



248-626-9880
www.thesportclubs.com

Group Fitness

Revised

Week starting September 14th

MONDAY 14	Class/Location	Instructor
9:30-10:15am	A Spin* Zone 1-4	Arlene
5:30-6:15pm	A Werq	Breanna
6:30-7:15pm	A Body Conditioning	Devra
TUESDAY 15	Class/Location	Instructor
6:15-7:00am	A Spin*Zone	Kari
9:15-10:00am	A Cardio-Mix	Patty
5:30-6:15pm	A Body Conditioning plus	Lynn
Wednesday 16	Class/Location	Instructor
9:15-10:00am	#1 Zumba	Sanda
9:30-10:15am	A Spin* Zone 1-4	Lisa
6:30-7:15pm	A Body Conditioning	Devra

THURSDAY 17	Class/Location	Instructor
9:15-10:00am	A Cardio & Weights Intervals	Lisa
6:00-6:45pm	A Cardio-mix	Yasuyo
FRIDAY 18	Class/Location	Instructor
SATURDAY 19	Class/Location	Instructor
9:00-9:45am	A Spin*Zone 2-4	Connie
9:15-10:00am	#2 Step & Weights Intervals	Sandy
10:15-11:00am	A Body Conditioning	Lynn
SUNDAY 20	Class/Location	Instructor
9:00-9:45am	A Spin*Zone	Kari
9:15-10:15am	<small>Martial Arts Room</small> Cardio & Weights Intervals	Devra
10:30-11:15am	A Zumba	Miki

This schedule is a work in progress. Please know, our intention is to give you the amount and quality of classes that you expected from us in the past. Moving forward, our goal will be to exceed your expectations and give you more variety with the teachers you know and love!

Workout area #1-Outside. This is a dedicated, roped off area on the east side of the building.

Workout area #2-Outside. This is the fenced in area on the south side of the building.

Studio A-Inside

- * All classes outside may be cancelled or moved inside when possible, in the event of bad weather.
- * In accordance with Executive Order 2020-175, classes are limited to 25% capacity. To sign up for a class, everyone must call, no sooner than 24 hours before the class time. You must speak with the desk person to be put on the class roster. Any no-shows will be charged a \$10 fee.
- * Remember, at this time, we are not supplying towels, mats, water bottles and locker room amenities. The showers are open until 10am only.
- * Enter through the north entrance only. The south entrance is closed.