



1/7 - 1/13/19

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

MONDAY 7	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb
8:15-9:15am	Slow Flow Vinyasa++	Nancy
9:30-10:30am	Slow Flow Vinyasa	Nancy**
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 8**

8:10-9:05am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Nancy
9:30-10:30am	Postural Strength and Conditioning	Deb **
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	Deb**
6:30-7:30pm	Hot Vinyasa	Rickita
7:45-8:45pm	Yin Floyd	Todd

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

Thursday 10	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	Nancy**
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++	Ronna**
5:30-6:25pm	Precision Barre'	Deb
5:35-6:35	Healthy Backs	Ronna**
6:30-7:30pm	Hot Vinyasa	Deb**
7:30-8:30pm	Yin Yoga	Ronna

FRIDAY 11	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 12	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 New!	Rickita
10:30-11:30am	Healthy Backs(I)	Deb**
11:40-12:40pm	Healthy Backs(No I)++	Deb**
1:00-2:00pm	Hot Vinyasa New!	Catherine

SUNDAY 13	Class	Instructor
7:45-8:45am	Slow Flow Vinyasa	Rob
9:00-10:00am	Healthy Backs++	Nancy**
9:30-10:25am	Precision Barre' New Time	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