



Group Fitness

10/10/22

www.thesportscubs.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 10	Location/Class	Instructor
8:15-9:15am	New Time! B Spin* Zone 1-4	Maureen
9:15-10:15am	A Cardio & Weights Intervals	Maureen
5:30-6:30pm	A Z-Box	Maki
6:30-7:30pm	A Body Conditioning	Devra

TUESDAY 11	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Patty
6:00-7:00pm	New Time! A Body Conditioning plus	Lynn

WEDNESDAY 12	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	Devra

**** 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 13	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	Devra
6:30-7:15pm	A Cardio-mix	Yasuyo

FRIDAY 14	Location/Class	Instructor
6:00-6:45am	B Spin*Zone 1-4	Gary
9:15-10:00am	A Cardio Kickboxing	Jenny
9:30-10:30am	<small>Emerge Studio</small> Foundation Strength & Flexibility	Deb

SATURDAY 15	Location/Class	Instructor
9:00-9:45am	B Spin*Zone 2/4 Interval	Connie
9:15-10:15am	A Step and Weights Intervals	Andy
10:30-11:30am	A Body Conditioning	Lynn

SUNDAY 16	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Devra**
9:00-9:45am	B Spin*Zone 1-4	Gary
10:30-11:30am	A Zumba	Andrea**

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 crosstraining.

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.