30am	Weight Room	<b>Queenax FIT Training \$</b>	Granit
10:15-11:00am	A	Core and More	Lisa
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	TRX Circuit	Devra
6:00-7:00pm	B	Spin* Zone 1-4	Sara
6:30-7:30pm	A	Zumba	Ali
6:30-7:00pm	Weight Room	<b>Queenax FIT Training \$</b>	Lisa S
FRIDAY 15	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin* Zone 1-4	Julie
8:30-9:15am	A	Total Body TRX	Lisa
8:45-9:15am	Weight Room	<b>Queenax FIT Training \$</b>	Sandy
9:15-10:15am	A	Z-Box	Andrea
9:30-10:30am	B	Spin* 1-4	Sandy
10:30-11:30am	A	Strength on the Ball	Andrea
SATURDAY 16	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	Sandy
9:00-9:30am	Weight Room	<b>Queenax FIT Training \$</b>	Nicole
9:20-10:20am	A	Step/Weights Interval	Andy
10:20-11:20am	A	Body Conditioning	Lynn
3:00-4:15pm	B	TRX and Spin	Sara
SUNDAY 17	Studio/Location	Class	Instructor
9:00-10:00am	B	Spin* Zone 2-4	Connie
9:15-10:15am	A	Cardio-Mix	Yasuyo
10:15-11:15am	B	Spin* Zone 1-4	Jeff
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 11	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 ++	Catherine
6:00-7:00pm	Hot Vinyasa	Catherine
TUESDAY 12	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	Marni
4:30-5:30pm	Healthy Backs	Nancy
5:30-6:30pm	Slow Flow Vinyasa	Cary**
6:30-7:30pm	Hot Vinyasa	Rickita
7:45-8:45pm	Yin Yoga on the Wall	Todd
WEDNESDAY 13	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	Andy
12:00-1:00 pm	Healthy Backs++	Barbara
5:30-6:30pm	Slow Flow Vinyasa	Marni
6:00-7:00pm	Hot Vinyasa	Catherine
6:45-7:45pm	Moving into Stillness	Ronna

Thursday 14	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb
8:10-9:05am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Marni
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 15	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
SATURDAY 16	Class	Instructor
8:00-9:00am	Slow Flow with Heat	Rob
9:00-10:00am	Slow Flow Vinyasa	Nancy
9:15-10:15am	Hot Vinyasa	Catherine
10:10-11:05am	Precision Pilates	Rickita
10:30-11:30am	Healthy Backs(I)	Barbara
11:40-12:40pm	Healthy Backs(No I)++	Barbara
1:00-2:00pm	Hot Vinyasa	Catherine
2:00-3:30pm	Lumber Liquidators	Veronica
Free to members - \$25 for non-members***Get relief from back pain without drugs!***		
SUNDAY 17	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	Marni

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.

** Substitute	Classes with a green background are in the Martial Arts room	No Heat ++
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