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# Group Fitness

9/13 - 9/19/21

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 13	Location/Class	Instructor
9:15-10:15am	A Cardio & Weights Intervals	Maureen
9:15-10:00am	<small>East Side Parking Lot</small> <b>Bootcamp \$</b>	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 14	Locatio	Instructor
9:15-10:00am	A Cardio-mix	Patty
10:15-11:15am	A Power Sculpt! <i>New Day!</i>	Kathy
5:30-6:30pm	A Body Conditioning plus	Lynn

WEDNESDAY 15	Location/Class	Instructor
9:15-10:00am	A Zumba	Andrea
9:00-9:45am	B Spin* Zone 1-4	Suzanne
10:15-11:15am	A Body Conditioning <i>Just Added!</i>	Maureen
5:30-6:15pm	A Werk!	Breanna
6:30-7:30pm	A Body Conditioning	Suzanne**

**\*\* 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 16	Location/Class	Instructor
6:00-7:00am <i>Just Added!</i>	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	<i>No Class Tonight</i>
6:30-7:15pm	A Cardio-mix	Yasuyo

FRIDAY 17	Location/Class	Instructor
6:00-6:45am <i>Just Added!</i>	B Spin*Zone 1-4	Suzanne
9:15-10:00am	A Cardio Kickboxing	Jenny
9:30-10:30am	<small>Emerge Studio</small> Foundation Strength & Flexibility	Deb

SATURDAY 18	Location/Class	Instructor
9:00-9:45am <i>New Time!</i>	B Spin*Zone 2-4	Connie
9:00-9:30am	<small>Fitness Room</small> <b>Queenax \$\$</b>	Ryan
9:30-10:30am	A Step and Weights Intervals	Sandy
10:30-11:30am	A Body Conditioning	Maki

SUNDAY 19	Location/Class	Instructor
8:45-9:30am	A Cardio-mix	Yasuyo
9:00-9:45am	B Spin*Zone 2-4	Kari
9:45-10:30am	A TRX <i>New Day and Time!</i>	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.

**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.

**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!

**Power Sculpt** - This class puts a twist on a muscle and cardio conditioning class. For the sculpting part of the class, you will perform exercises that combine your upper and lower body, using light weights. This is going to get you in a moderate aerobic zone. Then you will increase your effort level with an easy to follow aerobic portion. The sculpting and aerobic portions are intervalled for the remainder of the class with the last few minutes allotted for core work and a cooldown stretch.

**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.