



# Group Fitness

Week of October 19th 2020

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 sign in for your class!** In your app store, search for Sports Club West Bloomfield

Monday 19			
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 20			
Location/Class			Instructor
9:15-10:00am	A	Cardio-Mix	Patty
5:30-6:15pm	A	Body Conditioning plus	Lynn
Wednesday 21			
Location/Class			Instructor
9:15-10:00am	A	Zumba	Andrea
4:30-5:15pm	A	Spin*Zone 2-4	Gabby <b>NEW CLASS!</b>
6:30-7:15pm	A	Body Conditioning	Devra

THURSDAY 22			
Location/Class			Instructor
9:15-10:00am	A	Cardio & Weights Intervals	Lisa
11:15-12:00pm	A	Cardio-Combo	Andy <b>NEW CLASS!</b>
6:00-6:45pm	A	Cardio-mix	Yasuyo
FRIDAY 23			
Location/Class			Instructor
10:30-11:30am	A	Foundation Strength & Flexibility	Arlene
SATURDAY 24			
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 25			
Location/Class			Instructor
9:00-9:45am	A	Spin*Zone 2-4	Kari
9:15-10:15am	Martial Arts	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.