



Group Fitness

4/19 - 4/25/21

www.thesportsclubs.com

To take a class, you must sign up with the Front Desk person or, Download our app now to reserve your spot! In your app store, search for [Sports Club West Bloomfield](#)

248-626-9880

MONDAY 19	Location/Class	Instructor
9:15-10:00am	A Cardio & Weights Intervals	Jenny
9:15-10:00am	<small>Field House</small> Bootcamp \$	Sanda
6:30-7:15pm	A Body Conditioning	Devra

TUESDAY 20	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Patty
5:30-6:15pm	A Body Conditioning plus	Lynn

WEDNESDAY 21	Location/Class	Instructor
9:15-10:00am	A Zumba	Andrea
10:15-11:00am	A Spin* Zone 1-4 <i>New!</i>	Maureen
4:30-5:15pm	A Spin*Zone 1-4	Gabby
5:30-6:15pm	A Werk!	Breanna
6:30-7:15pm	A Body Conditioning	Devra

**** Substitute**

THURSDAY 22	Location/Class	Instructor
9:15-10:00am	A HIIT	Maki
11:15-12:00pm	A Cardio-Combo	Andy
6:00-6:45pm	A Cardio-mix	Yasuyo

FRIDAY 23	Location/Class	Instructor
9:15-10:00am	A Cardio Kickboxing	Jenny
10:30-11:30am	<small>Emergence Studio</small> Foundation Strength & Flexibility	Deb

SATURDAY 24	Location/Class	Instructor
8:15-9:00am	A Spin* Zone 1-4	Gabby
9:00-9:30am	<small>Fitness Room</small> Queenax \$\$	Ryan
9:30-10:15am	A Step and Weights Intervals	Sandy
10:30-11:15am	A Body Conditioning	Maki

SUNDAY 25	Location/Class	Instructor
8:45-9:30am	A Cardio & Weights Intervals	Devra
9:45-10:30am	A Spin*Zone 2-4	Connie
10:45-11:00am	A Zumba	Miki

* Every person entering the club must wear a mask.

* Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities.

* Enter through the north entrance only. The south entrance is closed.