



Personalized Fitness

By Appointment Only

Week of November 16th 2020

248-626-9880

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 16	Location/Class		Instructor
9:15-10:00am	Field House	Cardio & Weights Intervals	No class today
9:30-10:15am	A	Spin* Zone 1-4	Arlene
6:30-7:15pm	A	Body Conditioning	Devra

Tuesday 17	Location/Class		Instructor
9:15-10:00am	A	Cardio-Mix	Patty
5:30-6:15pm	A	Body Conditioning plus	Lynn

Wednesday 18	Location/Class		Instructor
9:15-10:00am	A	Zumba	No Class This Week
4:30-5:15pm	A	Spin*Zone 2-4	Gabby
6:30-7:15pm	A	Body Conditioning	Devra

THURSDAY 19	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 20	Location/Class		Instructor
10:30-11:30am	A	Foundation Strength & Flexibility	Arlene

SATURDAY 21	Location/Class		Instructor
10:30-11:15am	A	Body Conditioning	Maki

SUNDAY 22	Location/Class		Instructor
9:15-10:00am	A	Cardio & Weights Intervals	Devra
10:30-11:15am	A	Zumba	Miki

Please enter the Field House through the south locker rooms.

* In accordance with MDHHS Emergency Order and MIOSHA, classes are limited to 25% capacity. To save your spot you must sign up for class. To sign up for a class, you can call and speak with a desk person or download our new app! Look for us in your app store, [Sports Club West Bloomfield](#).

* 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.