



248-626-9880

www.thesportsclubs.com

Group Fitness

Week of October 12th 2020

Monday 12		Location/Class		Instructor
9:15-10:00am	Field House	Cardio & Weights Intervals	Maureen	
9:30-10:15am	A	Spin* Zone 1-4	Arlene	
6:30-7:15pm	A	Body Conditioning	Devra	
Tuesday 13		Location/Class		Instructor
9:15-10:00am	A	Cardio-Mix	Patty	
5:30-6:15pm	A	Body Conditioning plus	Lynn	
Wednesday 14		Location/Class		Instructor
9:15-10:00am	#1	Zumba	Sanda	
4:30-5:15pm	A	Spin*Zone 2-4	Gabby	NEW CLASS!
6:30-7:15pm	A	Body Conditioning	Devra	

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

Please enter the Field House through the south locker rooms.

THURSDAY 15		Location/Class		Instructor
9:15-10:00am	A	Cardio & Weights Intervals	Lisa	
11:15-12:00pm	A	Cardio-Combo	Andy	NEW CLASS!
6:00-6:45pm	A	Cardio-mix	Yasuyo	
FRIDAY 16		Location/Class		Instructor
10:30-11:30am	A	Foundation Strength & Flexibility	Arlene	
SATURDAY 17		Location/Class		Instructor
9:00-9:45am	A	Spin*Zone 2-4	Connie	
9:15-10:00am	Field House	Step & Weights Intervals	Sandy	
10:15-11:00am	A	Body Conditioning	Lynn	
SUNDAY 18		Location/Class		Instructor
9:00-9:45am	A	Spin*Zone 2-4	Kari	
9:15-10:00am	Martial Arts	Cardio & Weights Intervals	Devra	
10:30-11:15am	A	Zumba	Miki	

- * 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.

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!