



# Group Fitness

5-10 / 5-16-21

248-626-9880

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

MONDAY 10	Location/Class	Instructor
9:15-10:00am	A Cardio & Weights Intervals	Maureen
9:15-10:00am	<small>Field House</small> <b>Bootcamp \$</b>	Sanda
10:30-11:15am	A Spin* Zone 1-4	Maureen
5:30-6:15pm	A <b>Z-Box Just added!</b>	Maki
6:30-7:15pm	A Body Conditioning	Devra

TUESDAY 11	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Patty
5:30-6:15pm	A Body Conditioning plus	Lynn

WEDNESDAY 12	Location/Class	Instructor
9:15-10:00am	A Zumba	Sanda
4:30-5:15pm	A Spin*Zone	TBA
5:30-6:15pm	A Werk!	Breanna
6:30-7:15pm	A Body Conditioning	Devra

**\*\* Substitute**

THURSDAY 13	Location/Class	Instructor
9:15-10:00am	A HIIT	Maki
11:15-12:00pm	A Cardio-Combo	Andy
5:30-6:15pm	A <b>TRX Just added!</b>	Devra
6:30-7:15pm	A Cardio-mix	Yasuyo

FRIDAY 14	Location/Class	Instructor
9:15-10:00am	A Cardio Kickboxing	Jenny
10:30-11:30am	<small>Emergence Studio</small> Foundation Strength & Flexibility	Deb

SATURDAY 15	Location/Class	Instructor
8:15-9:00am	A Spin* Zone 2/4	Jeff
9:00-9:30am	<small>Fitness Room</small> <b>Queenax \$\$</b>	Ryan
9:30-10:15am	A Step and Weights Intervals	Sandy
10:30-11:15am	A Body Conditioning	Lynn

SUNDAY 16	Location/Class	Instructor
8:45-9:30am	A Cardio & Weights Intervals	Devra
9:45-10:30am	A Spin*Zone 1-4	Kari
10:45-11:30am	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.