



Group Fitness

Week of Feb 22th 2021

248-626-9880

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](#)

Monday 22	Location/Class	Instructor
9:15-10:00am	A Cardio & Weights Intervals	Maureen
9:15-10:00am	<small>Field House</small> Bootcamp \$	Sanda
10:30-11:15am	A Spin* Zone 1-4	Maureen
6:30-7:15pm	A Body Conditioning	Devra

Tuesday 23	Location/Class	Instructor
9:15-10:00am	A Cardio-mix	Patty
5:30-6:15pm	A Body Conditioning plus	Lynn

Wednesday 24	Location/Class	Instructor
9:15-10:00am	A Zumba	Sanda
4:30-5:15pm	A Spin*Zone 2-4	Gabby
6:30-7:15pm	A Body Conditioning	Devra

THURSDAY 25	Location/Class	Instructor
9:15-10:00am	A HIIT	Maki
11:15-12:00pm	A Cardio-Combo	Andy
6:00-6:45pm	A Cardio-mix	Yasuyo

FRIDAY 26	Location/Class	Instructor
9:15-10:00am	<small>Field House</small> Step & Weights Intervals	Sandy
10:30-11:30am	A Foundation Strength & Flexibility	Deb**

SATURDAY 27	Location/Class	Instructor
9:00-9:30am	<small>Fitness Room</small> Queenax \$\$	Ryan
10:30-11:15am	A Body Conditioning	Maki

SUNDAY 28	Location/Class	Instructor
8:45-9:30am	A Cardio & Weights Intervals	Devra
9:45-10:30am	A Spin*Zone 2-4	Kari
10:45-11:00am	A Zumba	Miki

- * 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.