



www.thesportsclubs.com

# Complete Group Fitness

3/16 - 3/22/20

MONDAY 16	Studio/Location	Class	Instructor
9:15-10:15am	A	Cardio-Wts Interval	Maureen
9:30-10:30am	B	Spin* Zone 1-4	Arlene
10:15-11:15am	A	Body Conditioning	Andy
5:30-6:30pm	A	<b>WERQ!</b>	Breanna
6:30-7:30pm	A	Body Conditioning	Devra
TUESDAY 17	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin*Zone 2-4	Jeff
8:00-9:00am	A	Body Conditioning <b>New Class!</b>	Carrie
8:30-9:30am	B	Spin* Zone 2/4 Interval	Michael
8:45-9:15am	Weight Room	<b>Q30X Training \$</b>	Sanda
9:15-10:15am	A	Cardio-Mix	Yasuyo**
9:15-10:30am	D	Boxing Edge	Shawn
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	Body Conditioning plus	Lynn
6:00-7:00pm	B	Spin*Basic	TBA
6:30-7:30pm	A	<b>Dance Fusion</b>	TBA
Wednesday 18	Studio/Location	Class	Instructor
8:30-9:00am	Weight Room	<b>Q30X Training \$</b>	Lisa
9:15-10:15am	A	Zumba	Miki
9:30-10:30am	B	Spin* Zone 2-4	Lisa
4:30-5:15pm	B	Spin Express	Brooke
5:30-6:30pm	A	Cardio Kickboxing	Carrie
6:30-7:30pm	A	Body Conditioning	Devra

THURSDAY 19	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
10:30-11:00am	Weight Room	<b>Q30X Training \$</b>	Carrie
11:15-12:15pm	A	Cardio-Combo	Andy
5:30-6:30pm	A	TRX Circuit	Devra
6:30-7:30pm	B	Spin* Zone 1-4	TBA
6:30-7:30pm	A	Zumba	TBA
FRIDAY 20	Studio/Location	Class	Instructor
5:45-6:45am	B	Spin* Zone 1-4	Julie
9:15-10:15am	A	Z-Box	Andrea
9:30-10:30am	B	Spin* Zone	TBA
10:30-11:30am	A	Strength on the Ball	Andrea
SATURDAY 21	Studio/Location	Class	Instructor
8:10-9:10am	A	Cardio-Mix	Yasuyo
8:00-9:15am	D	Boxing Edge	Shawn
9:00-9:30am	Weight Room	<b>Q30X Training \$</b>	Ryan
9:00-10:00am	B	Spin* Zone 1-4	TBA
9:20-10:20am	A	Step/Weights Interval	Andy
10:20-11:20am	A	Body Conditioning	Carrie
SUNDAY 22	Studio/Location	Class	Instructor
9:00-10:00am	B	Spin* Zone 2-4	Connie
9:15-10:15am	A	<b>Z-Box</b>	Andrea
10:15-11:00am	B	Spin Express	Jeff
10:30-11:30am	A	Zumba	Andrea

\*\* - Substitute

## Class Descriptions

**Cardio /wts Interval** - 40 minutes, done in intervals, of cardio drills and weighted strength exercises. Intermediate to advanced. Cardio-mix- 40 minutes of straight-up choreographed hi-lo aerobics.

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**Cardio-pump** - 30 minutes of choreographed aerobics, followed by muscle conditioning using, resistance equipment.

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

**Boxing Edge** - Classic calisthenic moves intervaled with kickboxing, boxing and martial arts drills. This is a contact class, heavy bags and focus mitts will be used. This class is for you if you're looking for a change of pace and a real challenge! Arrive early to have your hands wrapped by your instructor. Gloves are a must.

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

**Cardio/Core Interval** - This class is 45 minutes, done in an timed interval format and meant to challenge you! Get in and get out, get it all in 45 minutes!

**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.

**Werq** - This is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

**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.

***Our Spinning classes are conducted on the Spinner® Chrono™ Power bikes from Precor. With direct power measurement, patent-pending magnetic resistance, and the brightest console back light in the industry -- the Spinner Chrono Power bike will exceed your expectations. We are proud to say all of our teachers are certified through Mad Dogg, some have furthered their education and are SpinPower instructors. Formats for classes are specified on the Group Fitness schedule 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!

**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 16	Class	Instructor
6:00-7:00am	Hot Vinyasa	Deb
8:15-9:15am	Slow Flow Vinyasa	Nancy
9:30-10:30am	Therapeutic Body Rolling	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 17	Class	Instructor
8:10-9:05am	Precision Barre'	Deb
9:30-10:30am	Hot Vinyasa	Nancy
9:30-10:30am	Strengthen & Stretch	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	Hot Vinyasa	Cary
7:45-8:45pm	Yin Yoga	Todd
WEDNESDAY 18	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	Deb**
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

Thursday 19	Class	Instructor
8:10-9:05am	Precision Barre'	Deb A
9:30-10:30am	Hot Vinyasa	Marni
9:30-10:30am	Strengthen & Stretch	Nancy**
12:00-1:00pm	Healthy Backs	Dawn
4:30-5:30pm	Restoration at the Wall	Rickita**
5:30-6:25pm	Precision Barre	Deb
5:35-6:35	Healthy Backs	Rickita**
6:30-7:30pm	Hot Vinyasa	Rickita
7:30-8:30pm	Yin Yoga	Ronna
FRIDAY 20	Class	Instructor
9:15-10:15am	Healthy Backs	Shelley
9:30-10:30am	Hot Vinyasa	Rickita
10:30-11:30am	Healthy Backs	Rob
10:45-11:45am	Yin Yoga++	Ronna
SATURDAY 21	Class	Instructor
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
SUNDAY 22	Class	Instructor
7:45-8:45am	Healthy Backs++	Andy
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	No Heat ++
Classes in shaded boxes are in the Hot Studio	
Classes in a blue box are in Studio E	

## Welcome to emerge 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:*

\* Arrive on time and if you must leave early, please do so before savasana. \* Shoes are not permitted in the studios.

\* No cell phones, even on silent the light is distracting to others' practice. \* Allow previous class to leave the room before you enter.

\* Noble silence while waiting at the door, waiting in the studio for class to begin 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+**

### Gentle Yoga

**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.

## 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.

### Strengthening and Toning

**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.

**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

**Strengthen & Stretch** - Increase flexibility range of motion and circulation with a combination of standing and mat exercises. Body weight work will strengthen your core and improve posture. Everyone will benefit from this invigorating head to toe workout!