



Group Fitness

11/22/21

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 22 | Location/Class | Instructor |
|---------------|--------------------------------|------------|
| 9:15-10:15am | A Cardio & Weights Intervals | Maureen |
| 9:15-10:00am | Field House Bootcamp \$ | Sanda |
| 10:30-11:15am | B Spin* Zone 1-4 | Maureen |
| 5:30-6:30pm | A Z-Box | Maki |
| 6:30-7:30pm | A Body Conditioning | Lynn** |

| TUESDAY 23 | Location/Class | Instructor |
|--------------|--------------------------|------------|
| 9:15-10:00am | A Cardio-mix | Patty |
| 5:30-6:30pm | A Body Conditioning plus | Lynn |

| WEDNESDAY 24 | Location/Class | Instructor |
|---------------|---------------------|------------------|
| 9:15-10:00am | A Zumba | Sanda |
| 9:00-9:45am | B Spin* Zone 1-4 | Suzanne |
| 10:15-11:15am | A Body Conditioning | Sandy** |
| 5:30-6:15pm | A Werk! | Breanna |
| 6:30-7:30pm | A Body Conditioning | No class tonight |
| ** Substitute | | |

* All Spin and TRX students must sign up to reserve your spot. You can sign up through our app or through the Service Center.

| THURSDAY 25 | Location/Class | Instructor |
|--------------------------------------------------------|------------------|------------|
| 9:15-10:00am | A HIIT | Maki |
| 9:30-10:15am | B Spin* Zone 1-4 | Julie |
| <i>Happy Thanksgiving</i> Club Hours 8am-2pm | | |

| FRIDAY 26 | Location/Class | Instructor |
|------------------------------------------|----------------------------------------------------|------------|
| 8:00-8:45am <i>Different time today!</i> | B Spin*Zone 1-4 | Suzanne |
| 9:15-10:00am | A Cardio Kickboxing | Jenny |
| 9:30-10:30am | Emergence Studio Foundation Strength & Flexibility | Deb |

| SATURDAY 27 | Location/Class | Instructor |
|---------------|----------------------------------|------------|
| 9:00-9:45am | B Spin*Zone 2-4 | Sandy |
| 9:00-9:30am | Fitness Room Queenax \$\$ | Ryan |
| 9:15-10:15am | A Step and Weights Intervals | Andy |
| 10:30-11:30am | A Body Conditioning | Lynn |

| SUNDAY 28 | Location/Class | Instructor |
|---------------|-----------------|------------|
| 8:45-9:30am | A Cardio-mix | Yasuyo |
| 9:00-9:45am | B Spin*Zone 2-4 | Connie |
| 9:45-10:30am | A TRX | Julie |
| 10:45-11:45am | A Zumba | Miki |

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.

HIIT-This class is perfect for those who want to make the most of their workout in the shortest amount of time. HIIT stands for High Intensity Interval Training. This class includes aerobic and muscle work with short rest periods. The aerobic work is done in drills, there is no choreography to follow! This is actually an easily modified class, YOU determine what is high intensity for you!

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

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

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.

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!

Werg - 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.

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 cross training.

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.

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.