



# Group Fitness

11/29/21

[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**

**248-626-9880**

MONDAY 29	Location/Class	Instructor
9:15-10:15am	A Cardio & Weights Intervals	Maureen
9:15-10:00am	Field House <b>Bootcamp \$</b>	No class today
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	Maki**

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

WEDNESDAY 1	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	Maureen
5:30-6:15pm	A Werk!	Breanna
6:30-7:30pm	A Body Conditioning	Suzanne**
<b>** Substitute</b>		

\* 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 2	Location/Class	Instructor
6:00-7:00am	A Body Conditioning plus	Lynn
9:15-10:00am	A HIIT	Maki
11:15-12:00pm	A Cardio-Combo	Andy
5:30-6:15pm	A TRX	Jenny**
6:30-7:15pm	A Cardio-mix	Yasuyo

FRIDAY 3	Location/Class	Instructor
6:00-6:45am	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 4	Location/Class	Instructor
9:00-9:45am	B Spin*Zone 2-4	Kari
9:00-9:30am	Fitness Room <b>Queenax \$\$</b>	Ryan
9:15-10:15am	A Step and Weights Intervals	Sandy
10:30-11:30am	A Body Conditioning	Maki

SUNDAY 5	Location/Class	Instructor
8:45-9:30am	A HIIT	Maki
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.